



Wednesdays in Lent

April 3 and 10

6:30 p.m. Soup supper

7:00 p.m. Upstream worship



Lenten Sermon Topics

April 7 Making a New Thing

Isaiah 43:16-21

Philippians 3:4b-14

April 14 (Palm Sunday) Preparing

Isaiah 50:4-9a

Philippians 2:5-11

Luke 19:28-40

Holy Week Services



Invite someone to worship with you at any or all of our Holy Week services.

Palm Sunday: April 14

Worship at 10:45 a.m.

Maundy Thursday: April 18

Worship with Communion

at 6:00 p.m.

Good Friday: April 19

Worship and Reflection

at 7:00 p.m.

Easter Sunday: April 21

Breakfast 8:30 – 10:30 a.m.

Morning Worship at 10:45 a.m.

Children's Easter

Egg Hunt

and Party

following

worship



Bringing Books to Kids in Fiji

by Rick and Diane Allen

After his retirement last July, Pastor Michael Love, Dolly Love and their son Sam moved to Fiji in August

of 2018. Pastor Michael served in our church from 2009 to 2014.

Moving is always complicated and moving to Fiji is very complicated.

Diane and I provided some logistical assistance while they were preparing to move. Dolly worked in the libraries in the Mountain View school system prior to their move; she mentioned that she was hoping to help bring books to kids in Fiji in some way. Books in Fiji do not last as long as here in California due to the weather conditions in Fiji.

With the help of Nancy Olson, we collected up a “few” used books. Rick packed them in a double wall cardboard box and took them to a Fiji freight handler connection provided by Peni Savou, our Fijian Fellowship leader. That first shipment weighed 240 pounds!

The first shipment arrived in Fiji in November 2018 and kids helped unpack and stamp the books with a newly created “Viseisei Free Library” stamp. Dolly had only one request for the next shipment: Please make the box a little less heavy next time.



The next shipment arrived in January 2019 and this was smaller as requested. It weighed only 180 pounds. We have now packed the third shipment scheduled to depart in March.

As you can see in the photos, the books are very popular.

Here are the three most frequently asked questions we have received when we share this story.

continued on page 2



Looking Forward with Excitement

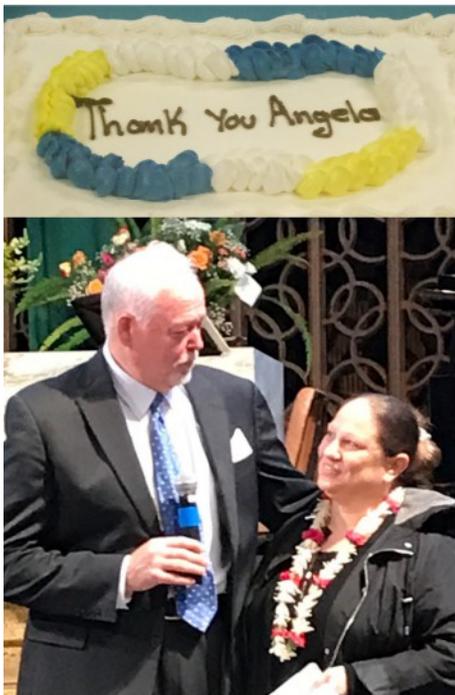
by Tom Fingar

Life is like the images in a kaleidoscope that form and reform in a never-ending array of new and recurring—but always slightly different—shapes and patterns. We enjoy and take comfort from existing patterns even as we recognize that they are transitory stages on a journey of new challenges and opportunities. As humans, we often want to cling to what is familiar and delay making changes for as long as possible. But change is inevitable and necessary, and the opportunity to make changes should be grasped as the priceless treasure that it is. We know that, but knowing does not prevent us from looking backward with nostalgia and forward with anxiety. What is unfamiliar is exciting but also disconcerting.

We live in a time of momentous and accelerating change—in the world, in our nation, and in our Church. Our denomination is wrestling with difficult and divisive issues, and our local Church is adjusting to changing demographics, new needs, and new opportunities. As Christians, we know that God will assist and sustain us through every new challenge, and as United Methodists we know how to organize ourselves to solve problems and seize opportunities. Attempting to do things in the “old” way when circumstances have changed is bound to fail, or at a minimum to fall short of what we hope to accomplish. Many had favorite outfits when we were teenagers but few would attempt to wear them today.

So it is with the realities of our Church. We have both the necessity and the opportunity to tackle new challenges, pursue new opportunities, and revitalize practices that fell into disuse when we had more pastors, more youth, and different opportunities to serve our local and spiritual communities. We also have the certain knowledge that we can and will succeed if we put our minds to the task, pray for guidance, and both drive and feed off the renewed energy and sense of excitement that surrounds us.

Each of us has something to contribute and many are already asking, “What can I do?” Pastor Debra and countless others in our Church family have ideas and together we are setting priorities and developing plans. Don’t wait to be told what to do; your ideas and energy can help us shape the future of our Church as we make the transition from acknowledging a “need to grow” to knowing that “we will grow” because we have something great to share with others.



Fiji, from page 1

How much does it cost to ship the books? The freight cost is much less than \$1 per pound since the box is included with other items in a container already destined for Fiji. The low price is also due to the generosity of the freight handler.

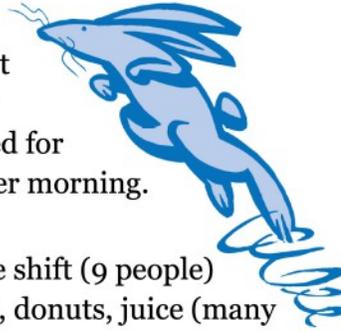
Where do you get the used books? Some are gifts from individuals. So far, most have come from the regular free book events put on by the Friends of the Palo Alto Library.

What kind of books are needed? Early reader picture books are very desirable and popular and also books about sports. Any Dr. Seuss books in readable condition are great. Junior High level novels (like Goosebumps) are also very popular. We generally include most any Newberry Award books, picture books about regions and cultures from around the world, picture type science books, and books with collections of comic strips. 🐼

On Mar. 3 we bid a fond farewell to Angela Mosqueda who worked in the church office for 16 years. Photos by Ben Conway and Patty Bellardo

Hop on Over to Lucky Potluck and Sign Up to Help with the Easter Breakfast!

Easter is April 21 this year, and we need your help for our annual breakfast. This great First Palo Alto UMC tradition works because EVERYONE helps! The breakfast is scheduled for 8:30 to 10:30 a.m. in Kohlstedt Hall on Easter morning.



We need folks to volunteer to:

- Monitor the food and tables for a 40-minute shift (9 people)
- Contribute egg dishes, muffins, bagels, fruit, donuts, juice (many chefs needed!)
- Monitor Snack 'n' Chat after the service (2 people)

We want to be a place of hospitality and grace for:

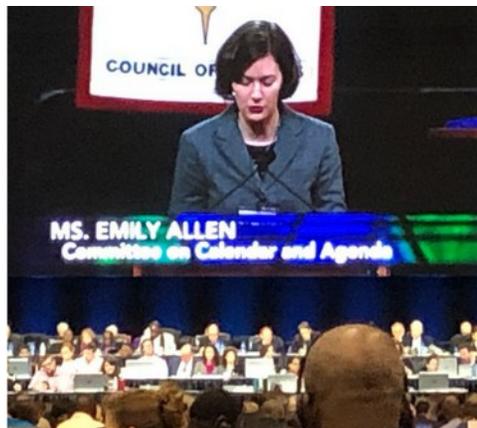
- Our choir and musicians before they rehearse
- Church members and visitors attending 10:45 a.m. worship
- Our brothers and sisters in the Tongan congregation and Fijian Fellowship who worship with us

You can sign up for a breakfast shift or to bring food items at our Lucky Potluck website or contact Pam Cutkosky at 650-328-5208 or pamelareasner@yahoo.com

Our Lucky Potluck sign-up page url is:

<http://www.luckypotluck.com/potluck/EasterBreakfast2019>

Emily Allen was a lay delegate to the Special Session of the UMC General Conference in February. 53% of the delegates voted for the Traditional Plan which restricts LGBTQ persons full participation in the United Methodist Church. Recently the integrity of the Conference vote has been questioned, and the constitutionality of the Traditional Plan is being reviewed.



Egg Hunt is On! How Many Can You Find?

Calling all kids, grandkids, nieces, nephews, kids of friends!



If you have a child 10 or under—or know one—bring them to our annual Easter Egg Hunt and Party, scheduled after the 10:45 a.m. worship service on Easter morning, April 21. Children can bring their own basket to collect eggs or borrow one from us.

Come before worship and enjoy breakfast in Kohlstedt Hall, stay for the 10:45 Easter service and the Children's Moment, then join Teacher Pam for the Egg Hunt. We'll meet up in the Patio Room about 12:15 and hunt for eggs in the First School yard. Find 6 hidden plastic eggs and get a goodie bag! Join us for craft and fellowship time in the Patio Room after the Egg Hunt.

Easter at First Palo Alto promises to be a memorable one for kids!

Questions?

Contact Pamela Cutkosky at pamelareasner@yahoo.com

P.S. If you are a youth interested in helping with the egg hunt or the craft time, please contact Pamela Cutkosky. She could use your help!



David M. Lampton led the discussion for Great Decisions on March 10. Photos by Lou Bellardo

CONCERT NOTES

On Saturday, April 13, **Philharmonia Baroque Orchestra** will present Handel's "Saul." Young David has just slain Goliath, earning him the admiration of the Israelites and the envy of King Saul. This Biblical tale of love and jealousy, madness and mourning, family feuds and supernatural apparitions inspired one of Handel's most popular oratorios. Nic McGegan leads an all-star cast and the Philharmonia Baroque orchestra and chorus through tender lyricism to full-throttle triumph and glory. Tickets are available online or at 415-295-1900.

Great Decisions Wraps Up Another Year

by Lou Bellardo

Our Great Decisions 2019 series concluded on March 31. The eight topics discussed were timely, the presenters were knowledgeable and engaging, and attendees included many from the community. First Church has sponsored this series for many years and looks forward to doing so again next year.

Many people contributed to the success of the program and we would be remiss not to acknowledge and thank them for their contributions. Tom Fingar recruited superb discussion leaders and led two of the sessions. Charlotte Cutkosky and Robert Lasater took charge of publicizing the series in the community and their efforts attracted many first-time attendees. Diane & Rick Allen, Patty & Lou Bellardo, Lois & Art Hammer, Julie Lopez & Steve Wood, Alice Loughry and Janet & Bill Nicholls provided logistical support for the meetings. Last, but not least, thanks to all of you who attended and invited friends to join the discussions.

San Francisco Chamber Orchestra will explore the fascinating intersections of classical, pop, and jazz with the Catalyst String Quartet ("invariably energetic and finely burnished" according to *The New York Times*) and our own rock-star violist, Darcy Rindt. Hear how Mozart invented jazz, along with romantic works by the British master Sir Edward Elgar, a brand-new work by Ms. Rindt, and covers of tunes by Dave Brubeck, Brittany Spears and Muse.

The free concert will be held at the church on April 27 at 7:30 p.m. Admission is free. The line begins to form around 7:00.



by Nancy Olson

•When it has been raining for a couple of weeks, and the media is full of flooding and mud slides, and reservoirs finally have water, it is difficult to concentrate on conservation issues. The global water crisis—caused by drought, flood, and climate change—is less about supply than it is about recognizing water’s true value, using it efficiently, and planning for a different future. The choices we make today, influence tomorrow. It is always time to reduce waste and to conserve this precious gift.

•Tossing unwanted medicine in the trash poses an accidental poisoning threat to children and pets. Disposal down sinks or toilets can cause pharmaceutical pollution in San Francisco Bay because wastewater treatment plants are not designed to remove these chemicals.

•It is good to recycle your junk mail. It is even better to stop getting it. You can use a junk mail reduction service. They will take you and your family members’ names off major direct mail lists, reduce unsolicited credit and insurance offers and unsubscribe you from unwanted catalogs. Contact: <http://www.catalogchoice.org/> and <http://www.paperkarma.com/>

When making donations, ordering items through the mail, or subscribing to a publication, include a note that instructs the organization or company not to lend, sell or trade your name to other mailing lists.

•A staggering 70 percent of medically important antibiotics are sold for use in livestock and poultry operations here in the United States. These drugs are routinely given to animals to help them survive crowded, stressful and unsanitary conditions, regardless of whether the animals are actually sick.

We rely on antibiotics to treat life-threatening infections and to ensure that surgery, chemotherapy and other medical procedures are safe. But the overuse of antibiotics is leading to the spread of antibiotic-resistant bacteria that are shaking the foundations of modern medicine.

continued on page 7

Hello First Palo Alto Readers!

by Charlotte Cutkosky

We have some exciting new acquisitions this month.

Heroes, Gods and Monsters of Celtic Myth by Fiona MacDonald, illustrated by Eoin Coveney, is a middle grade illustrated chapter book that presents the folk history and mythology of the Celtic nations of Ireland, Wales, Scotland, Brittany and the Isle of Man. In addition to introducing medieval characters like Finn MacCool and Bran the Blessed, the book also introduces the ancient Celtic tribes, who spoke the mother languages from which all modern Celtic languages developed and whose largely lost mythology may have sown the seeds for later tales.

The Feather Thief: Beauty, Obsession and the Natural History Heist of the Century by Kirk Wallace Johnson is an unusual true crime story, describing a “heist” of rare and expensive feathers—for fly fishing. Wallace Johnson has inside knowledge of the fly fishing community in which the heist occurred, but was shocked to discover how much the stolen feathers were worth among fly fishers. Wallace Johnson plunges into the mystery to try to determine why and how it had happened, and what had become of one of the world’s oddest museum heists.

Happy reading,
First Palo Alto UMC!





How to Cope with Loss After Losing Someone Close

by Lily Mushayabasa

How are you feeling today? Alone? Sad? Angry? Worthless? Betrayed? Broken? Hopeless? Depressed? Anxious? Giving up? Empty? Guilty? Lost? Hurt? Scared?

Different feelings, different days, different situations, different circumstances.

When your spirit is down, be comforted with the following verses from the Bible:

Come to me, all who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Matthew 11:28-30)

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Isaiah 41:10)

More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. (Romans 5:3-5)

For more uplifting scriptures go to www.biblestudytools.com

Professor Larry Platt, in the article "When Death Comes Unexpectedly," talks about ways of dealing with grief when facing the death of a loved one. He emphasized having patience with yourself throughout the grieving process, not being afraid of your feelings, bringing closure to unfinished business, finding support through sharing, seeking new routines, letting yourself feel good again, drawing upon the power of prayer.

Here is my synopsis of his great advice.

In the Bible, the book of Ecclesiastes chapter 3 talks about different seasons in life. "There is time to be born and time to die, time to weep, time to mourn and time to laugh and dance." When you lose a close relative, it's one of those difficult seasons in life, but with time it will pass. Allow yourself to feel your emotions, admit that you are not okay, ask for help and learn to accept the loss that has befallen you. Acknowledge grief and deal with it.

Do not be too hard with yourself. There is no right or wrong way of dealing with your emotions after the death of someone you love. Deal with your pain in your own way and at your own pace. It's normal to have an uneven journey during grief. People are different, they react differently and the grieving process differs too. It is not only a matter of coping with the loss but coping with change.

Give yourself time and permission to vent your feelings, especially the negative ones. Grieving is a process, not a task which has a time frame to be completed. Do not be afraid of your pain. Never suppress your emotions; it is normal to feel that way. Bottling of emotions after the death of someone close to you can leave internal wounds. Usually, the scars that you can not see are the hardest to heal. Your mental, physical and emotional health might be severely affected.

Having closure after losing a loved one can be a mammoth task but is very important in the healing process. Reach out to get help. In many cases, discussing death with someone can be uncomfortable and a hard topic to crack, as it is a reminder of our own mortality. However, talking with someone who is supportive and understanding of your loss is very important. You build confidence to confront and deal with your feelings and move on with life.

Seeking new routines is another way of healing your soul. It helps you move on with your life. Of course, it will be difficult to completely forget the things or routine you used to share with the deceased. However, try to do whatever makes you happy. Take care of yourself because you are precious.

Couple the above-mentioned ways of dealing with grief with prayer. Prayer heals the broken heart, it brings joy and peace to a heavily burdened soul.

UNITED METHODIST WOMEN

McCurdy School Sends Thanks

“Thank you to our UMW friends for supporting McCurdy for 106 years! McCurdy Ministries Community Center is the vendor for the McCurdy Charter School Breakfast and Lunch program. Every school year, 5,356 breakfasts and 60,636 lunches are served. Many of our students live in poverty so providing these meals is one way we act as the hands of Christ to feed a hurting world.

The most important indicator whether a child will graduate from high school is preschool attendance. McCurdy plans to expand the free morning Pre-K program and low cost afternoon faith-based preschool. The number one time that children get in trouble with drugs, sex, alcohol and the law is 3 to 5:30 p.m. across the United States, so providing a safe, enjoyable and challenging after school program during this time is essential to our students. Currently 25 preschool to 6th graders enjoy snacks, free play, games, crafts, Bible study and homework assistance in McCurdy’s After School Care. We are planning to expand this program next fall.

Camp Stars, our summer camp which combines Vacation Bible School with the best of STEM education is a huge success every summer. The camp runs seven hours a day for six weeks and is open to students entering kindergarten to sixth grade. Not only do students learn STEM and Bible skills but they participate in hands-on mission projects to make God’s difference in our community.

Our UMW supporters are important so we invite you to volunteer at McCurdy to do hands-on mission work as an individual or a team. We’ll provide retreat rooms with beds and semi-private bathrooms, show you our beautiful mountains, cook for you and help you make a difference in our community.”

McCurdy Ministries Community Center, 362A S. McCurdy Road, Española, NM 87532. www.mccurdy.org

Green Notes, from page 5

Demand that your beef and chicken products are drug-free.

•The Dept. of the Interior confirmed that there will be no seismic oil testing in the Arctic Refuge this winter, according to *The New York Times* (Feb. 7, 2019). Seismic testing is notoriously destructive. It can harm denning polar bears and their cubs, and it leaves permanent scars on the tundra. Thanks to pressure from environmental groups the Refuge’s polar bears are denning in peace this winter.

Seismic testing might be delayed, but the current administration is still pushing ahead with their harmful Draft Environmental Impact Statement for the Refuge. It is time to let your legislator know that you oppose this plan. 🐻

The UNITED METHODIST WOMEN (UMW) is open to ALL women of the church. For information contact Nancy Olson, nso2431@icloud.com



WOMEN’S ACTIVITIES

- 2 TUESDAY TREKKERS
10 a.m.
Contact Patty Bellardo, pbellardo@gmail.com
- 9 TUESDAY TREKKERS
- 9 LUNCH BUNCH
11:30 a.m. Indochine Thai & Viet Nam Restaurant on Middlefield Rd (across the street from CVS Pharmacy)
RSVP to Nancy Olson, nso2431@icloud.com
- 11 MULTIFAITH VOICES FOR PEACE AND JUSTICE
7:00-7:30 p.m. Covenant Presbyterian Church on Meadow
Contact Mary Ann Michel, mamichel@alumni.duke.edu
- 16 NEEDLEWORKERS
9:30 a.m. at Channing House
Contact Mary Ann Michel, mamichel@alumni.duke.edu
- 16 TUESDAY TREKKERS
- 22 EARTH DAY
- 23 TUESDAY TREKKERS
- 23 MARY/MARTHA CIRCLE
1:30 p.m. in Patio Room
Contact Mary Lu Wood, admlwood@gmail.com



4/2 Andrew Owen
 4/2 Mary Kiki Wilcox
 4/3 Orin Zimmerman
 4/3 Elinor Ovenshine
 4/3 Warren Yowell
 4/3 Vicki Wolfenbarger
 4/5 Marty Crayton
 4/5 Meg Ferguson
 4/6 Valorie Hamachek
 4/6 Hope Crockett
 4/7 Susan Harris
 4/8 James Thomas
 4/8 Karen Chin
 4/8 Melvin Arterberry
 4/8 Daniel Fifita

4/9 Phillip Salsbury
 4/9 Blair Crangle-Hall
 4/9 Sean Huston
 4/10 Joshua Salsbury
 4/11 Alex Johnson
 4/12 Al Lee
 4/12 Julie Blackburn
 4/13 Ann Reddick
 4/13 Catherine Blackburn
 4/13 Adrienne Fanua
 4/14 Sarymai Bapa
 4/16 Harold Jones
 4/16 Curt Gleason
 4/18 Orlene Fingar
 4/18 Rohan Sharma
 4/20 Samie Lee
 4/22 Everett Gee
 4/22 Grace Stafford
 4/22 Douglas Norris
 4/22 Catherine Cerny
 4/22 Rob Stuart
 4/24 Nancy Glaser

4/25 Alec Martin
 4/26 Hannah Yee
 4/27 Megan Ealy
 4/28 Aidash Kombou
 4/28 Michele Hollar
 4/28 Mary Ann Michel
 4/29 Kathy Rose



4/30/1989 Dan & Michele Conway
 4/11/1992 Caroline Bowker & Charles Bliss
 4/24/1994 Alicia & Tim Breen
 4/15/1995 Mark & Brynn Iglehart



Finance Update

"Easter is the only time when it's perfectly safe to put all of your eggs in one basket." (Evan Esar)



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

FEB 2019 Income and Expense Summary-- DRAFT	FEB 2019 Actual	Actual YTD 2019	Budget YTD 2019	Budget Annual 2019
Income				
Total Member Giving	17,963	107,952	117,577	450,170
Total Income All Other Sources	10,564	42,562	51,276	214,857
Total Income	28,527	150,514	168,853	665,027
Expenses				
Conference Tithe	2,192	11,193	10,000	60,000
Council on Ministries	2,393	3,045	5,632	39,790
Staff Parish Relations	24,104	46,164	64,136	368,862
Office and Finance	4,869	5,958	4,517	19,200
Board of Trustees	16,645	36,578	34,012	177,175
Total Expenses	50,203	102,938	118,297	665,027
Excess (Deficit) of Income over Expense	-21,676	47,576	50,556	0



WEEKLY SCHEDULE

Sundays

- 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. Worship in Sanctuary
Broadcast live online at
firstpaloalto.com/live-webcast/
- 11:45 p.m. Snack and Chat
- Childcare is available 9:30 a.m.–12:30 p.m.
in Noah's Ark room

Mondays

- 12:00 noon Prayer
5:00 p.m. Breaking Bread
7:00 p.m. Fiumé di Musica rehearsal

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

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

- 2 Staff-Parish Relations Committee, 7:00 p.m.
3 Upstream Supper, 6:30 p.m.
Upstream Worship Service, 7:00 p.m.
6 Koinonia Potluck and Talk by Nancy Glaser,
6:00 p.m.
7 Fifth Sunday in Lent
Couples Group, 12:15 p.m.
Great Decisions, 6:00 p.m.
8 Breaking Bread, FUMCPA servers, 5:00 p.m.
Centennial Endowment Committee, 6:30 p.m.
9 Board of Trustees, 7:30 p.m.
10 Upstream Supper, 6:30 p.m.
Upstream Worship Service, 7:00 p.m.
Insights deadline for May issue
14 **Palm Sunday**
Great Decisions, 6:00 p.m.
16 Finance Committee, 7:30 p.m.
17 Upstream Supper, 6:30 p.m.
Upstream Worship Service, 7:00 p.m.
18 **Maundy Thursday**
Worship Service, 6:00 p.m.
19 **Good Friday**
Church office hours 9 a.m.–noon.
Worship Service, 7:00 p.m.
21 **Easter**
Breakfast, 8:30–10:30 a.m., Kohlstedt Hall
Morning Worship, 10:45 a.m.
Children's Easter Egg Hunt & Party following
worship
22 Church office closed
23 Church Council, 7:30 p.m.
24 Upstream Worship Service, 7:00 p.m.
27 San Francisco Chamber Orchestra, free concert,
7:30 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!

Information for the next edition of the Insights newsletter is due April 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!



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FIRST PALO ALTO
UNITED METHODIST CHURCH

RETURN SERVICE REQUESTED

FIRST PALO ALTO UNITED METHODIST CHURCH

Inside this issue of **INSIGHTS**

APRIL 2019

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Next INSIGHTS deadline: April 10

