



Small Group Initiative Kick-Off Is Oct. 27!

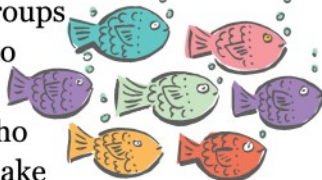
by Paula McKinney

On Sunday Oct. 27 at 12:00 p.m. in the Patio Room you will have the opportunity to sign-up for the Small Group Initiative. This program is designed for people to meet monthly in a group and take a religious journey together for as long as the group wants to meet. The groups provide an opportunity for members to explore their spirituality and examine Christ's appeal for social justice. Groups can also select topics of interest to the members. Joining a group is voluntary.

There will be a group designated for new members of the church, and the groups are open to church visitors who want to make the commitment. Group members can select books to read and discuss, or opt to have an open forum for discourse.

This is a fantastic opportunity for fellowship, learning, and the exchange of ideas with people who choose to take the journey!

Refreshments will be served at the Kick-off. ☺



It's a Dance Party to Celebrate Our 125th!

Date: *October 19* Time: *8-10 p.m.* Place: *Fellowship Hall*

Join us for an evening of social dancing and mingling in celebration of First Palo Alto's 125th anniversary. No partner necessary!

Try your hand—or feet—at the cha-cha and rumba. Cheer on the dancers of First Tongan Church, as they perform two cultural dances. Meet some members of our community partner dance groups: Friday Night Waltz, Scandi Dance, Contra Dance and Wednesday Night Hop. Enjoy punch, hors d'oeuvres and sweets as you dance the night away!

Join the Peninsula CROP Walk on Oct. 20

by Chuck Hebel

Each year communities on the San Francisco Peninsula come together to raise money and awareness for hunger relief locally and around the world through the CROP Hunger Walk. Walkers ask family, neighbors, colleagues and places of worship to pledge dollars for their participation in a 0.6-mile, 1-mile, 3-mile, or 5-mile walk. Our steps symbolize the daily journey others must make for food and clean water.

The San Francisco Peninsula CROP Hunger Walk begins at 2:00 p.m. Sunday, Oct. 20 at Nealon Park, 800 Middle Ave. in Menlo Park. (Registration begins at 1:00 p.m.) To register to walk and/or to donate online, go to the web site for the SF Peninsula CROP Walk: crophungerwalk.org/menloparkca. Our team is "First UMC Palo Alto;" our Team Leader is Charles Hebel.

One-fourth of the funds raised in CROP Walks stays in the local community to support local hunger and poverty fighting programs. The SF Peninsula Walk will support the work of Ecumenical Hunger Program. The remaining money is used by Church World Service to alleviate hunger in poor communities throughout the world. Donors can allocate 75% of their donation to an alternate cooperating U.S.

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Beneficiaries and Benefactors

“In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.” Acts 2:17 NRSV

Dear members and friends, Aloha, Peace and Blessings!

We are in the final stage of our Beneficiaries and Benefactors Finance Campaign. What a blessing it has been. For the past several weeks we have been discussing how to awaken the passion and

dream God placed inside each of us. And it has happened. God has given us a clear, High Definition Dream for the future. He has ignited our passion and it is infectious. We are excited about making new dreams for future generations. We are excited about becoming the Dream Makers God has called us to be.

Dream Makers are people who will support, assess and promote the personal dreams and desires of another person. They maximize their talents to ensure that the dream comes true. They are the “MAKE IT HAPPEN PEOPLE.” That’s US! You may know some who do not belong to our church. Invite them to join our Dream Maker’s team. Don’t let concerns about finances limit your Dreams. There are people who have the gift of giving who will joyfully provide funds to underwrite some of the dreams.

On Oct. 20, we are calling all Dream Makers, members and friends, to come forward, with their Dreams and financial gifts for consecration. There will be a separate blessing for all who bring their Dreams and want to be anointed for the continuance and implementation of our church mission. Our Dreams will be published after Consecration Sunday for our congregation to see the wonderful ways God has for us to move forward. I look forward to seeing what God has for our future together.

Lovingly and Grateful to be Your Pastor,
Reverend Dr. Debra Murray

FIRST UNITED METHODIST CHURCH OF PALO ALTO TURNS 125 THIS YEAR!



You are an important part of this church. Please join us in celebration of this illustrious milestone.

Save the date!
Sunday, Nov. 17
125th Anniversary
Celebration Service

Time: 3 p.m.

Place: Sanctuary, First United Methodist Church of Palo Alto at Hamilton and Webster

Followed by First Tongan Church Iuau

Get Ready for World Communion Sunday

World Communion Sunday began in 1936 as a way to recognize our ecumenical oneness in Christ and to bring Christians together in a spirit of unity and peace. In The United Methodist Church, World Communion Sunday is also one of six Special Sunday offerings. On World Communion Sunday, our designated gifts benefit students around the world by providing scholarships, mentoring and training. For example, the scholarship helped Annie Solis Escalante, who is from Peru, complete a master's degree in social management. After graduation, she put her education to use by developing projects with the Health and Healing Program of the World Council of Churches in Geneva.

Ofelia Duldalao, from the Philippines, considers herself a scholar of the church and society, thanks to funds to help her complete graduate school that she received through the United Methodist World Communion Sunday special offering.

The Rev. Nickie Moreno Howard received the Journey Toward Ordained Ministry (JTOM) Scholarship, funded through the World Communion Sunday Offering. In addition to financial support, Moreno Howard, a Texas native of Mexican heritage, was mentored and met others experiencing similar life struggles. Following her graduation, she became a JTOM mentor, supporting a new class of scholars.

The spirit of World Communion Sunday is to come together in Christian unity around breaking bread and sharing the cup. In our

Wesleyan tradition, we extend this practice through our special offering. Nelson Mandela said, "Education is the most powerful weapon you can use to change the world." Because of our giving on World Communion Sunday, the power to change the world is in more hands. Please give generously on Oct. 6. 🍷



**Join us for
Soup and Bread**

on the Patio at noon
following Worship on
**World Communion
Sunday, October 6**

Please bring bread to share.
If you can make soup,
please contact
Pamela Cutkosky.



**Christ's love creates
unity in the midst
of diversity.**

OCT. 6
Please give
generously

WORLD COMMUNION SUNDAY

Open Hearts. Open Minds. Open Doors.
The people of The United Methodist Church®

www.umcgiving.org/WCS



UMW Christmas Card and Greeting Card Assembly Party

Every Sunday in **October** after church (about noon) in the library



All proceeds from the November sale of our handmade greeting cards will go to support United Methodist Women service projects

Please join us for any October Sundays you can participate

Contact: Ruthie Waters

650-520-4036 voicemail. Please leave return phone number or

Email: waters.ruthie@gmail.com

^{still} You Can Help Lead the Way to a Cure

It's not too late to join the fun-filled Walk to End Alzheimer's which takes place on Saturday, Oct. 12.

And it's not too late for you to donate to an FUMCPA team member* on the patio after church or online at: tinyurl.com/AlzTeamFUMCPA



The Walk funds go to Alzheimer's research and to provide support and services to people with the disease and to their families. Our goal this year is to raise \$10,000.

Please contact Robert Lasater at rlasater@hotmail.com or Linda Grossman at planaap@aol.com if you have any questions.

*Team Members are Patty Bellardo, Colleen Crangle, Nancy Glaser, Linda Grossman, Robert Lasater, Debra Murray, Kathy Rose. 🐾



Hello First Palo Alto Readers!

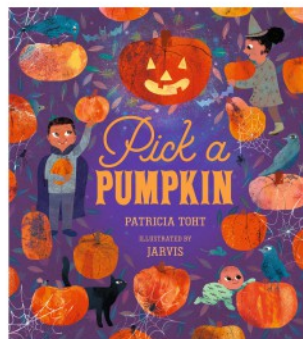
by Charlotte Cutkosky

October is here, and we have new books for all ages in the library. Here are a few of our newest acquisitions:

For adults, *Before We Were Yours* by Lisa Wingate is a work of historical fiction based on a real life scandal of 1930's Tennessee, when adoption organization director Georgia Tann stole poor children away from their parents to sell to wealthy families. The book follows Rill Floss, the eldest of five, who struggles to keep her younger siblings safe and together after they are kidnapped off their parents' Mississippi river boat, a crime investigated in the present day by successful prosecutor Avery Stafford, who is exploring the depths of her family's own troubled history.

For kids, *Where Are You From?* by Yamile Saied Mendez and illustrated by Jaime Kim introduces a young American girl who is constantly asked the same frustrating question by her classmates: "But where are you really from?" She turns to her abuelo (grandfather) for advice and he answers her lyrically, describing the sights and sensations he associates with her heritage, while acknowledging her complicated feelings about belonging.

If you're in the mood for some seasonal Halloween reading, *Pick a Pumpkin* by Patricia Toht and illustrated by "Jarvis" is a great introduction to Halloween traditions, describing in rhyme the process of picking a perfect pumpkin and turning it into a Jack-o'-Lantern for Halloween night. There's a sequel for the Christmas season: *Pick a Pine Tree*.



As always, happy reading FUMCPA, and have a Happy Halloween! 🐾

CONCERT NOTES

The 2019–20 concert season will officially open on Oct. 11 with **Voices of Music**, a group new to First Palo Alto UMC. The concert, entitled "I Concerto delle Donne: the secret choir of women virtuoso singers at the court of Ferrara," will present virtuoso Italian vocal music of the late Renaissance and early Baroque eras and feature award-winning Belgian soprano Sophie Junker and Bay Area favorite Sherezade Panthaki.

The concert will be held Friday, Oct. 11, at 8:00p.m. Purchase tickets through the box office at 415-260-4687 or at the door. As Nicholas McGegan sets off on his final season as Music Director of **Philharmonia Baroque Orchestra**, Pulitzer Prize-winning composer Caroline Shaw returns with her most ambitious project yet for the Orchestra & Chorale—a cosmic reflection inspired by Carl Sagan's Golden Record, and by humankind's fascination with recording ourselves for posterity. The voices of contralto Avery Amereau and bass-baritone Dashon Burton interwoven with selections played on record player all contribute to this monumental work featuring the profound words of Walt Whitman and Alfred Lord Tennyson. Paired with Handel's *Eternal Source of Light Divine*,

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New School Opens in Ngungu: My Recent Service Trip to Kenya

Text and photos by Brenda Birrell, Program Director, One Dollar For Life (ODFL)

I went back to Kenya this summer to open the classroom that ODFL had built at Ngungu Secondary School. This is a quick report.

Ngungu is a village located in a rural area, about a 3-hour drive north of Nairobi. The community lives by farming maize (corn), coffee, and tea. Most people live below the poverty line, in houses made of rough wood roofed with corrugated iron sheeting. They have dirt floors. Most families share pit latrines that are outdated and at risk of collapse. The schools lack basic facilities and have insufficient classroom space.

Almost all of the families with children at Ngungu School earn less than \$1 a day, but the people are all generous and share whatever they have.

A group of high school students from California also traveled to help finish the classroom and to have a cultural exchange with the students at Ngungu. It was wonderful to see the students interacting and teaching each other new sports and games, and discovering how alike they are

despite having such different backgrounds and experiences. It was life-changing for everyone.

In addition to building the classroom, we added a water catchment system as the students currently miss about half an hour of instructional time every day to fetch water from the stream (for watering the kitchen garden, washing, and drinking). We also funded and donated 30 desks. It was a remarkable transformation!



New School



Old School



Six student homes

All of the travelers took two large duffel bags filled with donations, which were given to four schools in the area. We took lots of sports equipment, team uniforms, and school supplies. We also took a donated keyboard (which had been requested by the music teacher) and lots of fabric for the sewing center to make ODFL's Girls Equality Project (GEP) Kits.

The sewing center, which was funded by a 2018 First Palo Alto UMC Centennial Endowment Funds grant, is in full production. We have made and distributed more than 3,500 kits since opening in August of last year. While we were there in Kenya this summer, we

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Green Notes

by Nancy Olson

As I sip tap water through my metal straw from my refillable water bottle, I am reminded again of my reasons for opposing plastic bottled water. Number one is my strong personal bias toward the environment. And of course, I am upset over the major plastic pollution of our oceans and waterways and our environment in general. But I am also disturbed and frustrated by the injustices of bottling water for profit in the first place. Do we pause to wonder where the water comes from? Do we care? It does not magically appear on the retailer's shelves.

Osceola Township, Michigan, has less than 2,000 people. This tiny community is fighting Nestlé in court to protect its clean drinking water. When the township's elected leaders denied Nestlé's application to pump more water, Nestlé sued. Unfortunately Nestlé won that round. But Osceola is mounting an appeal. Right now, Nestlé is pumping 250 gallons of water a minute or more than 350,000 gallons every single day from Osceola Township. Bottling it up and selling it for profit. And guess how much Nestlé pays? Just \$200 a year.

For decades, Nestlé has been taking millions of gallons of water from the San Bernardino National Forest using a 29-year-old permit which had expired. All during the epic drought California suffered, Nestlé kept on pumping—for \$524 per year. The California Water Board issued an official ruling which shows Nestlé is violating its permit. This is in the courts with Nestlé defending its right to withdraw the water.

The blue waters of Florida's Santa Fe River and Ginnie Springs are home to 15 different species of turtles, including 11 native to the area, and a haven for those looking to respectfully enjoy the outdoors. The Santa Fe River and related Ginnie Springs are already listed as "in recovery" after earlier exploitation. But Nestlé has applied to pump 1.1 million gallons per day which is four times the record high the previous permit-holder Seven Springs pumped from the watershed. As of Sept. 7, 2019, the Suwannee River Water Management District is collecting public input before deciding whether to allow Nestlé's application. (In the meantime, Nestlé is spending millions in refurbishing and expanding a nearby bottling plant).

Oh yes, I have a strong personal bias against bottled water, especially in plastic bottles. I write letters and sign petitions to stop corporate

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CROP Walk from page 1 based international relief agency, with 25% going to the Ecumenical Hunger Program.

In addition to assisting hungry families in our area, CROP helps families in the United States and around the world who are victims of disasters like hurricanes, earthquakes and refugees fleeing war or famine. CROP also supports hunger-related development projects in the world's poorest communities—including agricultural training, health clinics, schools, and fresh-water wells.



CROP Hunger Walks are community events involving anyone who wants to fight hunger around the block and around the world. Roughly 1,000 CROP Hunger Walks happen every year in the United States. The Walks encourage teams and individuals from public and private schools, civic and cultural groups, area businesses, and all faith groups. 🌱



UNITED METHODIST WOMEN

WOMEN'S ACTIVITIES



- 1 TUESDAY TREKKERS
10 A.M.
Contact Patty Bellardo,
pbellardo@gmail.com
- 8 TUESDAY TREKKERS
- 8 LUNCH BUNCH
11:30 A.M.
Contact Nancy Olson,
nso2431@icloud.com
- 15 TUESDAY TREKKERS
- 15 NEEDLEWORKERS
9:30 A.M. at Channing House
Contact Mary Ann Michel,
mamichel@alumni.duke.edu
- 22 TUESDAY TREKKERS
- 22 MARY/MARTHA CIRCLE
1:30 P.M. in Patio Room
Contact Mary Lu Wood,
admlwood@gmail.com

Women in Mission, Then and Now, Named and Unnamed

Women accompanied Jesus to proclaim the Good News in towns and villages. Some of them are named. Many are not. United Methodist Women exists today because two women accompanied their husbands to India and recognized unmet needs. We know their names: Clementina Rowe Butler and Lois Lee Parker. United Methodist Women predecessors boldly accompanied Jesus out into the world, whether traveling themselves, like Woman's Foreign Missionary Society's first missionaries Isabella Thoburn and Dr. Clara Swain, or by supporting the missionaries with their prayers and two pennies. Many unnamed women helped support Thoburn, Swain and the missionaries and work that came after.

Not all women are named in stories of giving, in meeting minutes or on donors' lists, but we know there are countless women quietly supporting women, children and youth in their communities and around the world and in so doing are accompanying Jesus.

You don't have to travel far to be in mission. Mission work can happen right in our own backyard. Our own UMW is always looking for opportunities to be in mission. Your ideas and suggestions are encouraged and welcome.

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

Kenya from page 6

distributed kits at several schools, and the Kenyan girls were thrilled they will no longer have to miss school when they have a period. After the California students left, I visited a number of schools in the area to assess needs as we look at possible future projects. I will write an article about some of those next month. At most of these very remote schools, I was the first white person that the children had ever seen and they all wanted to touch my skin and hair. Often, I was invited to the home of one of the families for a cup of tea, and so that all of the village parents could come and meet me. I drank an unbelievable amount of tea in the two weeks I was there!



First white person at Muthangira Primary School in Kenya

The Ngungu classroom was just one of the 16 projects ODFL has completed so far this year. I feel so blessed to have the opportunity to be able to make a difference in the lives of so many children. Thank you for all of your support and encouragement! 🍷

Rally Day Thank You

Sunday School is Off to a Great Start!

Text by Pamela Cutkosky, photos by Ben Conway

Our children's ministry team kicked off the Sunday School year Sept. 8 with a Rally Day breakfast, singing, balloons and mini-Bible lesson. At the 10:45 worship service Pastor Debra blessed and anointed us, along with all the students and educators in our midst. After the service children's ministry hosted snack 'n' chat with an array of "kid-friendly" snacks. Hope you got to try the PBJ pretzel stick wraps, or maybe plucked a strawberry from the Fruit Monster!



Many thanks to teachers Alicia Breen and Pamela Cutkosky, superintendent Lou Bellardo, singing leader Mira Dabrowski, and helpers Christian, Zuriel and Louisa.

Join us on Sundays from 9:45 to 10:40 a.m. in the First School room (ages 3–Kindergarten) and the Rainbow Room upstairs (1st–5th graders). 🍌

Concert Notes *from page 3*

you'll leave this performance contemplating what it means to create music, and who will listen tomorrow.

The concert will be held Friday, Oct. 18, at 8:00 p.m. There will be a Pre-Concert Talk at 6:45. Purchase tickets online or at the door.

Join Music Director Ben Simon and the **San Francisco Chamber Orchestra** for a guided tour of Ludwig van Beethoven's Fifth Symphony. This work has thrilled audiences since its premiere in 1808. Find out why and deepen your understanding of this masterpiece with a musical show and tell, followed by a full performance. Emilie Mayer's Faust Overture is also on the program.

This FREE concert will be held on Friday evening, Oct. 25 at 7:30. The line to enter begins to form about 7:00. 🍌



A friend once told me that she had to be able to dream something to believe it could happen. "If I can't dream it," she said, "it will never be real."

Dreams are on the minds and hearts of our church this fall with the Beneficiaries and Benefactors campaign. Dreams are a popular topic on blogs too. Here are some more things people say about dreams:

- Having a dream helps you picture your place in the future.
- A dream creates enthusiasm about the future.
- My dream keeps me focused when the going gets rough.
- Dreams give you courage.
- Dreams give us hope.
- Everyone can have a dream; it does not matter how young or how old you are.
- Dreams give us purpose.
- Dreams motivate us to make changes.
- Dreams are a responsibility.
- Even if we don't fully realize our dreams, we learn from them.

—From the Editor



Green Notes from page 7

take-overs of natural resources. I firmly believe the Social Principles of the United Methodist Church when addressing our world:

“All creation is the Lord’s and we are responsible for the ways in which we use and abuse it. Water, air, soil, minerals, energy resources, plants, animal life and space are to be valued and conserved because they are God’s creation and not solely because they are useful to human beings. God has granted us stewardship of creation. We should meet these stewardship duties through acts of loving care and respect.” 🍀





October

BIRTHDAYS

		10/16	Christopher Martin
		10/17	Trish Riley
		10/20	George Merritt-Calvin, III
		10/22	John Baglin
10/1	Chuck Hebel	10/23	Nancy Larson
10/4	Kaitlin Medeiros	10/24	Dan Conway
10/5	Olivia Gee	10/24	Dail Koehler
10/5	Emilie R. Sweet	10/24	Margaret Branyon-Goodman
10/6	Keith Ferguson		
10/6	Sean Kurian	10/24	Alyssa Gee
10/7	Brian Cole	10/25	Tim Crockett
10/7	John Jordan	10/25	Katherine Jacob
10/9	Mary Lu Wood	10/26	Lynn Gibbons
10/9	Eliana Herbert-Paz	10/28	Julianne Stafford
10/13	Kristy Larson	10/28	Ilona Sparks
10/14	Kim Venaas	10/29	Patrick Riley
10/14	Ashley Owen	10/31	Eric Spangenberg



October

ANNIVERSARIES

10/06/1958	Harold & Lela Jones
10/21/1995	Dave Gee & Angela Chen

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

Aug 2019 Income and Expense Summary-- DRAFT	Aug 2019 Actual	Actual YTD 2019	Budget YTD 2019	Budget Annual 2019
Income				
Total Member Giving	22,749	295,842	299,004	450,170
Total Income All Other Sources	34,683	153,295	154,454	223,657
Total Income	57,432	449,137	453,458	673,827
Expenses				
Conference Tithe	3,717	36,726	40,000	60,000
Council on Ministries	1,668	15,097	25,027	39,790
Staff Parish Relations	25,092	208,164	248,567	368,862
Office and Finance	928	13,033	13,867	19,200
Board of Trustees	7,478	165,088	128,897	185,975
Total Expenses	38,883	438,108	456,358	673,827
Excess (Deficit) of Income over Expense	18,549	11,029	-2,900	0



WEEKLY SCHEDULE

Sundays

- 9:45 a.m. Children's Sunday School (Age 3 through 5th grade)
- 10:45 a.m. Worship in Sanctuary
Broadcast live online at:
firstpaloalto.com/live-webcast/
- 12:00 noon Snack 'n' Chat

Childcare is available from 9:15 a.m.–
12:15 p.m. in Noah's Ark room

Mondays

- 12:00 noon Prayer
- 7:00 p.m. Fiumé di Musica

Tuesdays

- 10:00 a.m. Tuesday Trekkers, call 650-327-1428 for information
- 12:00 noon Prayer

Wednesdays

- 10:00 a.m. Bible Study, Channing House, 5th floor lounge
- 12:00 noon Prayer
- 6:30 p.m. Upstream Community Meal
- 7:00 p.m. Upstream Worship

Thursdays

- 12:00 noon Prayer
- 6:30 p.m. Handbells
- 8:00 p.m. Chancel Choir
- 8:00 p.m. Upstream Community Band

Fridays

- 12:00 noon Prayer

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

Photos of church events are accepted at any time. Include photographer's name, date of the photo and a brief description of the event. Everything is subject to editing. Please send your submissions via email to Insights editor Michele Conway: insightsfirstpa@gmail.com or bring them to the church office. Thank you!

- 1 Staff-Parish Relations Committee, 7:00 p.m.
- 6 World Communion Sunday (special offering
Soup and bread on the patio after worship
Couples Group, 11:45 a.m.
UMW Card-making, noon in the library
- 8 Board of Trustees, 7:30 p.m.
- 10 **Insights deadline** for October issue
- 12 Walk to End Alzheimer's (off-site)
- 13 UMW Card-making, noon
Visitor Meet & Greet, noon
- 15 Finance Committee, 7:30 p.m.
- 19 125th Anniversary Community Dance, 8:00 p.m.
- 20 Consecration Sunday
Library Book Giveaway, morning
Couples Group, 11:45 a.m.
UMW Card-making, noon
CROP Walk (off-site)
- 21 Centennial Endowment Committee, 7:30 p.m.
- 22 Church Council, 7:30 p.m.
- 26 San Francisco Chamber Orchestra, free concert,
7:30 p.m. (Line begins to form at 7:00.)
- 27 Small Group Kick-Off, noon
UMW Card-making, noon

**125th Anniversary
Celebration Service
Nov. 17, 3:00 p.m.**



Our electronic giving page is always open! Give with a few clicks at <http://www.firstpaloalto.com/give> or text Give to 1-650-376-6784 for a link with instructions. Your generosity makes our mission possible. Thank you!





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FIRST PALO ALTO UNITED METHODIST CHURCH

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Next INSIGHTS deadline: October 10

