



2019 Is Special Year for First Palo Alto UMC

On January 7, 1894, First Methodist Church of Palo Alto was incorporated as a separate congregation. The new church held its first service on January 14, 1894. So 2019 marks the 125th anniversary of the founding of our church.

Join us on Sunday, Jan. 13 as we kick off a year's worth of exciting events to celebrate this momentous anniversary.

You can be part of the fun by helping out with the event or events that spark your creativity. The next planning meeting for "125 Years: Transforming the current age through faith, love and justice" will be Saturday, Jan. 12. And you can weigh in at our anniversary email address: 125anniversary@firstpaloalto.com

SEEDS Outreach Is Growing



by Caryn Cranston

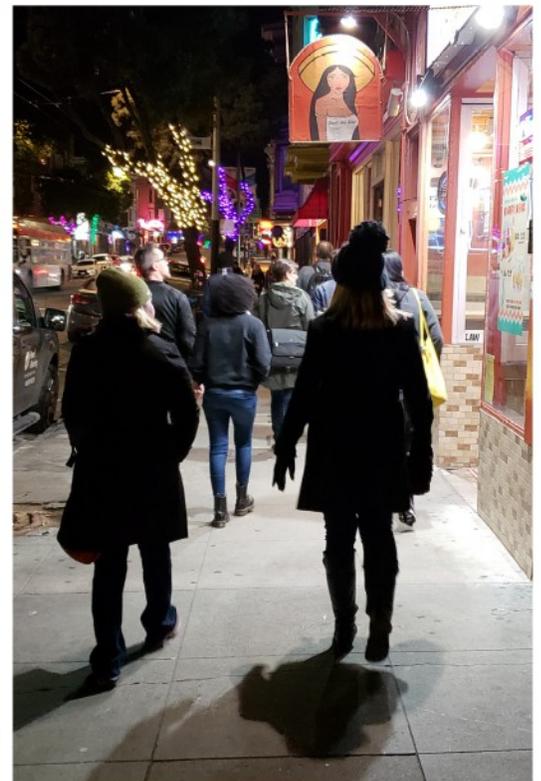
There have been a lot of developments for the SEEDS Outreach program over the past several months. Starting back in April, SEEDS Coordinator, Caryn Cranston, was awarded a Changemaker Initiative Fellowship in partnership with global non-profit Ashoka and Los Altos UMC. As part of the fellowship work, SEEDS has extended out into the community and formed several community partnerships, collaboration partners in ministry and financial sponsors for 2019.

PlayStation Cares, Sony Entertainment

The most recent development is PlayStation Cares adopted SEEDS Outreach as part of their annual "12 Days of Giving" Campaign in December. As part of the program, they have collected supplies to hand out on the streets including hygiene kits, food cards, and warm body necessities such as socks, beanies, and mittens. They also held an ice cream sundae benefit and all donations will be provided to SEEDS and Project WeHope, which operates out of East Palo Alto.

As part of their charity campaign, eight PlayStation employees, along with Rev. Sadie Stone from Bethany UMC in San Francisco, walked one evening in the Haight-Ashbury district to provide street outreach. As a result of this experience, this group has already committed to an ongoing outreach presence on a monthly basis moving into 2019. They are even already inviting others to

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Beyond New Year's Resolutions— Make 'Faithful Intentions'

by Laurens Glass*

New Year's Resolutions have always been a very pass/fail sort of test for me. I set myself up to forgo chocolate and lo and behold, two weeks into the New Year, I find myself munching nonchalantly on fudge. In the immortal words of comedian Steve Martin, "I forgot." But worse, one slip up and I feel like I have failed. I can't go back to "the day before the fudge" so what's the point? My record is no longer perfect.

But that is the whole point from a spiritual perspective. We're not perfect. But we are improving.

Resolving to be more spiritual is not a hard date to keep or a hard bar to leap over. It's a daily resetting of your mind and soul. It's trying again when you "fail" and knowing that you can never fail if you're trying. It is . . . grace. Here are a few ideas for growing spiritually and for spurring you to think of your own.

1. Count to 10 Your mother was right—or, maybe it was my mother—but anyway, counting to 10 is an age-old axiom for a reason. Our first reactions to things may be influenced by how stressed we are at the moment, what just happened in that meeting or where our blood sugar levels are hovering. Do you really want to snap at someone because you are mad at someone else? Especially, if that someone else is yourself? Taking a few seconds to think before speaking takes discipline and practice. But taking time to respond when you feel emotional is a spiritual exercise that will help you be more centered and more caring. Make sure you eat first.

2. Breathe But I am! Right? Breathing is an involuntary response of the body. One that happens regardless of whether we're aware of it. But breathing can become shallow or quick when we are anxious or stressed—and that is when we need oxygen the most.

There are over 30 verses in the Bible that mention breath and they seem to often be connected to or representative of Spirit, of God.

The Spirit of God has made me, and the breath of the Almighty gives me life. (Job 33:4)

And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit." (John 20:22)

Mindful breathing is essential to our spiritual life because it connects our heads with our bodies and our bodies with our hearts. When I feel afraid or physically sick, I breathe 10 times as deeply and calmly as I can and remind myself that it will be OK. And it is.

3. Think positive thoughts I read that human beings think three or four negative thoughts to every positive one. My friends admit to beating themselves up for their shortcomings or worrying to the point of distraction about the future.

When things are going wrong, that's the most difficult time to be positive—and sometimes you just have to go to bed! But a steady stream of hopeful or reassuring thoughts can help bring us back to the truth that we are not alone.

"I can do all things through Him who strengthens me" (Philippians 4:13) or simply, "It's going to be OK!" are better thoughts to think than, "I'll never be able to do it!" Thinking on the true and good thing (Philippians 4:8) is far better than allowing fear to overcome you. No matter how bad the situation is, remember you are loved beyond measure.

4. Love (and forgive) yourself One of my favorite Bible verses ever, but one that has taken years for me to comprehend is "love your neighbor as yourself" (Luke 10:27, among others). What does that really mean? I struggled with thinking loving the self was, well, selfish. Now, as an adult, I understand that you

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*Laurens Glass is a Digital Multimedia Specialist at United Methodist Communications.

Grant Applications Now Available for 2019 Centennial Endowment Funds



In 2018, the Centennial Endowment Funds (CEF) awarded \$104,462 in Grants to fund projects in and beyond our local church. The grand total of awards made is now just over \$1.5 Million since CEF's inception in 1988. The 2019 total available for grants is expected to be \$100,000 or more. Some grants are designated or restricted by the terms of the original gift to the church. Details are available.

Committee chairpersons will receive grant application forms by early January. Individual church members may pick up an application in the church office.

Individuals may make recommendations for grant requests to the appropriate council, board, committee or other administrative group. Any administrative church group may submit an application for a grant from the Centennial Endowment Funds.

Completed applications are due in the church office by 4 p.m. on Friday, March 15.

CONCERT NOTES

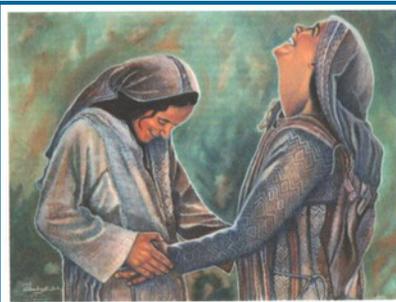
SFCO Performs Free New Year's Day Concert

The San Francisco Chamber Orchestra (SFCO) will ring in the New Year with Beethoven's Triple Concerto in C Major for Piano, Violin, Cello and Orchestra, Opus 56. The Delphi Trio joins SFCO for this performance.

This free concert will be performed on Jan. 1 at 3:00 p.m. at First United Methodist Church in Palo Alto.

The program also includes the Overture to Haydn's opera L'Isola Disabitata.

Soprano Christine Brandes rounds out the program with three Mozart arias. Brandes is noted for her crystalline voice and superb musicianship.



WOMEN'S RETREAT GLIMPSSES OF GRACE JANUARY 25-27

Registration deadline is
*** JANUARY 3 ***

See firstpaloalto.com/womens-retreat/

God, keep us mindful of the poor among us.

Galatians 2:10

Human Relations Day
Special Offering
January 20



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

www.umcsgiving.org/HRD

MORE NOTES

Touring Choir Invites You to Free Concert

The Bucknell University Choir and Camerata (Lewisburg, PA) under the direction of Dr. Beth Willer will perform in our Sanctuary on Saturday, Jan. 12 at 7:30 p.m.

Join us for an evening of contemplative and powerful poetry and music. Free and open to all.

The program, entitled "O Karitas," features a cappella and accompanied works by Hildegard von Bingen, Brahms, Couperin, Duruflé, Pärt, Britten, and more on themes of charity and hope.

The event is part of the choir's 2019 tour of Northern California, including additional stops in San Francisco and Redding.



*The Annual Community and Interfaith Celebration
Commemorating the Life of Dr. Martin Luther King, Jr.
"Courage to Live Together in Harmony
With Healing and Grace"*



Sunday, January 20, 2019

3:00 – 4:30 p.m.

First United Methodist Church
625 Hamilton Avenue, Palo Alto

Guest Speaker:

Reverend Kaloma Smith

Pastor, University AME Zion Church, Palo Alto, California

Master of Ceremonies:

The Honorable LaDoris H. Cordell

Eastside College Preparatory School Choir, East Palo Alto, will perform

Volunteer Community Interfaith Choir: Singers Welcome!

Rehearsal 1:45 – 2:45 p.m. preceding the program

Please wear a white shirt/blouse and dark pants/shirt or choir robe

Free Admission Refreshments following program

Donations accepted at the door will be used for the 2020 program

This event is sponsored by: Dr. Martin Luther King, Jr. Community and Interfaith Celebration Committee, Peninsula Bay Chapter of The Links, Incorporated., First United Methodist Church, Jerusalem Baptist Church, The Church of Jesus Christ of Latter-Day Saints, Pilgrim Baptist Church, and University AME Zion Church

Conference and Bishop File Lawsuit Against Glide Foundation

On Dec. 11, the California-Nevada Annual Conference (CNAC) of The United Methodist Church (UMC), along with its Presiding Bishop Minerva G. Carcaño, filed a lawsuit against the Glide Foundation (also known as Glide Memorial United Methodist Church) in the Superior Court for the County of San Francisco. Conference efforts to reach "a good and faithful

place" with the Glide Foundation Board of Trustees were unsuccessful. The lawsuit seeks a Court order preserving the UMC's control over trust property in accordance with the original intent of Lizzie Glide, a devout Methodist who established a trust in 1929 for the express purpose of building a Methodist church for Christian witness and service in San Francisco in honor of her late husband. Earlier this year, the Glide Foundation violated the explicit terms of Lizzie Glide's trust by attempting to sever ties with the UMC and wrongfully assert control over the trust property. The Complaint also asks the Court to enforce the UMC's long-standing rule that all property of each local United Methodist church is held in trust exclusively for the benefit of the United Methodist Church.



Green Notes

by Nancy Olson

Gosh, I want to start off our NEW YEAR with positive (green) thoughts

•A reminder that plants make good gifts that also help clean our air. A few good examples of air cleaning house plants: Dragon tree; Bamboo palm; peace lily; English ivy; Mother-in-law's tongue; Lady palm; Boston fern; spider plant; weeping fig.

•We can help save bees by planting bee-attractive flowers in our yards, such as aster, lupine, rhododendron, sunflower. Start your flowers with untreated seeds to provide good food and a safe haven for bees. We can use alternative pest control methods. We can avoid products containing neonics, such as acetamiprid, clothianidin, dinotefuran, imidacloprid, thiamethoxam. I know, it means reading little print on labels.

•Indonesia's rainforests are rapidly disappearing. The rapid rate of deforestation has greatly impacted the wildlife found in these richly diverse forests. Orangutans are critically endangered. These forests are also crucial to restoring our climate. While forests represent huge carbon sinks for our global climate, recent studies have shown that deforestation rates of tropical forests are now emitting more carbon than they absorb.

Indonesian rainforests are being destroyed to grow row upon row of palm oil found in everyday products that we all use. Palm oil is a key ingredient in snack foods, cosmetics, and cleaning products—this vegetable oil is in over half the products sold in supermarkets.

Leading consumer brands like Unilever, Mondelez and Nestlé committed to protect forests and address climate change. They pledged to clean up their palm oil supply chains by 2020; meaning they would not buy palm oil from companies that are destroying forests. Yet despite these promises, palm oil continues to be one of the leading drivers of deforestation. While company policies have expanded and are now a standard across the palm oil sector, they lack enforcement.

So what can we do? We can buy fresh. We can try to avoid products containing palm oil. We can support environmental groups that are

putting pressure on these big companies to enforce agreements and to stop buying palm oil from companies deforesting crucial forests.

Yeah, it takes work to be constantly on the alert. Yeah, it takes work to protect our climate

• Sometimes we take things for granted; things that mean a lot to us. Here is a suggestion from *31 Ways to Change the World* written by 4,386 children:

“Love where you live. Maps can be boring, but they don't have to be. Why not make your own map? Fill it with places you've discovered and things you love around where you live. Fill it with stuff other kids (people) would actually want to know. Put your neighborhood on the map.”

What a fun idea. It might cause us to actually see things we take for granted every day.

Let's have a happy and healthy new year. 🍪



UNITED METHODIST WOMEN



WOMEN'S ACTIVITIES

- 1 HAPPY NEW YEAR
- 8 LUNCH BUNCH
11:30 a.m. GREEN ELEPHANT
Let's start the year with lunch with friends
RSVP Nancy Olson,
nso2431@icloud.com
- 15 NEEDLEWORKERS
9:30 a.m. at Channing House
Contact Mary Ann Michel,
mamichel@alumni.duke.edu
- 21 UMW READING PROGRAM
11:30 a.m. for lunch and conversation
Contact Bernice Smoll for location and to RSVP,
smolla@svpal.org
- 22 MARY/MARTHA CIRCLE
1:30 p.m. in Patio Room
This is an important meeting: Make our pledge to Mission. Plan studies and programs for the year. Distribute funds to local charities/groups.
- 25-27 WOMEN'S RETREAT
Information at church and at firstpaloalto.com/womens-retreat/ or
Contact Ruth Letts,
ruthletts@yahoo.com
Registration deadline is Jan. 3



UMW Delivers Cookie Plates and Good Cheer

Thank you to the great crew who gathered Saturday morning, Dec. 8 to prepare plates of Christmas cookies for home-bound members and others who needed a little extra cheer in the holiday season. Hats off to Kathy Rose, Lois Hammar, Mary Lu Wood, Patty Bellardo, Kay Jacob, Bernice Smoll, Ann Reddick, Pam Cutkosky, Michele Conway, Lucy Tompkin, Jerry Johnson, Cassidy Timmons, and Nancy Olson, who supplied cookies, helped assemble and decorate plates, and volunteered to deliver the plates of cookies to 28 families. Thanks also to Ruthie Waters and Carol Gleason for contributing cookies. Handmade Christmas cards were addressed to 18 additional members who are in our hearts but beyond our delivery capability.

Resolve to Get Involved this Year

A new year is a blessing! It is a good year to become involved in small groups to learn together, to grow friendships, to be of service to our God and community. The UMW Reading Program (part of a national program), Lunch Bunch and Needleworkers offer opportunities for personal growth and building strong relationships. New interest groups are encouraged. Please join us in this new year of opportunities.

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

Keep Those Box Tops Coming

Over the years, our UMW has supported McCurdy School in Española, New Mexico—and we still do with help from our church congregation by saving labels and box tops for education. McCurdy was founded by the Methodist Church as a school for Native American children. Over time it was realized that after school care



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Great Decisions 2019 Discussions Begin in February



Please join us for this year's foreign policy discussion series. These engaging sessions will take place on Sunday nights from Feb. 10 to March 31. The schedule of dates and topics will be posted in the bulletins and weekly e-mails.

You need not be a foreign policy expert to attend. Just bring an open and eager mind; newcomers and guests are welcome! If you are willing to be a facilitator to lead one of the discussions listed below or if you have general questions, please contact Tom Fingar (tom.fingar@gmail.com).

The discussion is richer when attendees have read the background article in the Great Decisions book published by the Foreign Policy Association. You can get yours for \$25 after church starting later this month.

2019 topics are described below. Additional materials and information are available on the FPA website: https://www.fpa.org/news/index.cfm?act=show_announcement&announcement_id=430

Refugees and Global Migration Today, no countries have open borders. Every state in today's global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants?

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Hello First Palo Alto readers!

Happy 2019! To kick off the new year, we're highlighting two local interest books:

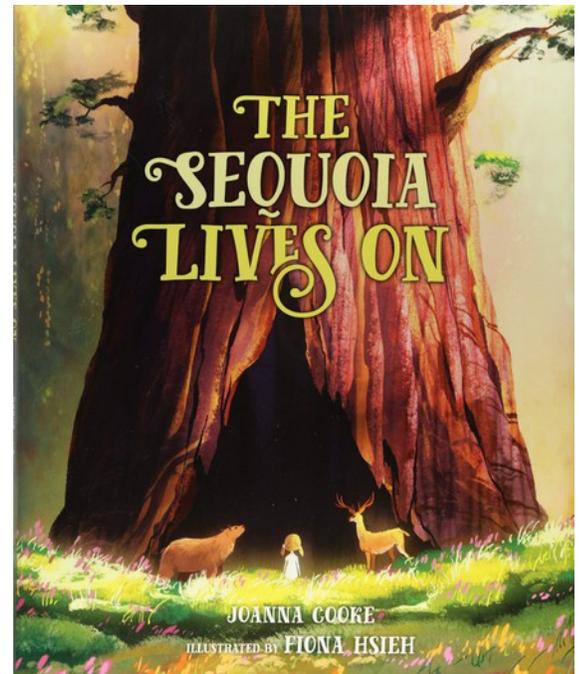
Historic Bay Area Visionaries by Robin Chapman dedicates a chapter each to individual famous faces from around the Bay Area including those who settled here, like Sara Winchester of the Winchester Mystery House and rancho owner and philanthropist Juan Briones (namesake of the elementary school), as well as figures who drew their inspiration from the area, like Robert Louis Stevenson (check out the Robert Louis Stevenson House in Monterey!) and Charlie Chaplin.

Robin Chapman is a local

journalist who got her start at KRON-TV in San Francisco and has also written *California Apricots: The Lost Orchards of Silicon Valley*, a look back at the area's more agricultural days.

The Sequoia Lives On is a natural history nonfiction picture book commissioned by the National Park Service and the Yosemite Conservancy. It is written by Joanna Cooke and illustrated by CalArts graduate Fiona Hsieh. The book describes, with the aid of Hsieh's lush and vibrantly colored illustrations, the lengthy life cycle of a sequoia from a tiny seed to the giants we find in California today. As well as giving young readers a sense of the sequoia's size, historical context, and role in nature, the book encourages readers to join the effort to protect these majestic trees and the forests that house them.

We hope you'll give these and other local interests books a look, and as always, happy reading, FUMCPA!



UMW from page 6

was necessary for children of working parents. Then health needs of the children and families became an issue, as well as mental health support. Well, as needs became evident and with the encouragement of local government officials to help step up to address the situation, the school has expanded its reach to become McCurdy Ministries Community Center.

Comprehensive programs in education, health, and counseling are being offered to children, youth, adults and families. They are a 501(c)3 organization, and still rely on our continued support and gifts. They also rely on volunteer help during the year from members of various Methodist churches.

Administrators say “volunteers and donors are truly the hands of Christ in our community.”

Box tops and labels are collected in a jar in our church library. Look for the labels on food items you buy, cut them out and put them in the jar. 🍷



Following worship Dec. 16, Fiume di Musica, our resident chamber music ensemble, performed an exceptional postludium of Christmas carols arranged or composed by members of the group.

“We were captivated and wanted it to continue. Melodic, precise and moving! Congratulations to all and particularly the amazing arrangers/composers!” Photo and comments by Brian Steen.



WINTER BEGINNING CLASS SERIES

KUNDALINI YOGA

ALL WELCOME! (YOUTH, SENIORS)

WEDNESDAYS, JAN. 9TH THRU MAR. 27TH

7:00 – 8:30 PM

FIRST UNITED METHODIST CHURCH-PATIO ROOM

TO SIGN UP PLEASE CONTACT: LAURA ALVARADO, LAURAALVARADO3@GMAIL.COM 650.922.4860

SUGGESTED DONATION: \$12 PER CLASS (TRY FIRST CLASS FREE)



Caryn Cranston, SEEDS Outreach Coordinator, worked with PlayStation Cares during their annual “12 Days of Giving” Campaign in December collecting hygiene kits, food cards, and warm body necessities such as socks, beanies, and mittens, to hand out on the streets

SEEDS from page 1

get involved as well as organizing the supplies to take out with us on the next walk!

UCCM Campus Ministry, Stanford University

In August 2018, Caryn was named to the Board of Directors for the UCCM Campus Ministry at Stanford University. This partner in ministry will be providing invaluable resources to the SEEDS program in Palo Alto with students serving on street outreach teams, as well as mentors and instructors for classes offered at First Palo Alto. Additional resources will be used to help document and create written narratives as well as produce video/short films for the Voices Unheard Project, which is part of the Changemaker Initiative. For more information about this project, visit:

<https://thechangemakerinitiative.org/caryn>

Ride Family Foundation, Collaborative Partner

The Ride Family Foundation, as stated on their mission statement, “where doing good is a family value,” has committed to work as a collaborative partner with SEEDS Outreach in 2019. Part of their mission focus is stated as, “Supporting projects advocating justice and LGBTQ rights in social and religious institutions.” Directly in line with the efforts of SEEDS to provide support and outreach to homeless youth, and in particular, LGBTQIA youth who are 120% more likely to

become homeless, the Ride Foundation will provide powerful social justice advocacy and support for the program implementation and development here at FUMCPA.

The Next Step: Outreach and Support in Palo Alto

As we move into 2019, the next few months will be focused on developing a consistent street outreach team in Palo Alto. Working with Terry Mathis, the newly appointed UCCM campus minister (starting in January 2019), SEEDS will start work on the street outreach program here in Palo Alto and surrounding communities. As we develop these relationships with youth in this community, we will then implement programming to provide critical services from the outreach center at FUMCPA.

There will be many opportunities to serve within this outreach and ministry in the upcoming months. If you would like to get involved, please contact Caryn Cranston at info@myseeds.org. Learn more about SEEDS Outreach at www.myseeds.org Learn more about the Changemaker Initiative at <https://thechangemakerinitiative.org/> 🍷

Intentions *from page 2*

cannot love and accept others if you do not love and accept yourself. You cannot express unconditional love if you do not first practice it with yourself.

There is a beautiful song by the Bluegrass band Mountain Heart that lists the writer's transgressors and his success in forgiving them. Notice the last line.

I forgive my daddy for missing half my life,
I forgive my momma for holding on too tight,
I've forgiven friends, strangers, neighbors, family,
Everybody . . . everybody . . . but me.

Holding on to guilt can impact relationships because it blocks the flow of communication, of love itself. Practice grace—with yourself. You can't truly live your life until you do.

5. Love one another (and forgive the ones you can't forgive) Such a simple directive. Such a beautiful philosophy. Did He really mean the ones we disagree with, too?!

Learning to love in the manner Christ intended is more of a lifetime goal than an immediate accomplishment. The progress sneaks up on you over months, years, sort of like when I gave up the perfection of Yoga Magazine and settled for "getting better." Which is a nice verb phrase whose synonyms include "rejuvenate, restored and released."

Forgiving people who have hurt us may well be the most difficult task we are asked to perform as Christians. But if you keep "carrying all that anger, it'll eat you up inside," as Don Henley sang. The subtitle of the Rev. Adam Hamilton's book on forgiveness is, "Finding Peace Through Letting Go," and it means just that. And just know . . . it's a process. Accept where you are with it.

6. Pray—right where you are I tend to agree with writer Anne Lamott that prayers are usually "Thank you! Thank you! Thank you!" or "Help me! Help me! Help me!" But as I grew spiritually, I began to pray for other people when I myself was hurting. It's been a powerful practice that has changed my perspective about what others go through and how many blessings I actually have.

A daily devotional, like the one offered at The Upper Room, a book of prayers from around the world, . . . and even crying, are all ways you can connect with God.

Pray. Pray in the way that works for you. If you haven't in a while, if you don't believe it works . . . then pray that. God's not afraid of your doubt. Praying is something you can do wherever you are.

7. Be grateful—and be joyful I woke up one morning when all I wanted to do was cry, and I heard clearly in my head:

This is the day that the Lord hath made. I will rejoice and be glad in it. (Psalm 118:24)

So, I played "Happy" by Pharrell Williams, instead.

Gratitude is a spiritual practice that will change your life. It's not just that it shifts your focus from what you don't have to what you do have. It can lift your spirits in such a way that helps you cope when you are down.

Joy is an inside job but it can be inspired by external things. Music. Children. Nature. Art. Find them.

8. Think of the other fellow That is what my mother used to say. "And you'll feel better." ?

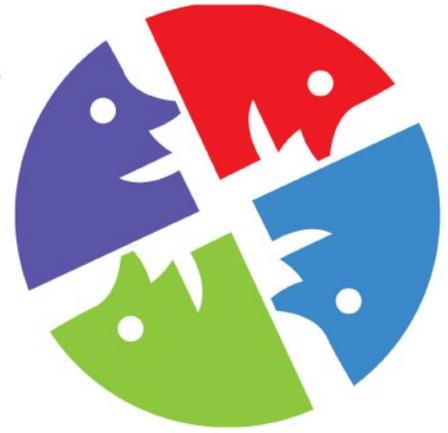
When I was little, I thought doing things for others was about, well, others. It was the right and proper thing to do, but I wasn't sure it was necessarily fun. But as an adult, I realized it did far more for me than it ever did for anyone I ever helped.

The Wesleyan tradition holds that faith and good works belong together. "We offer our lives back to God through a life of service."

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Great Decisions *from page 7*

The Middle East: Regional Disorder As the presidency of Donald J. Trump passes the halfway point, the Middle East remains a region in turmoil. The Trump administration has aligned itself with strongmen in Saudi Arabia, the United Arab Emirates and Egypt, which along with Israel have a common goal of frustrating Iranian expansion. What will be the fallout from policy reversals such as withdrawing from the Iranian nuclear accord and moving the U.S. embassy in Israel to Jerusalem? Does the United States see a path forward in troubled states such as Syria, Yemen, Libya and Iraq? Is the United States headed toward war with Iran?



Nuclear Negotiations: Back to the Future? Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The President has met with Vladimir Putin as the New Start Treaty with Russia comes up for renewal in 2021, the first presidential summit ever with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula, and President Trump has decertified the Obama nuclear deal with Iran. To what degree should past nuclear talks guide future U.S. nuclear arms control negotiations? Can the art of the deal apply to stabilizing our nuclear future?

The Rise of Populism in Europe Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s, and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States.

Decoding U.S.-China Trade Though arguably the most advanced economy in the world, the United States still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the U.S.-China trade relationship, shrinking America's true economic size and competitiveness, while swelling China's. Bad numbers give rise to bad policies that ultimately kill U.S. jobs and cede market share to China. What other tools can the United States employ to counter China's unfair trade practices? There are several available, yet they remain mostly unused.

Cyber Conflict and Geopolitics Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Russia has been accused of interfering in the 2016 presidential elections in the United States and China is highly committed to using cyberspace as a tool of national policy. Dealing with cyber conflict will require new ways of looking at 21st century warfare. Is the United States prepared to respond to such threats?

The United States and Mexico: Partnership Tested The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other's politics and agendas. The war on drugs, immigration and trade issues have taxed the relationship over the years. What impact will new leadership in both countries have on this crucial partnership?

State of the State Department and Diplomacy During the Trump administration, the usual ways of conducting diplomacy have been upended. Many positions in the State Department have never been filled, and meetings with foreign leaders such as Kim Jong-un and Vladimir Putin have been undertaken with little advance planning. What effect are these changes having now, and how will they affect ongoing relationships between the United States and its allies and adversaries? 🇺🇸

Intentions from page 10

You cannot help someone else and not be changed yourself. Which may be the coolest paradox of “do unto others as you would have done unto you.” Try it.

You don’t have to master all spiritual practices this week or even this year. But you can earnestly strive to be more spiritual at any point in time. It is an on-going practice. A resolution you can re-make daily.

Happy New Year.

This story was first published on Dec. 31, 2014.

<http://www.umc.org/resources/beyond-new-years-resolutions-there-are-faithful-ones>. Copyright United Methodist Church. ☺



- 1/23 Thomas Garner
- 1/24 Andrew Michel
- 1/25 Ally Yang
- 1/27 Chrissie Blair
- 1/28 John Larson
- 1/29 Al Nilsen
- 1/30 Michael Salsbury
- 1/30 Scott Thomas

- 1/2 Pamela Cutkosky
- 1/2 Diane Keller
- 1/3 Jose Irizarry
- 1/4 Megan Sheridan
- 1/9 Peggy Foiles
- 1/9 Carl Herbert
- 1/10 Allyson Laughton
- 1/10 Cathie Lowmiller
- 1/11 Tom Fingar
- 1/11 Alo K. Sanft
- 1/18 Andrew Breen
- 1/19 Challengson Yee
- 1/19 Kyle Harland
- 1/19 Mark Bui-Ford



- 1/11/1981 Chuck & Susy Carman
- 1/22/1994 Keith & Heather Perry



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

Nov 2018 Income and Expense Summary-- DRAFT	Nov 2018 Actual	Actual YTD 2018	Budget YTD 2018	Budget Annual 2018
Income				
Total Member Giving	31,964	437,364	391,578	453,707
Total Income All Other Sources	10,049	233,234	275,530	299,214
Total Income	42,013	670,598	667,108	752,921
Expenses				
Conference Tithe	4,067	57,240	61,153	66,712
Council on Ministries	433	18,502	32,858	35,300
Staff Parish Relations	30,738	376,678	422,717	457,959
Office and Finance	2,012	15,400	17,067	18,400
Board of Trustees	11,201	165,108	164,051	174,550
Total Expenses	48,451	632,928	697,846	752,921
Excess (Deficit) of Income over Expense	-6,438	37,670	-30,738	0



- 1 New Year's Day
Church office closed
San Francisco Chamber Orchestra, 3:00 p.m.
(free concert)
- 6 Epiphany
Couples Group, 12:15 p.m.
- 8 Board of Trustees, 7:30 p.m.
- 10 **Insights deadline** for February issue
- 12 Bucknell University Choir, 7:30 p.m.
(free concert)
- 13 Kickoff 125th Anniversary Events, in worship
Mission and Service Committee, 12:00 p.m.
- 15 Finance Committee, 7:30 p.m.
- 19 Koinonia
Young Adult Worship, 7:00 p.m. (tentative)
- 20 Martin Luther King, Jr. Birthday Celebration
Community Event, 3:00 p.m.
- 21 Martin Luther King, Jr. Day
Centennial Endowment Committee, 7:30 p.m.
- 22 Church Council, 7:30 p.m.
- 25 Annual Women's Retreat, through Jan. 27
(offsite)



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. Adult Sunday School
Book Study, Wesley room
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

Mondays

- 5:00 p.m. Breaking Bread
- 7:00 p.m. Fiumé di Musica rehearsal

Tuesdays

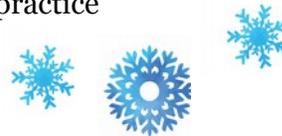
- 10:00 a.m. Tuesday Trekkers, San Antonio Rd. and Terminal Blvd. Call 650-327-1428 for information

Wednesdays

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

Thursdays

- 6:30 p.m. Handbell rehearsal
- 8:00 p.m. Chancel Choir rehearsal
- 8:00 p.m. Upstream Community Band practice



Information for the next edition of the Insights newsletter is due January 10. All articles are subject to editing. Articles submitted late may be included as space allows. Please send your submissions via email to insightsfirstpa@gmail.com or bring them to the church office. Thank you!



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Next INSIGHTS deadline: Jan. 10

TRUST
yourself
TO THE
Lord
WHO MADE YOU.