

NOVEMBER 2018

All Saints Day Service

Nov. 11 at 10:45 a.m.
Chancel Choir and
Fiume di Musica present

Requiem

by John Starr Alexander
Approximately 30 minutes

Eat at CPK and Raise Money for First Church

On Wednesday, Nov. 14 from 11 a.m. to 9 p.m. eat in or take out from California Pizza Kitchen (CPK) at Stanford Shopping Center and benefit the programs of our church. You must present the ad on page 4 to the server (either as a hard copy or as a digital copy on your phone) for your purchase to count.

Spread the word! 20% of all purchases come directly to the church. Share the flyer with friends and neighbors.



California Pizza Kitchen serves more than pizza! Full meals and more are on the menu.

The fundraiser applies to the Stanford Shopping Center CPK location only. See you there!

Offering Care in Times of Disaster

by Linda Bloom, United Methodist News Service

In the aftermath of Hurricane Michael, Catherine Earl heard a CNN interviewer ask a woman who lost her house in Mexico Beach, Florida what survivors needed the most.

The woman's answer—understanding, hugs and prayers—impressed Earl, who leads U.S. disaster response for UMCOR, the United Methodist Committee on Relief. While basic practical needs are important, she pointed out, so is the feeling that someone cares.

The church can provide both in times of disaster. "I really think that when churches open their doors and at least give them (survivors) a place to connect with another person who might be able to understand, who certainly can offer comfort and hospitality, I think that's the niche for us," she said.

Even before a disaster strikes, UMCOR works with the denomination's conferences on preparation and training. Immediately after, initial grants of \$10,000, what Earl calls a "solidarity grant," are provided.

"In short order, we start looking at how we resource for the next phase and perhaps for long-term recovery," she said. ♥

The United Methodist Committee on Relief (UMCOR) and its partners are responding to disasters both in the United States and around the world. "Early in and last out" are guiding words for UMCOR. Here's how you can become a part of their work:

Pray for those whose lives are impacted by disasters. Pray also for the Early Response Teams, disaster coordinators and volunteers who work to provide relief.

Give to support the efforts of UMCOR and its partners. Donate at umcor.org/donate to U.S. disaster response (Advance #901670) and international disaster response (Advance #982450). When you give to UMCOR, 100 percent of your donation is used for relief efforts.

Make relief kits and send them to UMCOR relief-supply depots or an affiliate warehouse. Get instructions and shipping labels at umcor.org/UMCOR/Relief-Supplies. Or donate toward the purchase of supplies for relief kits (Advance #901440).

625 Hamilton Avenue Palo Alto, CA 94301-2016 650-323-6167 Fax: 650-323-3923 www.FirstPaloAlto.com



Thanksgiving First

by Erynne DeVore, Director of Children and Family Ministries at St. John United Methodist Church in Anchorage, Alaska

"Everything we're sharing is Christmas related!" our office manager, Anna, said.

"Yep, sounds about right!" I replied distractedly as I started mentally checking Christmas related items off of my ever growing list.

"We can write something up Thanksgiving related," Nico (thankfully) interjected.

I say thankfully because I was grateful for that reminder. Oh, Thanksgiving. Right. Not to mention Advent. I was so quick to rush ahead to everything that December brings, that I didn't let myself stop checking off those to-do's in order to consider Thanksgiving first. Because that's what we do, right? The holidays come along (and seem to start earlier and earlier every year) and we go into checklist mode: green bean casserole. Check. Christmas lights. Check. Gifts for Grandma. Check. Gifts for teachers. Check. Christmas dresses. Check. Baking. Check.

Checklists and organization are necessary at times (God made me and millions of others as Type A personalities after all, so I think He intends for us to use those strengths!) but are we really living our best life when we are so immersed in errands and activities that we fail to stop and thank God for all the gifts this season brings? I know I'm not.

We are called to give our thanks. ("... give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18) We are called to stop checking off those lists (I know, I just cringed a little, too) and just be. Be still. Be in the moment. Be thankful. Be grateful.

For no matter the season—no matter the time of year, or the season of life you may be in right now, we can find something to thank God for. Some of us may be grateful that we could drink our coffee while it was still hot. Some of us may be grateful for working hands, legs, eyes or ears. We can stop and thank God for the sunrise, or the sunset (as early as it might be these days.) For the beauty of the mountains, for the chance to hold a hand while singing Eagle's Wings. We can thank God for a child's prayer, a friend's laugh, for chocolate. (Ok, if I am being honest, I'd throw my to-do list out the window for chocolate some days.) . . . Sometime this week, stop. Be still. Just be. And thank God, for that alone is a gift.

Reprinted from Eagle Wing e-newsletter, 11/21/2017 http://www.stjohneagle.com/blog/i-am-thankful-for

Little Word, Big Difference

by Tony Evans, Th.D, Christian pastor, speaker, author, and syndicated radio and television broadcaster God says to give thanks in everything. That doesn't mean you need to give thanks for everything. You don't need to give thanks for that bad day. Or for that bad relationship. Or being passed over at work. Financial hardship. Whatever it is—you are not to give thanks *for* the difficulties but rather *in* the difficulties.

That is a very important distinction, and one I think we often miss. Giving thanks in everything shows a heart of faith that God is bigger than the difficulties and that he can use them, if you approach him with the right heart and spirit, for your good and his glory.



by Charlotte Cutkosky

Hello First Palo Alto readers!

We're now at that time of year when the holiday displays come out every month! We hope you enjoyed our special Halloween and mystery and thriller displays, and that you'll come give our

Thanksgiving seasonal display a look this month. Selections focus both on the history of the holiday and prayer and thankfulness.

Some new acquisitions to highlight on this fine November day: *Ruth Bader Ginsburg: In Her Own Words*, edited by Helen Hunt, is part of the "In Their Own Words" series by Agate Press, which collects quotes, interviews, speeches, [court] opinions, dissents, and other sources about famous current figures. Read about the Notorious RBG—one of only nine women in her Harvard Law class of 500, civil rights icon, and one of the most influential women in present day America—in her own words and our own cultural context.

Need a break from the news? *Crazy Rich Asians* by Kevin Kwan is the first of a trilogy. This complex rom-com sees Rachel Chu traveling to Singapore to meet her boyfriend Nicholas' family, where she is shocked to discover that not only are they one of the wealthiest families on the island but her Nicholas is considered one of Singapore's most eligible bachelors. Read the inspiration for the hit summer blockbuster—and the best part is, there's no wait list for trending titles at the church library.:)

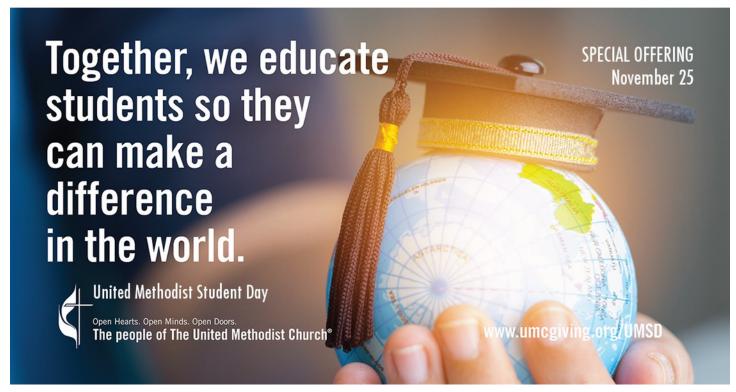
We hope you'll find just the right book to curl up with as the weather gets colder, and as always, happy reading FUMCPA!



Help decorate the church for Advent and Christmas. Work will take place Saturday, Nov. 24 from 10 a.m. to 2 p.m.



United Methodist Women (UMW) will sell handmade greeting cards Sundays, Nov. 18, 25, and Dec. 2 on the patio from about 9:45 a.m. until after noon. All proceeds from the card sales support UMW missions.



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Chicken Soup and More! —for the FUMC Soul

What a lovely day—communion and a sense of community, plus delicious bread and soup.

Thanks to all who helped carry on our World Communion Sunday tradition on Oct. 4.

Thank you, Ruthie Waters, for the lovely seasonal worship table display.

Thank you, Caryn Cranston, for setting up communion on this special Sunday and for ferrying the leftover bread back to our buffet line.

Thank you to our wonderful soup chefs: Claudette Kayne, Kathy Rose, Colleen Crangle, Michele Conway, Nancy Olson, Steve Wood and Julie Lopez, Emily King, Mira Dabrowski and Vickey Ross Conley (who brought a cake too. Double thanks!).

And thank you to Charlotte Cutkosky, Mira Dabrowski and Michele Conway for extra serving and cleaning up help.

Soup lunch, photo by Ben Conway

Pizza with a purpose

Bring in this flyer, present it to your server, and we'll donate **20**% of your check to the organization listed below. Purchases include dine in, take out, catering and all beverages.

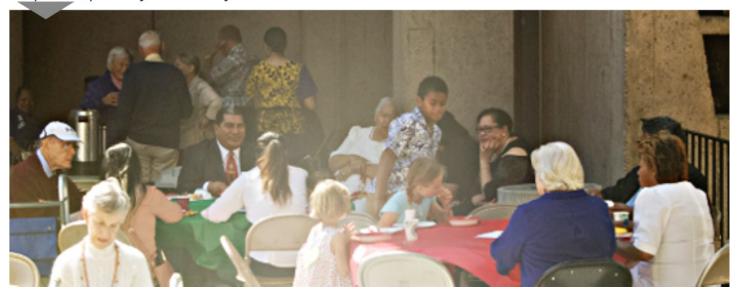
First United Methodist Church of Palo Alto Wednesday, Nov. 14, 11 a.m.-9 p.m.

Valid at the following location: California Pizza Kitchen 136 Stanford Shopping Center Palo Alto, CA 94304 (650)325-2753

Join the Pizza Dough™ Rewards program on your next visit or at cpk.com and receive a free Small Plate for registering.



FUNdraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profits schools are eligible to participate in CPK's FUNdraiser program. CPK will donate twenty percent of food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine in, take out, online, catering or curbside orders. Not valid for delivery orders. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the FUNdraiser, please contact the organization directly.





by Nancy Olson

It is very sad, sometimes heartbreaking, to read about or watch news of the human and environmental impacts of hurricanes, flooding, earthquakes and other disasters around our country and the world. We feel badly, we pray for those affected, we send money to UMCOR or Church World Service to help pay for food, water and blankets. But often we have not done anything to prepare our families or homes in the event of a severe storm or earthquake *here*.

When a truck accidentally knocks down a power pole and line, a whole neighborhood may be without electricity for hours while it is being repaired. In a major storm, many neighborhoods can be affected. The wider the area affected, the longer the repair takes. It is important for us to be prepared to be self-sufficient for at least a week while trouble spots can be identified and repairs made in the event of a major disaster.

We should begin by identifying potential hazards in our homes and begin to fix them. For earthquake safety, move or secure heavy items that may fall where people sit or sleep. Secure electronics, appliances, water heaters, cabinet doors. Flammable and hazardous materials should be kept in low areas where they cannot fall.

We need to make a plan covering each member of the household, including those with special medical needs and pets. Everyone needs to be aware of the plan: safe spots within the home, a meeting place, people to contact, important phone numbers. Copies of important policies and records should be collected in a secure place.

Each member of the family should have a portable personal disaster kit kept where they can easily reach it. We should have a household survival kit for 7 to 10 days for each member of the family, including pets; emergency lighting, battery-operated radio, spare batteries, manual can opener, gloves, blankets, first aid kit, etc.

For more information about preparing a disaster plan and kit for you or your family, consult https://www.redcross.org/get-help/how-to-

continued on page 7

Advent Candlelight Dinner

7:00 p.m. Sunday, Dec. 2 in Fellowship Hall following the Advent Worship Service with Carols (6:00 p.m.)

Cost: \$35/person (same as before)



During November, reservations are being accepted for this elegant and entertaining annual event. For this year's dinner, please invite and pay for someone not currently connected with our church. When you sign up, indicate how many people you are inviting and their names. This is an invitation of hospitality to reach out to those outside our present church family.

If you have questions, ask Janet Nicholls, sweetjanet@aol.com or 650-814-0278.



Election Day is Nov. 6. To read ballot recommendations from California Council of Churches IMPACT, see churchimpact.org or pick up a copy in the narthex.

INSIGHTS November 2018



New Century Chamber Orchestra will return to Palo Alto FUMC after several seasons and present two concerts. On Friday, Nov. 2, they will present a concert with Anthony Morwood as their concert master and James Crabb as accordion soloist. "Seavargers," a work for violin, accordion and string orchestra by Sally Beamish, will open the program, followed by composer Pēteris Vasks's concerto for violin and string orchestra, "Distant Light." To complete the concert, the chamber orchestra will play "Serenade for Strings in E major, Opus 22 by Antonín Dvořák. Purchase tickets from City Box Office 415-392-4400 or at the door.

Three centuries ago, Vivaldi composed virtuosic concerti to spotlight his most talented students. Now in **Philharmonia Baroque Orchestra**'s partnership with The Juilliard School's Historical Performance program, what better way to celebrate than showcase PBO teachers and Julliard's recent alumni side-by-side in Vivaldi's dazzling double concerti?

The program will include Corelli Concerto Grosso Op. 6, No. 7 in D major, Vivaldi Concerti, and

Geminiani ConcertoGrosso No. 12

Tickets are available from City Box

in D minor, "La Follia."

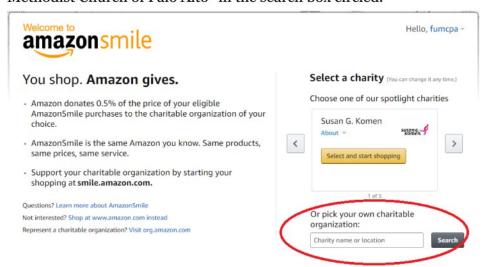
Office, number listed above.

How to Benefit First Church When You Buy Items from AmazonSmile

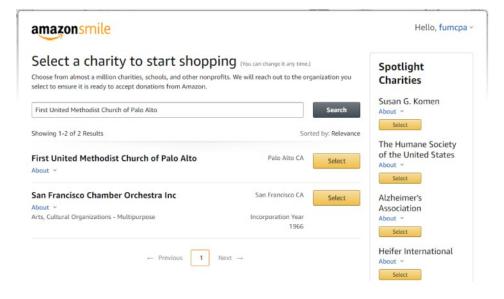
AmazonSmile is a service offered by Amazon.com that gives .05% of your Amazon purchases to a charity of your choice. AmazonSmile has the same selection of products, prices, and shopping features as Amazon.com, including Amazon Prime member benefits.

(Note: Use your existing Amazon.com account on AmazonSmile if you have one, or create a new Amazon account if you don't.)

Step One: Visit https://smile.amazon.com to activate AmazonSmile. **Step Two:** AmazonSmile gives you the option to select from popular charities or search for your preferred charity. Type "First United Methodist Church of Palo Alto" in the search box circled.



Step Three: First United Methodist Church of Palo Alto and some related charities will appear. Click "select" for First United Methodist Church of Palo Alto.



Step Four: Amazon will remind you that you must use the smile.amazon.com URL for your purchases to count. Check the box to show you understand and click "Start Shopping."

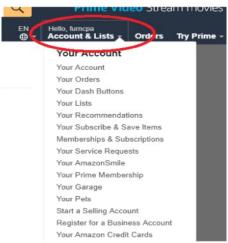
Now you're good to go. Thank you for your donation to First Church! To donate, remember purchases must be made through the AmazonSmile URL (https://www.smile.amazon.com) instead of the regular Amazon URL (https://www.amazon.com). You may want to bookmark the AmazonSmile URL or add it to your Favorites in your browser.

However, if you accidentally wind up on the regular URL, Amazon will helpfully ask if you would like to be transferred to AmazonSmile.

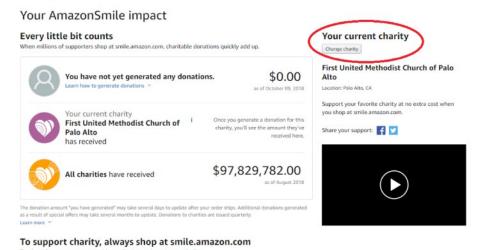
Managing Your AmazonSmile Account

If you are already using AmazonSmile and would like to change your charity to First Church, or just want to see how much charity money you have generated, hover your mouse over "Account and Lists" in the top right hand menu.

You will see a drop down menu like this, where you can click "Your AmazonSmile."



Now you will see a page like this, with a record of how much charity money you have generated, and the option to switch your preferred charity.



If you have any questions or need help troubleshooting your AmazonSmile set up or use, contact Charlotte in the church office at (650) 323-6167 x103 or charlottefirstpaloalto@gmail.com.



Boy Scouts from Troop 50, sponsored by First Palo Alto UMC, will sell holiday wreaths on the patio from 11:45 a.m. on Dec. 2.



Plan to Attend Church Conference Next Month

A Church Conference will be held Dec. 2 at 4:00 p.m. in Kolhstedt Hall to celebrate the year and set the budget for 2019.

Green Notes, from page 5 prepare-for-emergencies/make-a-plan.html and https://www.ready.gov/build-a-kit.

Of course, we pray we will not actually need these preparations. But if they become necessary, we will be prepared until help is available.

Let us remember the victims of disasters in our prayers, and remember to thank God for our many blessings.

UNITED METHODIST WOMEN

November

Women's Activities

- 4 Daylight Savings Time Ends
- 6 ELECTION DAY

 Don't forget to vote
- 9 LUNCH BUNCH 11:30 a.m. at Cibo's RSVP to Nancy Olson: nso2431@icloud.com
- 18 CHRISTMAS CARD SALE
 On Patio before and after
 worship service
 Handmade cards to support
 UMW Mission
- 20 NEEDLEWORKERS 9:30 a.m. at Channing House Contact Mary Ann Michel: mamichel@alumni.duke.edu
- 22 THANKSGIVING DAY Let us be thankful!
- 27 MARY/MARTHA CIRCLE 1:30 p.m. in Patio Room World Thank Offering Contact Nancy Olson: nso2431@icloud.com

The United Methodist Women (UMW) is open to all women of the church. For more information, contact Nancy Olson: nso2431@icloud.com



What Is a Deaconess?

Submitted by Nancy Olson

The deaconess and home missioner movement in the United Methodist Church is rooted in Christian history and continues the legacy of women in mission.

Deaconesses (and home missioners, which are the male equivalent) are laity "called by God to a lifetime relationship in the United Methodist Church for engagement with a full-time vocation in ministries of love, justice and service." As a group, they form a "community rooted Scripture, informed by history, driven by mission, ecumenical in scope and global in outreach." They are social workers, counselors, teachers, firefighters, nurses, artists, administrators and "many other diverse forms of service directed toward the world to make Jesus Christ known in the fullness of his ministry and mission."

The earliest known usage of the term deaconess comes from Paul's letter to the Romans when he wrote: "I commend to you our sister Phoebe, a deaconess of the church at Cenchreae, that you may receive her in the Lord as befits the saints and help her in whatever she may require from you, for she has been a helper of many and of myself as well." Romans 16:1-2

By using this term, Paul introduces Phoebe as someone holding a leadership role, serving her church and community unselfishly.

The Methodist deaconess movement in the United States began when Lucy Rider Myer and her husband started the first deaconess training school in Chicago in 1885. Methodist deaconesses in the late 19th and early 20th centuries are credited with starting schools and hospitals in communities where they did not previously exist. The need for such ministries was great.

The Office of Deaconess and Home Missioner is under the Women's Division of the General Board of Global Ministries. Today there are at least 650 active deaconesses/home missioners worldwide and 450 of them serve as deaconess in the Philippines.

Based on an article by Amanda Mountain in RESPONSE, March 2018



Annual Women's Retreat January 25–27, 2019 Registration information available soon

Start-Ups Are Source of Hope and Inspiration in Ukraine

by Nancy Glaser

How I ended up in L'viv, Ukraine in October is a story of friendship and desire to continue the journey of following the change in former Soviet Union countries.

I was a business coach in both Poland and Russia during the '90s. Now it is amazing to watch how each of the countries in the former Soviet Union have changed since the breakup of that system. Here in western Ukraine, it reminds me a lot of Poland, however, 20 years and with many positive changes later.

I am meeting the founders and administration of the private and toprated Ukraine Catholic University (UCU) and focused on the business school's newest Center for Entrepreneurship. They just opened their Accelerator for entrepreneurs in the TechFood, TechArt, and TechEducation sectors.

Through this connection, I have been meeting influential people in the tech start-up community. Some of them have lived/worked in Silicon Valley and bring information and good contacts back to Ukraine to support their country.

There are large community start-ups like the LEM Station, a project set on a former derelict power plant. They have used the buildings to initiate community events and co-working spaces among other great ideas. As one person said, "We aim to create an environment of startups," and they mean it.

During the weekend there was a Mini Maker Faire which included everything from the lowest tech product to extraordinary examples of

Ly iv Mini Maker Faire the Ukrainian excellence in technology.

One workshop reminded me of what the Exploratorium must have looked like in its early days. It is a living laboratory filled with entrepreneurs working on all kinds of interesting projects.

One such "success story" is the Senstone product (senstone.io) that will be launched in the West shortly. It raised more than \$300,000 from 2745 backers on Kickstarter.

I am filled with inspiration and admiration for these striving entrepreneurs and supporters who are giving Ukraine a better future and hope for the future generations.

Nancy Glaser is member of First UMC Palo Alto working as a business coach with SEED, Stanford Institute for Innovation in Developing Economies, in East Africa. Read more in Quick Update on page 10.



INSIGHTS November 2018



Nancy Glaser reports the outcome of the Sept. 14 Pitch Event previewed in the October issue of Insights:

The Stanford Seed Summit Pitch
Event was a success with our five finalists fully prepared for their 6 minute pitch and pitch deck. We had more than 50 investors in attendance who then made contact with our companies for future meetings about potential partnerships. It was a proud moment!



11/2	Amiyah Huston
11/4	Blair Helu
11/7	Alicia Breen
11/7	Cathye Raneri
11/8	Rick Branner
11/10	Michele Conway
11/10	Linda Grossman
11/10	Justin Fung
11/10	Annie King
11/12	John Pencavel
11/14	Frankie Campos
11/15	Ron Fredlund
11/16	John John Kispert
11/17	Marion Hollar
11/18	Steve Hickman
11/18	Patty Bellardo
11/19	Bill Michel
11/19	Al Moon

,	
11/20	Kevin Keller
11/22	Joseph W. Rahn
11/22	Alex Riley
11/23	Brynn Iglehart
11/24	David Blackburn
11/25	Jerry Johnson
11/25	Caryn Cranston
11/27	Alice Loughry
11/30	Margaret Blackburn

11/20 Sydney Keller



	ANNIVERSARIES
11/30/1963	George & Carol Carpenter
11/11/1989	Lucy Tompkin & Scott Thomas
11/5/1999	Jill & John Kispert
11/11/2001	Janet & Bill Nicholls





The Finance Committee thanks you for your generous and gracious support and requests that you continue to keep your pledges current. Please direct inquiries to Lou Bellardo: lou@bellardo.com

Sep 2018 Income and Expense Summary DRAFT	Sep 2018 Actual	Actual YTD 2018	Budget YTD 2018	Budget Annual 2018
Income				
Total Member Giving	37,614	369,746	324,045	453,707
Total Income All Other Sources	12,399	203,914	229,410	299,214
Total Income	50,013	573,660	553,455	752,921
Expenses				
Conference Tithe	6,644	48,359	50,034	66,712
Council on Ministries	976	16,163	24,475	35,300
Staff Parish Relations	34,251	320,977	343,469	457,959
Office and Finance	774	10,743	14,400	18,400
Board of Trustees	15,488	128,355	134,756	174,550
Total Expenses	58,133	524,597	567,134	752,921
Excess (Deficit) of Income over Expense	-8,120	49,063	-13,679	0



- 4 Daylight Savings Time ends: Fall back Couples Group, 12:15 p.m.
- 6 Election Day Staff Parish Relations Committee, 7:00 p.m.
- 8 Community Band Practice, 8:00 p.m.
- 10 Insights deadline for December issue Koinonia event
- 11 All Saint's Day
- 13 Board of Trustees, 7:30 p.m.
- California Pizza Kitchen fundraiser, 11:00 a..m. to 9:00 p.m. (off-site)
- 18 Couples Group, 12:15 p.m.
 Greeting cards sale, 9:45 a.m.–12:15 p.m.
- 20 Finance Committee, 7:30 p.m.
- 22 Thanksgiving Church office closed
- 23 Church office closed
- 24 Deck the Halls, 10:00 a.m.-2:00 p.m.
- 25 United Methodist Student Day (special offering)
 Greeting cards sale, 9:45 a.m.-12:15 p.m.
- 27 Church Council, 7:30 p.m.

December 2nd Events to Remember

Boy Scout Wreath Sale, 11:45 a.m.
UMW Greeting Card Sales, 9:45 a.m.–12:30
Church Conference, 4:00 p.m.
Advent Service with Carols, 6:00 p.m.

Advent Dinner, 7:00 p.m.

Our electronic giving page is always open! Give with a few clicks at http://www.firstpaloalto.com/give As always, your generosity makes our mission possible. Thank you!

WEEKLY SCHEDULE

Sundays

8:45 a.m. Upstream Worship, Chapel
9:45 a.m. Children's Sunday School:
Preschool–K, Butterfly room
1st–5th Grade, Rainbow room

10:45 a.m. Sanctuary Worship
Broadcast live online at
firstpaloalto.com/live-webcast/

11:45 p.m. Snack and Chat

Childcare is available during worship and Sunday School (8:00 a.m.–12:00 p.m.) in Noah's Ark room

6:00 p.m. Youth Group: Middle and High School

Mondays

5:00 p.m. Breaking Bread

7:00 p.m. Fiume di Musica rehearsal

Tuesdays

10:00 a.m. Tuesday Trekkers, San Antonio Rd.

and Terminal Blvd. Call 650-327-

1428 for information

Wednesdays

10:00 a.m. Bible Study, Channing House, 5th floor lounge

Thursdays

6:30 p.m. Handbell rehearsal8:00 p.m. Chancel Choir rehearsal8:00 p.m. Community Band rehearsal

Information for the next edition of the Insights newsletter is due Nov. 10.

All articles are subject to editing. Articles submitted late may be included as space allows. Please send your submissions to newsletter editor Michele Conway via email: insightsfirstpa@gmail.com or bring them to the church office. Thank you!



First Palo Alto United Methodist Church 625 Hamilton Avenue Palo Alto, CA 94301-2016 www.FirstPaloAlto.com Follow us on Twitter:@firstpaloalto.com

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RETURN SERVICE REQUESTED

FIRST PALO ALTO UNITED METHODIST CHURCH

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Next INSIGHTS deadline: November 10

