



## How YOU Make It Happen

Once again, we want to make FUMC a place of hospitality and grace on Easter by providing breakfast to everyone who worships here. Year after year, this event is a wonderful fellowship opportunity. And that is because the whole congregation contributes food items and works in the kitchen and dining hall.

The breakfast takes place Easter Sunday, April 12, from 8:30 to 10:30 a.m. in Kohlstedt Hall.

Please visit the LuckyPotluck signup page at the following link to sign up to bring a particular item or to work a 40-minute shift as a table monitor and greeter.

<http://www.luckypotluck.com/potluck/EasterBreakfast2020>

If the link does not work for you, please contact lay leader Pamela Cutkosky at: 650-328-5208 or [pamelareasner@yahoo.com](mailto:pamelareasner@yahoo.com) — or see her at church and tell her what you're bringing.

Food items can be dropped off on Saturday or before the breakfast on Sunday. ♦

## Lenten Study Begins March 5

Join us for a five week study on the person of Jesus Christ, exploring his impact on civilization and human hearts. We will be using the book *Who Is This Man? The Unpredictable Impact of the Inescapable Jesus*, by local author Rev. John Ortberg.

In the book, Ortberg reveals how Jesus has impacted civilization and individual human hearts. [Jesus] made history by starting in a humble place, in a spirit of love and acceptance, and allowing each person space to respond. His vision of life continues to haunt and challenge humanity. His influence has swept over history bringing inspiration to what has happened in art, science, government, medicine, and education; he has taught humans about dignity, compassion, forgiveness, and hope.

Join us each Thursday from March 5 through April 2 at 12:00 noon in Kohlstedt Hall. Bring your lunch if you wish. Books are \$10 each. The study will be co-led by Rev. Dr. Debra Murray and Rev. Ann Duncan. Please RSVP. ♦



Great Decisions was well attended in February. Opportunities continue in March to learn from knowledgeable speakers and participate in thoughtful discussions about foreign policy issues. Please Join us! See details on page 5. Photo by Lou Bellardo



Lent comes from old German and English words for “spring.” Lent calls us to examine our beliefs, confess and dispose of old grudges and selfish habits, dust off our Bibles for a new routine of study and prayer, air out our hearts and brighten up our attitudes. “Lent cleaning” lets the Holy Spirit freshen our faith.

Rather than sacrificing something for Lent — especially something easy and spiritually insignificant, such as chocolate — Patty Kirk, in

*Guideposts* magazine, suggests finding new ways to indulge in God’s presence. Surely one can do this by attending Lenten activities at church. But Kirk offers these additional ideas:

- Spend time outdoors, sensing God’s magnificence.
- Spend time with others, extending generosity and compassion. Remember Jesus’s promise that when you care for others, you care for him (Matthew 25:31-46).
- Pray for the “little things,” coming before God in childlike trust and feeling peace.
- Watch attentively for God’s answers to prayer, and receive them as reminders of his presence.
- Turn anxiety into prayer. As you frame concerns as prayers and entrust them to God, you “sacrifice” the tendency to wallow in worry.

The 40 days of Lent are a time for us to have a spiritual check-up and to strive to live the Christian life more faithfully and more intentionally. In our journey through Lent, we can begin to discover a more joyous way to live. ◇

Compiled from The Newsletter Newsletter



In August 2019, UMC missionary Katherine Parker spoke at our church about her work in Nepal. Photo by Colleen Crangle

See related story on page 6 about our contributions in Nepal.

## A Message from “Our” Missionary

by Nancy Glaser

In 2019 we welcomed our new missionary, Katherine Parker. Katherine is working in Nepal and focusing on empowerment of women and youth.

In December, our church donated \$1,000 to Katherine’s support and \$750 for her mental health interventions in Nepal.

A message from Katherine:

“Dear friends at Palo Alto FUMC,

With gratitude in meeting you this year and your support of our ministry in Nepal, Wishing you a Blessed Christmas and a Joyful New Year. May peace prevail on earth,

Katherine

“There are proven links between domestic violence and trauma with mental health and suicide. We looked at the importance of integrating interventions such as promoting parenting skills, improving school conditions, dialogue directly addressing harmful social norms and engaging men as partners. It was very sobering to review the status of women in Nepal but encouraging to look at how the various interventions we are using can build on each other.”

We look forward to welcoming Katherine back this year for another visit with us. ◇

## Small Groups Will Meet March 1

Please attend the small group kick-off event on Sunday, March 1 at 12:30 p.m. in Kohlstedt Hall. Snacks will be served and you will have the opportunity to meet your group members, select your team facilitator and the group meeting date and time.

Groups are based on individual interests, such as Bible Study, Grief, Singles Over 50, Caregiving, Current Affairs, Ecology, Family Matters, Women's Aging Issues, and Young Adult Community.

New attendees are always welcome.

Contact Rev. Dr. Debra Murray or Rev. Ann Duncan if you have questions.



In the ocean, a school of fish is a tight-knit group of small creatures that move as one great organism. They thrive by living and working together. God also sets people in groups to help us thrive. Our local congregations are like schools — nourishing us with physical and spiritual food, giving us a sense of belonging, empowering us to accomplish things we could not do alone.

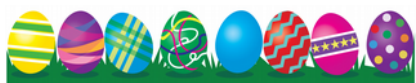
## CONCERT NOTES

On Saturday, March 7 at 8:00 p.m. in our church sanctuary, **Bay Choral Guild will present the oratorio, "Elijah."** This powerful masterpiece by Felix Mendelssohn was inspired by the passions and oratorios of Bach and Handel.

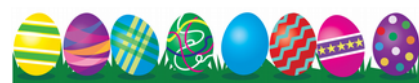
The account of Elijah's prophetic vision and efforts to dissuade his people from the worship of Baal and return them to their faith is infused with human drama, the cataclysmic forces of nature, and rich symbolism.

The choir will be joined in performance by Jubilate

*continued on page 4*



## Egg Hunt Times Two



### Community Easter Egg Hunt

You are invited to join us for the first annual Community Easter Egg Hunt hosted by our church.

On **Saturday, April 4**, we will hold an Easter event at Johnson Park (on Waverley St. between Everett and Hawthorne) to increase our visibility in the community. All children in our congregation as well as in the community are invited.

Our hope is that people will have fun celebrating and know they are a valued part of our neighborhood. They also will be invited to join us in worship on Easter Sunday, as well as participate in the traditional egg hunt following the service.

If you would like to help with the community event by organizing or being present, please speak with Rev. Ann Duncan. Thank you for your support and prayers as we reach new people with God's love!

### Easter Sunday Egg Hunt

FUMC will once again host an Easter egg hunt and children's party after worship on Easter **Sunday, April 12.**

Children ages 1 through 5th grade are invited to hunt for eggs in the First School yard after Easter worship (about noon). Regulars at Sunday School, grandchildren in town, visitors and newcomers – all kids are welcome! After the hunt, kids can claim a prize bag in the Patio Room and make a special craft to decorate their Easter dinner table.

Want to help out? We'd be delighted! Contact Pamela Cutkosky at 650-328-5208 or Rev. Ann Duncan at the church, 650-323-6167.

Double your fun this Easter by also helping with or attending the Community Easter Egg Hunt hosted by our church on Saturday, April 4.

The United Methodist Women (UMW) invites each woman of the congregation to join us in an activity to make new friends and to support mission projects. Contact Nancy Olson: [nso2431@icloud.com](mailto:nso2431@icloud.com)



## Women's Activities

- 3 TUESDAY TREKKERS  
also March 10, 17, 24, 31  
10 a.m.  
Contact Patty Bellardo,  
[pbellardo@gmail.com](mailto:pbellardo@gmail.com)
- 16 UMW READING GROUP  
11:30 a.m.  
RSVP Bernice Smoll,  
[smolla@svpal.org](mailto:smolla@svpal.org)
- 17 NEEDLEWORKERS  
9:30 a.m. Channing House  
Contact Mary Ann Michael,  
[mamichel@alumni.duke.edu](mailto:mamichel@alumni.duke.edu)
- 19 LUNCH BUNCH  
11:30 a.m.  
Where would you like to try?  
Some place new?  
Contact Nancy Olson,  
[nso2431@icloud.com](mailto:nso2431@icloud.com)
- 24 MARY/MARTHA CIRCLE  
1:30 p.m. Patio Room  
Program: Meet Ann Duncan  
Contact Mary Lu Wood,  
[admlwood@gmail.com](mailto:admlwood@gmail.com)



## Questions — Questions — Questions

Where do we go from here? The General Conference in May is scary! In a letter from Harriet Jane Olson, General Secretary and CEO of United Methodist Women, we are reminded that the changes being talked about are “proposals” at this point:

“Over the past several months, persons who have various leadership roles in our denomination and in some of the groups that have prepared their own separate plans for how the denomination should proceed in 2020 met with a mediator to see if it was possible to come together around a single plan. On Friday, Jan. 3, they announced that they had reached an agreement to move ahead through separation. Their proposal would allow traditionalist United Methodists to form a new Methodist/Wesleyan body. The protocol has provisions dealing with properties, pensions and sketches out some of the timing and process that would be required. I encourage you to read the United Methodist News Service article about it. At this stage, this agreement is a proposal. Actual legislation for the General Conference to consider will need to be drafted. It is a recommendation that has yet to be voted on or approved.

“The current outline does not address United Methodist Women or the agencies of the church very much, except to say that, if the proposal is adopted, they and we would remain part of the UMC rather than the traditionalist denomination that could be formed if this approach is adopted by the General Conference. As you may know, United Methodist Women has been following the development of all the plans and at times providing input or response. Along with you, we know that there is urgent work for UMW to take on — supporting women, children and youth and marginalized persons and advocating for policies that are more just. Our commitment is to be a place where all the women who affirm the purpose and want to work together in mission can belong. With this in view, the UMW Board of Directors has already made changes to our bylaws to ensure that women committed to this mission could continue to belong, regardless of whether they or their church or their Conference separates from the UMC.” ♦

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### Concert Notes from page 3

Orchestra (playing period instruments) and superb soloists: Bradley Ellingboe, bass (Elijah), Jennifer Ashworth, soprano, Heidi Waterman, alto, James Hogan, tenor.

There will be a preview lecture one half hour before the performance. Tickets are available online at [www.baychoralguild.org/2020-03-elijah.html](http://www.baychoralguild.org/2020-03-elijah.html), and at the door. ♦



## Great Decisions Discussions Continue Through March

Great Decisions, our annual foreign policy discussion series, continues in March. Please see dates and descriptions below. All sessions are on

Sunday in Kohlstedt Hall (on the lower level) from 7 p.m. to 8:30 p.m.

Newcomers and guests are welcome! Just bring an open and eager mind. The Great Decisions book published by the Foreign Policy Association contains background information for each topic. Purchase a book for \$25 on Sunday mornings after church or at any evening session ... while supplies last.

**March 1: Red Sea Security** The Red Sea has remained vital for global trade since the time of ancient Egypt. Once home to the spice trade, the Red Sea now sees millions of barrels of oil a day transported across its waters. With major nations like China, France, Italy, and the U.S. building large ports and bases in the region, what does the future of the region look like? How important is Red Sea security for global security? Can the region be a place of global cooperation?

Speaker: Nancy Okail, Center for Democracy, Development, and Rule of Law, Stanford

**March 8: Modern Slavery and Human Trafficking** Almost every nation has enacted laws criminalizing human trafficking, and international organizations, governments, and NGOs sponsor a large variety of projects to curb trafficking and slavery. Billions of dollars have been allocated to these efforts. What is the international community doing to combat slavery and trafficking? What are the experiences like for those being trafficked?

Speaker: Beth Van Schaack, Psychology/Public Mental Health and Population, Stanford

**March 15: China's Road into Latin America** As the Trump administration continues to withdraw from the world stage, China is looking to fill the void. How does Latin America fit into China's "One Belt, One Road" plan? How will the relationship with China affect the region? Should the U.S. be concerned about China's growing "sphere of influence?"

Speaker: Harold Trinkunas, Deputy Director, Center for International Security and Cooperation, Stanford

**March 22: The Philippines and the U.S.** The Philippines has had a special relationship with the United States since the islands were ceded by Spain to the United States after the Spanish-American War at the end of the 19th century. However, since the election of Rodrigo Duterte, the country has pivoted more toward China, and away from the U.S. Duterte has also launched a large-scale war on drugs that

*continued on page 6*

## New Dinosaur Books in the Library!

by Charlotte Cutkosky

The past few decades have been full of all kinds of new and exciting discoveries about dinosaurs:

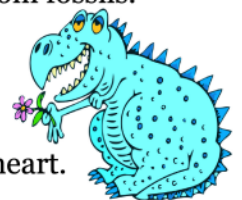
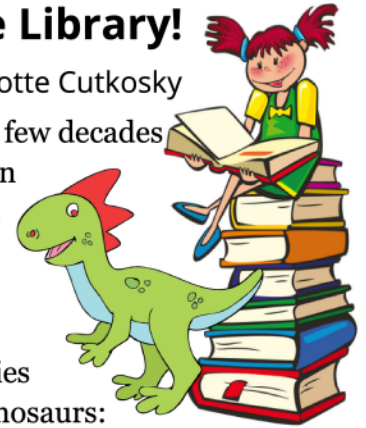
dinosaurs with feathers (more than originally thought!), the social habits of Tyrannosaurus, and all kinds of new dinos.

Moviegoers may have been disappointed when the newest Jurassic Park movies opted not to deck their tyrannosaur and velociraptors out in feathers, but you can find all the feathered and multi-hued dinos you could possibly want in our newest dinosaur books.

*My Encyclopedia of Very Important Dinosaurs* by DK Books has everything you need to know, and *Tracking Tyrannosaurus* by National Geographic Kids examines the fearsome lizards through new lenses, comparing current and past theories. *Scaly, Spotted, Feathered, Frilled* by Catherine Thimmish specifically focuses on what we know about the appearance of dinosaurs, and the difficulties in forming reconstructions from fossils.

Our dino books may be in the kid section, but they are for all kids at heart.

Happy reading, FUMCPA!



## CEF Grant Used to Improve Birthing Conditions in Nepal

by Brenda Birrell, Program Director at ODFL

Last year a Centennial Endowment Funds Grant was awarded to local nonprofit One Dollar for Life (ODFL) to help convert a dilapidated building in Charambi, Nepal into a safe and modern birthing center. With the help of other donors, the project is now fully funded and work is going well.

The project includes rebuilding walls that were damaged by the 2015 earthquake, replacing the roof, doors and windows, putting in new ceilings and floors, and creating separate rooms for labor, delivery, and recovery. We will also install state of the art delivery and neonatal monitoring equipment.

This is the fourteenth Birthing Center that ODFL has completed with Nepal partner, One Heart Worldwide. ♦

New delivery room in Nepal



## Joy of Giving Update

### Kenya Group Uses Funds for Clean-Up Effort

by Nancy Glaser

As part of the Community Service element of the Wayo Wayo Kibra Soccer program, the boys and girls participate in the slum clean-ups regularly scheduled in the Kibera slum. Your Joy of Giving donation was used to purchase clean-up equipment and vests.

“Thank you, members of First United Methodist Church for your generosity. The team voted to purchase more community clean-up equipment with your donation. It will help us invite more children to volunteer in our community.”

—Abdul Hussein, Founder/Executive Director

#### DONATION FROM JOY OF GIVING 2019

Item	Quantity @ \$USD	Total
Rakes	15 @ \$8.00	\$120.00
Spades	15 @ \$8.00	\$120.00
Brooms	10 @ \$6.00	\$60.00
Dust bins	10 @ \$5.50	\$55.00
Gloves	10 @ \$6.00	\$60.00
Vests	30 @ \$4.50	\$135.00
<b>TOTAL</b>		<b>USD \$550.00</b>



#### Great Decisions from page 5

many criticize for its brutality. What does the future hold for U.S. relations with the Philippines?

Speaker: Donald Emmerson, Director, Southeast Asia Program, Stanford

#### March 29: Artificial Intelligence and Data

Policymakers in many countries are developing plans and funding research in artificial intelligence (AI). Global growth is slowing, and not surprisingly, many policymakers hope that AI will provide a magic solution. The EU, Brazil, and other Western countries have adopted regulations that grant users greater control over their data and require that firms using AI be transparent about how they use it. Will the U.S. follow suit?

Speaker: Andrew Grotto, Director, Program on Geopolitics, Technology, and Governance, Stanford ♦



# Green Notes

by Nancy Olson

- As an environmentalist living in a throw-away society, it is sad to think about all the ways in which our everyday actions — try as we might, through personal resolutions to use and waste less — are still fueling the waste crisis.

How many trees did it take to produce that toilet paper? How many of our plastic products will eventually break down into microplastics and be eaten by turtles and fish? Where is all that food going when we throw it out? Well thank goodness I live in a city that collects food for the composting program!! But only a small number of cities across our nation have composting programs. Unfortunately, edible food makes up an embarrassingly high percentage of garbage — while some people go hungry. Sad.

We can reduce the waste of food by buying only what is needed, use leftovers as ingredients in new recipes, and freeze items for later use before they go bad.

At current rates, plastic production is expected not to shrink, but to grow 40 percent by 2030, overwhelming waste management systems. Coca-Cola says we want plastic bottles. Coke's head of sustainability thinks so. She told recent conference attendees they "won't stop producing new plastic bottles because consumers still want them." Coke makes a show of supporting charities that are willing to clean up its litter.

Well, I personally like Coca-Cola — in aluminum cans or glass bottles, both recyclable. I don't buy plastic bottles — Coke, water, or whatever!

- Here is an easy way to reduce our carbon footprint: do not choose two-day shipping when you check out at Amazon (and other online companies as well). When you choose two-day, your package is put on a truck that is just half full in order to meet the deadline. More two-day choices equals more trucks on the road. We need to move entirely away from fossil fuels in the future. But in the meantime, while so

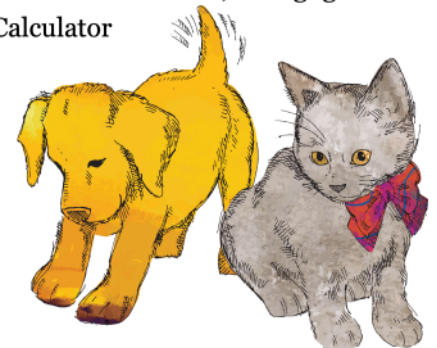
much of our society still runs on carbon, we should take every opportunity to reduce the amount we are emitting. We shouldn't put more planes in the sky and trucks on our roads just to get our stuff a little bit faster.

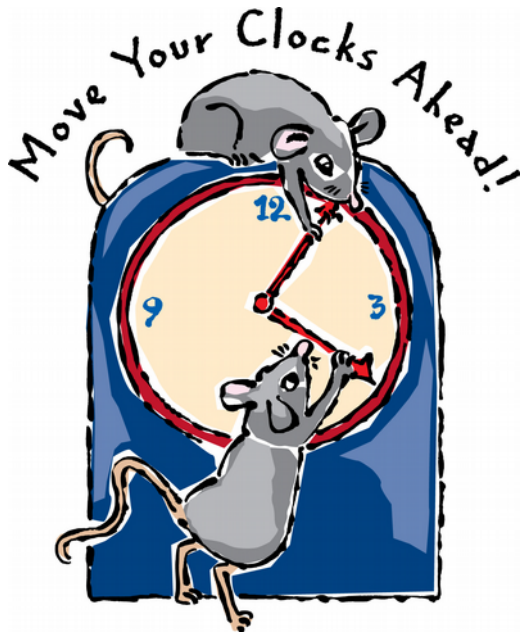
- Our pets have a big environmental paw print. Pet food production creates about 64 million tons of climate pollution per year.\* UCLA research shows that dogs' and cats' diets account for almost a third of the country's environmental impact from meat production. Unfortunately, switching to a plant-based diet isn't always viable for pets. It is rare to keep a dog healthy on a plant-based diet, and cats need meat to survive.

But you might want to rethink premium pet foods made only with high-grade meats. Organ meats are a valuable source of nutrients for cats and dogs that might otherwise end up in landfills.

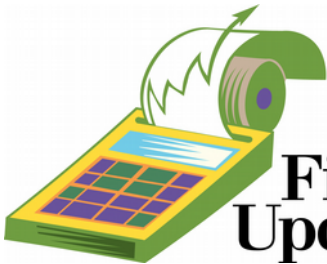
Using pet products can bring toxic chemicals into your home. A good rule of thumb is to make sure your pet products are free of chemicals that humans should avoid. Steer clear of ingredients such as parabens, PEG, urea and fragrance in pet shampoos. ◆

\*Source: PLOS One; EPA ghg Calculator





Daylight Savings Time Begins  
March 8



## Finance Update

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](mailto:lou@bellardo.com)

Jan 2020 Income and Expense Summary-- DRAFT	Jan 2020 Actual	Actual YTD 2020	Budget YTD 2020	Budget Annual 2020
Income				
Total Member Giving	55,691	55,691	57,019	415,728
Total Income All Other Sources	33,090	33,090	36,864	230,870
Total Income	88,781	88,781	93,883	646,598
Expenses				
Conference Tithe	6,992	6,992	4,792	57,500
Council on Ministries	-32	-32	3,027	42,325
Staff Parish Relations	45,121	45,121	33,903	389,382
Office and Finance	1,389	1,389	1,537	19,200
Board of Trustees	20,704	20,704	18,733	182,000
Total Expenses	74,174	74,174	61,992	690,407
Excess (Deficit) of Income over Expense	14,607	14,607	31,891	-43,809

## MARCH Birthdays

- 3/4 David Perry
- 3/8 Mary Sapigao
- 3/8 Ane Dauster
- 3/8 Zuriel Bailon
- 3/9 Miles Keep
- 3/9 Steve Wood
- 3/9 Christina Fifita-Fakalata
- 3/10 George Carpenter
- 3/10 Julie Lopez
- 3/12 Diane Allen
- 3/13 John Fifita
- 3/13 Emily Allen
- 3/13 Nelson Stafford
- 3/14 Katie Webb
- 3/14 Stacy Paz
- 3/15 Nancy Olson
- 3/17 Pat Shelly
- 3/18 Peni Savou
- 3/18 Siosifa Isamau
- 3/19 Simone Bikai
- 3/21 Kai Larson

- 3/21 Martha Branner
- 3/22 Beth Bunnberg
- 3/23 Joe Buxton
- 3/24 Amanda Fifita
- 3/24 Andrew Salsbury
- 3/26 Chris Friesen
- 3/27 Pam McKee
- 3/28 Pete Webb
- 3/28 Ken Clifford
- 3/29 Jean Cole
- 3/29 Colleen Crangle
- 3/30 Roan Duncan
- 3/30 Kathleen Branyon
- 3/31 Shannon Perry

## MARCH Anniversaries

- 03/19/1954 Jim & Lynn Gibbons
- 03/04/1985 Daniel & Asotolu Fifita
- 03/28/1998 Vilitati & Mere Bikai
- 03/31/2001 Jeff & Emily King





- 1 Couples Group, 11:45 a.m.  
Small Group Kick-Off, 12:30 p.m.  
Great Decisions, 7:00 p.m.
- 3 Staff-Parish Relations Committee, 7:00 p.m.
- 5 Lenten Study, noon (ok to bring your lunch)
- 8 **Daylight Savings Time begins**  
Great Decisions, 7:00 p.m.
- 10 **Insights deadline** for March issue  
Board of Trustees, 7:30 p.m.
- 12 Lenten Study, noon (ok to bring your lunch)
- 15 Couples Group, 11:45 a.m.  
SEEDS Outreach Packing Event for children,  
youth and parents, noon  
Great Decisions, 7:00 p.m.
- 17 Finance Committee, 7:30 p.m.
- 19 Lenten Study, noon (ok to bring your lunch)
- 22 Children receive Bibles in worship  
Great Decisions, 7:00 p.m.
- 24 Church Council, 7:30 p.m.
- 26 Lenten Study, noon (ok to bring your lunch)
- 29 Great Decisions, 7:00 p.m.
- 31 CEF Meeting, 6:30 p.m.

**Save these April dates**

- 4 Community-Wide Egg Hunt at  
Johnson Park, 1:00–3:00 p.m.
- 12 Easter Egg Hunt and Children’s  
Party, after Easter worship



## WEEKLY SCHEDULE

### Sundays

- 9:45 a.m. Children’s Sunday School  
(Age 3 through 5th grade)
- 10:45 a.m. Worship in Sanctuary  
Streamed 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

- 7:00 p.m. Fiume di Musica rehearsal

### Tuesdays

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

### Wednesdays

- 10:00 a.m. Bible Study, Channing House, 5th  
floor lounge
- 6:00 p.m. Community Supper and  
Contemporary Worship Service

### Thursdays

- 6:30 p.m. Handbells
- 7:30 p.m. Chancel Choir

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!

**Information for the next edition of the Insights newsletter is due March 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 W. Conway: [insightsfirstpa@gmail.com](mailto:insightsfirstpa@gmail.com) or bring them to the church office. Thank you!



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FIRST PALO ALTO  
UNITED METHODIST CHURCH

RETURN SERVICE REQUESTED

## FIRST PALO ALTO UNITED METHODIST CHURCH

Inside this issue of **INSIGHTS**  
**MARCH 2020**

- Lenten Study, p. 1
- Small Group Kick-Off p. 3
- Easter Previews, pp. 1, 3
- Mission Updates, pp. 2, 6
- Great Decisions, p. 5

Next **INSIGHTS** deadline: Mar. 10

