



# The Church Bell for July-August 2020

Susanville United Methodist Church  
60 South Lassen St, Susanville, CA 96130  
530-257-5893 susanville\_umc@frontier.com



## Pastor's Ponderings

This is shaping up to be quite the year in our church's history! We're staying as busy as ever which is a testament to our resilience, determination, and spiritual enthusiasm. Since our last newsletter, I've been accepted as a member of our Annual Conference's Committee on New and Vital Congregations (CNVC). This is especially exciting for me because the CNVC initiated and hosted the 2019 Church Planting Academy of which I was a participant. In many ways, my involvement in that Academy helped me pinpoint my ministerial interests and, in turn, helped the Cabinet decide I would be a good fit for Susanville UMC. Now that I'm on CNVC, it's a chance for me to "give back" as well as connect our church with upcoming CNVC programs. What a blessing for all of us!

**Spiritual Formation – pg 2** Each issue of our newsletter will now include an exercise (i.e. some daily activity) that will help you connect with God in a way that will be uniquely meaningful to you and your faith journey. The fancy term for that is "spiritual formation." Note: You will get out of this what you put into it. Cast aside any preconceived expectations or "goals" you might have. Let God's Spirit lead you. You can do these exercises alone or with your friends, spouse, kids, or grandkids. For young children (or even for yourself) you can reword this month's question into an evening reflection, "What were the three best parts of today?" If you get excited or frustrated and want to discuss it, feel free to contact me.

**HOPE Food Pantry – pg 3** This ministry is growing faster than anyone anticipated. We printed 2,500 business cards like you see here (top right) and are giving them to first responders & others.

**Returning to In-person Worship – pg 4** We're all anxious to see each other in person, and our biggest priority is keeping everyone safe. We hope to return to in-person worship starting Aug. 2.

**Leadership's 3 Simple Rules – pg 5** John Wesley was brilliant in many ways, one of which was giving us three rules that anyone of any age can understand and remember. Letting these rules guide our lives is key to healthy Christian living and leadership.

**Fabulous Fireworks – pg 6** Thanks to our great volunteers, we sold out for the first time in memory! Since this is our church's major annual fundraiser, this is yet another of many blessings.

**Website and Social Media – pg 7** If you're on Instagram, you can follow us now! Many more updates in the next newsletter!

Thanks again for your commitment to our church and our

## Thrift Store Volunteers Needed

CR Stuff Thrift Shop needs volunteers Monday - Friday from 10am - 4pm. If you feel comfortable working with the public, please contact Crossroads at 530-251-0701 for more info and to volunteer.

community. That helps make my "job" as your pastor a joy and a privilege every day!  
~ Pastor Charles



**EVERY FRIDAY • 3PM - 6PM**  
**635 S. COTTAGE STREET**  
**SUSANVILLE, CA 96130**

**All are welcome! No ID needed.**

Mark Speiker, Manager  
hopefoodpantrysusanville@gmail.com  
SusanvilleMethodist.org/food  
*Donations are always appreciated.*

**This week I will pray for**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Lord, thank you for...  
Please bless...  
Help me/them with...**

# Spiritual Formation – Gratitude

This month's exercise focuses on gratitude. It's that simple. Each day write down at least one thing for which you are grateful. Any answer is a good one, as long as you are sincere. To dig a little deeper, ask yourself, "Why am I grateful for this? Do I see God in this? If so, how? If not, why not?"

## July

01	_____
02	_____
03	_____
04	_____
05	_____
06	_____
07	_____
08	_____
09	_____
10	_____
11	_____
12	_____
13	_____
14	_____
15	_____
16	_____
17	_____
18	_____
19	_____
20	_____
21	_____
22	_____
23	_____
24	_____
25	_____
26	_____
27	_____
28	_____
29	_____
30	_____
31	_____

## August

01	_____
02	_____
03	_____
04	_____
05	_____
06	_____
07	_____
08	_____
09	_____
10	_____
11	_____
12	_____
13	_____
14	_____
15	_____
16	_____
17	_____
18	_____
19	_____
20	_____
21	_____
22	_____
23	_____
24	_____
25	_____
26	_____
27	_____
28	_____
29	_____
30	_____
31	_____

# HOPE Food Pantry

## Our Food Pantry Is Growing Faster Than Ever!

Thanks to the amazing dedication and leadership from Mark & Mandy S. and Ed H., our food pantry is growing faster and serving more people than anyone could have dreamed was possible. It's difficult to believe how far we've come in the past three months since the idea was first floated for consideration.

During the month of June, we averaged **20+ clients representing 75+ hungry mouths at home each week.** We're feeding 300 people!

As we anticipated, we are steadily achieving incremental improvements as we continue learning by watching other pantries in action, trying new ideas, and refining our processes each week.

It turns out that Mark S. is an expert at learning the price of every grocery item at every store in town. He knows what's on sale and if "buying in bulk" is really a good deal. Consequently, we're getting the most value from every penny we spend.

Mark is also our top "salesman." With bold humility, he has approached numerous businesses in Susanville explaining what we're doing and asking if they would like to support us. And have they ever! **Our corporate partners include** Grocery Outlet, Morning Glory, IGA, Walmart, Safeway, Ken's Appliances, and Lassen County Public Health, Oral Health Program.

Mandy S. nearly wore her sneakers out walking around



town, introducing herself to the managers of local motels and apartment complexes. They were all happy to learn about our food pantry and offered to give our flyers to people they know need help.

And Ed H. is one of many voices calling the *Swap Shop* radio show to let listeners know who we are, what we're doing, and letting folks know that anyone who needs food is welcome at our pantry.

Meanwhile, Pastor Charles continues managing our social media presence which currently includes both Facebook and Instagram (YouTube is the next step). A recent Facebook post reached over 1,000 people without us spending a dime. That's amazing!

You can always see the latest updates on our website.



## Donations Needed

We spend our budget to purchase food, but people need additional items to be healthy. We always need...

- Body soap
- Feminine hygiene products
- Socks (new)
- Toilet paper
- Toothbrushes and Toothpaste

You can drop off your donations each Friday from 3-6:00 pm.

# Staying Connected Through Worship

## CORONAVIRUS (COVID-19)



### Cal-Nev Annual Conference Working Hard To Keep Us Safe

We all miss worshipping together while being surrounded by the amazing stained glass in our sanctuary. Our Worship Team is working closely with our Annual Conference to ensure that, as we plan to resume in-person worship services, our processes and procedures will be in full compliance with all federal, state, local, and denominational requirements & recommendations.

You can see how our Annual Conference is addressing the situation and read more about their comprehensive policies and guidance at...

[www.cnumc.org/covid19](http://www.cnumc.org/covid19)

**We plan to resume in-person worship August 2nd at 10:00 am**, but that could change based on numerous factors.

Currently, we plan to have worship outside in the walkway between the Social Hall and the Sanctuary. Being outside dramatically reduces the risk of cross-contamination and infection.

We are taking every precaution to ensure we are following John Wesley's "3 Rules" which are 1) do no harm, 2) do good, and 3) stay in a loving relationship with God. To that end, the following procedures will be in place for in-person worship (inside or outside).

Before entering the worship space, our greeters will check your temperature, spray your hands with sanitizer, and offer you a disposable mask.

Proper use of masks (i.e. covering both mouth and nose) is required at all times. This is non-negotiable.

Our ushers will escort you to designated seats. People currently living

together can sit together in pairs. Seating will be assigned on a first-come, first-served basis.

In case inclement weather occurs during our outdoor worship service, we will direct everyone to move into the Social Hall where chairs will be spaced six feet apart.

A generosity box will be available if you would like to bring a cash or check donation. We will also have our Square credit card reader available in case you'd like to use that option.

At the end of worship, our ushers will direct people to leave, one at a time. There will be no social hour at the end of worship. Please exit directly to your car.

If we are able to continue worshipping in-person as the weather becomes cooler, we will move into the Sanctuary.

Please note: To reduce the risk of contamination and infection, we will *not* sing hymns together nor have unison speaking (e.g. the Lord's Prayer). Feel free to hum quietly during songs and whisper words normally said in unison.

If for any reason, you do not wish to worship with us in person, you can continue worship with us online. If we worship in-person on Sunday, we will **also** offer an online Zoom worship service Sunday evenings at 6:00 pm. These online services will be very similar to what we have done since March.

**Please take this warning seriously:** An unavoidable risk of exposure to and contracting COVID-19 (aka the corona virus) exists anywhere people are or have been present. COVID-19 is an extremely contagious disease that can lead to severe illness, disability, and death. According to the Centers for Disease Control and Prevention (CDC), senior citizens and guests with underlying medical conditions are especially vulnerable. Although our church has instituted reasonable practices in an attempt to reduce the spread of COVID-19, we cannot guarantee that you will not catch nor succumb to the virus. By attending events on our property, you voluntarily assume all risks related to COVID-19.

Know that we love all of you and want you to be as safe as possible!



# Leadership: 3 Simple Rules

For nearly 300 years, Methodists around the world have been inspired and led by John Wesley's response to God's call: "Here am I; send me!" (Isaiah 6:8). "Send me into the world to be salt and light" (Matthew 5:13-16).

To guide early followers of the Methodist movement, Wesley provided three simple, all-purpose rules which modern Methodists often summarize as: 1) do no harm, 2) do good, and 3) stay in a loving relationship with God.

UMC Deacon Rev. Charlie Baber wrote this short essay on John Wesley's 3 General Rules. **Let's all work to include these "rules" into our church meetings as well as our daily lives.**

And let's discuss them. How do they apply? How are they helpful guides? How can we use them to shape our decision making in matters both large and small? The "rules" can help us incorporate our faith into our personal and professional lives in practical ways.

You can read all of Wesley's thoughts on the three rules in the UMC's *2016 Book of Discipline*: ¶ 104. Section 3 – Our Doctrinal Standards and General Rules: The General Rules of The Methodist Church (pgs. 77-80). ~ Pastor Charles



Grace and responsibility are key components of Wesleyan Christianity. For John Wesley, God's grace must have practical application. In other words, **grace is not an idea, but a free gift and experience we can cultivate through practices** designed by God. Since the Protestant Reformation, we have often pitted the Law against the Gospel, as if there is no grace at work in the rules God lays out throughout scripture. And yet Jesus explains that the entire Law can be summed up in this: "Love the Lord your God with all your heart, mind, soul and strength, and love your neighbor as yourself." (Matthew 22:35-40) The Law of Love can be summed up in that, yes, but it is spelled out in the actual study and practice of the biblical law. **For Wesley, the rules are not there to regulate our living, but are God's grace freely given to us to live whole and happy lives.**

The Methodist movement began not just with passionate personal encounters with God's

presence, but with a desire to live holy lives shaped by God's covenant with us. As John Wesley noticed some of the early Methodist societies becoming more lax in their expectations for holy living, he gave them some VERY specific "general" rules. The summary that made the rules general is simple enough: **Do no harm, Do good, Attend upon all the ordinances of God.**

But under each of those were very specific practices that Wesley believed were applications of Scriptural holiness in his people's context. This was intended to teach the people that **theology had practical implications in the ways they lived their lives.** Anyone who consistently failed to check off enough of these rules would be asked to leave the Methodist societies until they were ready to take it more seriously. [This was a big deal back in the late 1700s.]

"**Do no harm**" is a pretty generic bumper sticker sort of Christianity. But in Wesley's societies, it meant "no buying or selling of slaves" (before abolition was even a concept). It meant "no conversations that are meant to tear others down," including the way we talk about our politicians. It meant asking one another very personal things like: "have you been buying luxuries for yourself instead of helping the poor."

"**Do good**" got into the incredibly specific questions of "how have you shown mercy to the bodies and souls of the poor?"

"**Attending upon all the ordinances of God**" was Wesley's peculiar way of saying "practice the means of grace." These are the specific practices God has [created] for us to experience grace, such as in corporate worship, taking the sacraments, prayer and scripture study, and fasting.

For Wesley, following the rules for the sake of following rules means nothing, and yet a person may still be surprised by God's grace. No, the purpose of committing to a rule of life is much like following a recipe (at least, for those of us who enjoy cooking). It can just serve as a guideline to get a result, or it can be something that can be followed and enjoyed almost as much as eating the final dish. Grace and responsibility is really just grace upon grace upon grace.

<https://um-insight.net/in-the-church/practicing-faith/wesley-bros-look-at-three-general-rules/>

# Thank You Volunteers!



For the first time in our memories, we completely sold out! We had nothing left to sell – and that was on the 3rd of July! All the things we would normally be doing after we close the booth – waiting for the fireworks representatives to come to Susanville to do our final inventory, getting the boxes ready to be picked up, paying the final bill, transporting the tables and other church supplies back to the church, taking the booth down and putting it in storage, waiting a day or so to meet the fireworks truck to pick up remaining inventory – it’s all done! A few of us actually wondered what to do on the 4th of July, as we haven’t had a “free” Fourth in years!

Those of us who work on this each year, give a big thanks to you and the support we get throughout. We have never had an issue with finding volunteers to take shifts during the time we are allowed to sell; in fact, we have folks calling ahead to volunteer! We had to make changes this year in some of our usual “overnight-with-the-booth” practices, but that seemed to work out, thanks to Mark & Mandy S. and Ed H.

Those who worked on setting up the booth and/or taking it down: Jerry F., Doug P., Ric N., Lance P., Chet & Jeannie L., Luke and Seth S., Chris and Ken S. and their friend Tom, as well as Jon S.

Those who took daily shifts (several of the following volunteered for two or more shifts): Marlene T., Heather B., Marissa W., Theresa P., Lisa B., Jerri K., Christina S-P., Linda B., Becky M., Ann W., Debbie A., Pam and Al V., Linda H., Pastor Charles, Ken &



Chris S., Margie M., and Stanleean and Ed H. Please tell Karen if your name was missed.

Ric N. and Margie M. transported boxes from storage to the booth each day, and Ric also took care of the finances. Margie checked to see if any volunteers needed information in using the “square” to take credit cards. Again, we are most grateful to everyone for your cheerful help!

~ Jerry F., Stanleean H., Karen S., Co-chairs



# Website and Social Media Updates

**SUSANVILLE UNITED METHODIST CHURCH**

HOME | CONNECT | **COMMUNITY** | EVENTS | GIVE [www.SusanvilleMethodist.org/racism](http://www.SusanvilleMethodist.org/racism) f @

WORSHIP  
SERVING OTHERS  
FOOD RESOURCES  
LOCAL RESOURCES  
**RACE RELATIONS**



## Race Relations – Resources for Learning and Reconciliation

The [Methodist movement](#) began in England over 200 years ago by Christians who were committed to (some might say obsessed with) fulfilling the Great Commandments ([Matthew 22:36-40](#), [Deuteronomy 6:5](#), [Leviticus 19:18](#)) by caring for those in need ([Matthew 25:40-45](#)), freeing the oppressed ([Luke 4:16-21](#)), healing the wounded ([Luke 10:29-37](#)), and protecting vulnerable people in danger of abuse ([James 1:27](#)).

We'd love for you to join us in worship!

We meet on Sunday morning at 8:30 am and 10:45 am. You can find us at 60 South Lassen St, Susanville, CA 96130. 530-257-5893. Please [click here](#) if you would like to be added to our email list.



## A Place to Start

Our website continues growing as it addresses the needs of our community and the issues of our times.

Led by our Social Creed and Social Principles, the Methodist focus on social justice connects members around the world, across cultures, and throughout time. Our history has never been perfect, but we learn and keep working to make the world a better place for everyone. Susanville UMC continues that tradition, and we invite you to join us in this ongoing work. This new page contains a wealth of resources to inform and encourage conversations.

**When you're talking with your friends, please encourage them to "check out our website"** as well as connect with us on Facebook and Instagram!

## Follow Us On Instagram!

We've expanded our social media presence! If you're an Instagram user, this is a great way to stay in touch. The easiest way to view our Instagram page is to click the squareish icon in the top right corner of our website. That will take you to... [instagram.com/susanville\\_methodist/](https://www.instagram.com/susanville_methodist/)



## Church Office Hours

CLOSED until further notice for safety. ☹

**Phone messages and emails are checked daily.**

530-257-5893 [susanville\\_umc@frontier.com](mailto:susanville_umc@frontier.com)

Visit our website at [SusanvilleMethodist.org](http://SusanvilleMethodist.org)

Bishop ..... Minerva G. Carcaño  
District Superintendent ..... Blake Busick  
Pastor ..... Charles White  
Choir Director ..... Dennis Roberts  
Pianist ..... Karen Sherve  
Custodians ..... Janiska Nordstrom, Ed Hafner

## Sunday Worship Services

10:45 am via Zoom – See you online!



**Follow us on Social Media**  
and share us with your friends!

[facebook.com/umcofsusanville](https://www.facebook.com/umcofsusanville)

[instagram.com/susanville\\_methodist](https://www.instagram.com/susanville_methodist)



## Worship with Us Online!

Until we are able to meet again in person, ALL of our worship services, programs, and events continue happening online via Zoom.



- Worship – Sunday morning at 10:45 am
- Bible Study – Tuesdays at 6:00 pm
- Coffee with the Pastor – Thursdays at 6 pm

For all the login info you need to join us, visit our website at...

[SusanvilleMethodist.org/online](http://SusanvilleMethodist.org/online)

*Church Bell* articles are due by the 20<sup>th</sup> each month.

Submissions .... [CharlesWhite@protonmail.com](mailto:CharlesWhite@protonmail.com)

Printer ..... Church Office

Reporters ..... All of You!



**Susanville United Methodist Church**  
 60 South Lassen St.  
 Susanville, CA 96130  
 Phone: 530-257-5893  
[SusanvilleMethodist.org](http://SusanvilleMethodist.org)



**THIS MAIL IS LIKE YOU: FIRST CLASS!**

**OUR CHURCH'S  
FINANCIAL  
HEALTH**

Great news! Our church applied for and has been awarded an Equitable Compensation Grant from the California-Nevada Annual Conference. This grant is specifically designated to support our pastor's full-time salary during the second half of 2020. This and other grants like it are possible because of our apportionments.

Our church *continues* thriving and growing because of your steadfast generosity. Our pledged tithes remain close to 100% which is a blessing in numerous ways! Consider taking advantage of our online giving option.

**[SusanvilleMethodist.org/donate](http://SusanvilleMethodist.org/donate)**

**Thank you so much** for your amazing support as we continue to serve Susanville!

**Serving Our Members**


If you need help getting to a doctor's appointment, the grocery store, etc., several of our members will help get you there and back home. **While self-isolation is being practiced**, please contact our office if you need prescriptions picked up or other household necessities.

**Keep Those Prayers Coming!**

Our prayer warriors continue meeting faithfully online every Monday at 11:00 am via Zoom and offer to God prayer requests that have been received. **The best way to submit your prayer concerns** is through our website.

**[SusanvilleMethodist.org/prayers](http://SusanvilleMethodist.org/prayers)**

We continue to see God's hand working in the lives of people who need prayer, and there continue to be praises for answered prayers.



**Open Hearts, Open Minds, Open Doors.**  
**"For God so loved the world..."**