



A Mother's Day Prayer

by Rev. Ann Duncan

O God, you have searched us and you know each of us to the very depth of our being.



As we honor this Mother's Day, you know the one who carried us, you know the ones who have nurtured and loved us, you know the teachers, mentors, and parent figures who have guided us and taught us your ways, and you know the grief this day brings for some of us.

On this day, may we honor those who have raised us, remember those who have gone before us, and lift to you those whose journey feels incomplete this day.

In all things and in all ways, we lift our hearts to you! Amen.

How the Pandemic Is Affecting the World's Poor

by Nancy Glaser

An article I read this week focused on the needs of the poorest around the world. For now, the bulk of the official global death toll from the coronavirus pandemic is in wealthy Western countries; however, even if the virus doesn't spread in packed cities and slums where effective social distancing is impossible, the pandemic will have already exacted a bitter price. For hundreds of millions of people suddenly stripped of livelihoods, daily wages, and the means for their families' survival, poverty may kill sooner than the coronavirus.

I spoke with my friend and colleague in Nairobi, Abdul Hussein. He reminded me that although the current number of known cases in the Kibera slum remains low, people are out of work and he worries that hunger and worse will be the outcome of the pandemic for the poor in Africa. The poorest people are working mostly in the informal economy which means they are unprotected by social safety nets.

In sub-Saharan Africa, home to one of the world's youngest populations, the World Bank predicts the first recession in 25 years.

The region's governments can muster some resources but will need outside help to weather the economic storm.

"Trouble travels. It doesn't stay in one place," Kristalina Georgieva, managing director of the IMF, said. "This pandemic will not be over until it's over everywhere."

Although you and I are experiencing our first pandemic, in Africa it is all too common and always devastating.

Today, Abdul and his volunteer coaches have switched gears from soccer to distributing food for

continued on page 8





A Letter from Our Missionary, Katherine Parker

Dear First United Methodist Church of Palo Alto,

I hope that you are safe, well and are adjusting to different ways of engaging as we all contribute to keeping our communities safe.

Where in Nepal is Katherine?

I'm not! I came back to the USA in mid-March, intending to join the Board of Directors meeting at Global Ministries and return to Nepal a week later. But when I reached my transit point in Turkey I learned of the plan to close flights from Europe to the US, and by the time I reached the US, Nepal had started imposing travel restrictions that made it impossible for me to get back. Then Nepal shut down all international flights and long-haul buses, and finally went into lockdown, restricting everyone to stay at home except to visit your closest local shop for food. So I'm stuck here in California for the duration, which has been a mixture of guilt of not being with my community at this time of need and gladness that I can be a comfort to my family.

Given the limited health care infrastructure in Nepal (see an update on our hospitals below), I praise God that Nepal took fast and decisive action as soon as the second case of COVID-19 was identified in the country. The first case of community-transmission was identified this week and we will likely see a rise when more testing becomes available, but it is not widespread yet.

"Work from home" is the new norm in Nepal too

United Mission to Nepal has mobilized our Incident Management Team as we work to protect our staff and plan for how we can best contribute to relief and recovery while following Do No Harm principles. Since last year we have starting using Skype between Kathmandu and our field offices; I've also been working to get our documents into cloud storage. I'm glad that we had already started these steps and can scale up now.

I've gone from team meetings twice per month to three times per week. But I am also up past midnight most days in order to join calls with my co-workers during their morning work hours. The emerging challenge is that load-shedding (cutting off the electricity) is again on the rise in Nepal and hits neighborhoods at different times, which is making it difficult to consistently get everyone on calls.

How is COVID-19 impacting Nepal?

The economic impact on Nepal has been devastating. The many day laborers are hardest hit right now. The government of Nepal is organizing for a very minimal food and cash distribution to the ultra-poor during lockdown and we are looking at ways to contribute to the relief efforts when the lockdown ends. The long-term effect will be even grimmer; almost 50% of Nepal's GDP comes from movement related work: sending out migrant workers and bringing in tourists.

We are planning now for how we can contribute to re-training and support returning migrants to build up the local economy. As part of the Health Team we are looking not just at supporting our two remote hospitals, but also at how to expand our mental health and reproductive health work. Our Education team is planning how to support schools in areas where much of the population doesn't even have phone access and where schools provide a critical meal for children. I am hopeful that the schools we work with can be key points for WASH (water, sanitation and hygiene) outreach.

continued on page 6

KIDS CHECK-IN & BIBLE LESSON

Join us each Sunday on Zoom at
11:45am to see your friends,
hear a story, and say a prayer!



Blessing of the Animals

During our May 17 online worship service, Rev. Dr. Debra Murray will offer a blessing for pets. There will be a segment in the pre-recorded service when you can gather your pets at home and receive a blessing over them.

Prior to airing the service, we also will host a Zoom blessing on May 9, in which you and your pets can be part of a video that will be shown in the service May 17. Watch the e-news for details.



Donations are needed to support vulnerable populations in our community. Monetary donations can be made online, plus there are additional ways you can help. Please practice safety when delivering donations and wear gloves and a face covering, while maintaining social distancing.

Downtown Streets Team Food Closet has need of the following items: peanut butter, jelly, instant ramen, instant coffee, tea, any pop-top canned goods, chargers, portable chargers, face masks, disinfectant wipes. Phone for donation hours and safe delivery logistics: 650-325-3663. To make a monetary donation, see <https://www.streetsteam.org/COVID-19>

To make a monetary donation to **LifeMoves** and for other donation information, see <https://www.lifemoves.org/covid-19-update/>

Life Moves is quickly running out of supplies. They are asking for each household to donate a bottle of sanitizer and a roll of paper towels or toilet tissue. Host a no-contact donation drive on your street.

Additional volunteer opportunities include:

- Make face masks at home for LifeMoves staff and clients.

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- Make no-sew fleece blankets at home.
 - Collect art and activity supplies for adults and children.
 - Make healthy snack packs for children.

See the LifeMoves website for detailed instructions. Donations are being accepted at LifeMoves Menlo Park headquarters.

Another way to help: Arrange for a local restaurant to deliver a meal to a LifeMoves shelter (50-80 people) or pick up and drop off a prepared meal. Find recommended restaurants and sign-up information on the website. This is also a great way to support local business. Share the cost with a group of friends.



3 Things I Love About My Mom

1. _____

2. _____

3. _____

UMW Uniting in Prayer and Community Despite Social Distancing

by Nancy Olson



May is usually the month we wind down the United Methodist Women (UMW) activity schedule so members can spend more time with family, vacations, Family Camp, etc.; and looking forward to resuming schedules in September as schools open.

However, this has been a strange year for all of us. It is difficult to plan activities and meetings with any certainty. So as I write this, there is no calendar of activities. As soon as we are free to resume activities we will be contacting you.

I hope that you and your families have taken full advantage of the regular church services online each Sunday morning and dropped in on Tuesday or Thursdays at noon to chat with Pastor Debra and Ann. And have you checked out Upstream on Wednesday evenings? I have discovered the pleasures of face to face visits via Zoom. Who would have thought at my advanced age I would be happily Zooming. :-)

The nation recognizes mothers on Mother’s Day, May 10. This day we can thank our moms for all they have done for us by showing our love and respect with words and actions – whether mom is nearby or faraway, or with God.

One of the main principles and mission goals of the United Methodist Women is to support women, children, youth, families. Mother’s Day is a good time to remember and renew our dedication and efforts.

Let us be united in prayer for all the “essential” people in our communities who have continued to supply the services we need at their own risk. And when this emergency situation is past, and it will be, let us continue to be thankful to these service people and never again just take them for granted.

Hey kids!

How will you celebrate moms on Mother’s Day? Maybe you will make your mom a card, make her breakfast in bed, and tell her “I love you.”

Here is a bookmark you can make for your mom.

1. Print out this page and cut out the bookmark.
2. Color the flowers and hummingbird.
3. Write three things you love about your mom.
4. Glue the bookmark to a slightly larger piece of colored paper or cardboard.
5. Punch a hole in the top. Tie a ribbon through the hole.

Wish your mom a Happy Mother’s Day!

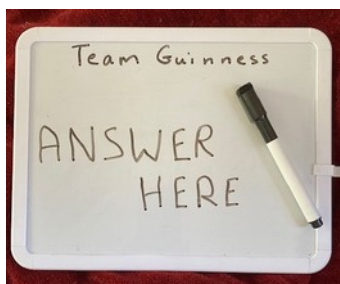
What To Do on a Saturday Night?

Join Trivia Quiz Nights at FUMCPA

by Colleen Crangle

What do you do on a Saturday night during this shelter-in-place when you need the company of your fellow Methodists, a little intellectual stimulation, and a dollop of competition? You join the Trivia Quiz Night with FUMCPA!

All you need is a laptop or desktop computer or even just your phone and one click of a Zoom link in an email from First United Methodist Church of Palo Alto. That link will let you register for the upcoming event on Saturday. You then get an email from FUMCPA with the link to the actual event, which you click at 7:00 p.m. Saturday night.



Armed with a whiteboard and a dry-erase pen (or some paper and a marker), after each question participants hold up their answers to the camera for everyone to deride or applaud. Trusting in the integrity of our fellow Methodists, we kept our own scores.

There are always some Bible questions provided by Colleen Crangle. Her contribution not only frees the two pastors and their families to play all the questions, it provides extra excitement to everyone else checking to see if they ever get one wrong!

A quizmaster/quizmistress plays host each time. Colleen was our first host followed by Hope Crockett. Blair Crangle-Hall will host May 2.



After the first two Trivia Quiz nights, we had a team with the winning name – Quaran-Team featuring the Bellardos! – and a few families that were outscoring all the singletons sheltering in place on their own.

Always ready to innovate, we have introduced a new format for our third meeting. Using Zoom’s “Breakout Rooms,” we help people form teams of almost equal numbers. Each Breakout Room gets its own mini-meeting space to discuss a set of printed questions, filling in the answers together during a 10-minute breakout session. Then we reconvene to share the answers to the question set, before moving on to another set.

The winning team gets a round of virtual applause and bragging rights for the week.

Keep a watch out for “News of the Week” emails from First UMC Palo Alto and special email invitations to the next Trivia Quiz Night.

If you need help getting Zoom on your computer or phone, contact the church office at 650-323-6167. For any other questions, email Colleen at crangle@stanfordalumni.org.

TRIVIA QUIZ NIGHT
with FUMCPA
SATURDAY at 7:00 PM
via Zoom

Zoomers enjoying Trivia Quiz Night on April 18. Thanks, Ann, for the screen shot!

Parker from page 2

So, despite being stuck in California, I thank God that I can continue to work with friends in Nepal on these issues.

UMN Hospitals face challenges

The hospitals that the United Methodist Church helped UMN start in Nepal have done amazingly well at becoming financially self-supporting in recent decades. The commitment to provide free and reduced-cost care to the poor continues to be supported by your donations but is also under-girded by our ability to recruit and maintain high quality Nepali doctors, nurses and staff to our remote hospital locations (a difficult challenge). Funds for the salaries of our staff come primarily by providing quality routine and elective care for a fee.

But with the lockdown in Nepal, patients are not traveling in from the surrounding villages to access these services, and hospital income and cash flow are down. This means that our hospitals are facing a challenge to pay salaries at a time when we need to be prepared for the chance of a widespread outbreak in Nepal. We are still working to source PPE equipment for our hospitals. Tansen United Mission Hospital has set up a 6-bed isolation ward where they can treat with oxygen and IV fluids, but they will not be able to use their ventilator or do CPR due to the lack of PPE. We ask for prayer that the early call

for strict lockdown in Nepal will be effective and there won't be a country-wide outbreak.

Our greatest need is support for our hospitals

Our critical appeal right now is for funds to help us keep our hospital staff employed. Tansen United Mission Hospital has its own UMCOR number, *Advance 13421a* where you can contribute towards this. I will come back later to ask for your continued support to our community development work, especially around the area of mental health support and migrants, as this challenge unfolds. We know that this is a global disaster that is having devastating effects here in the USA for health and life and economics, that many of you are facing personal hardship and job loss and that the need for compassion and response is worldwide. Your prayers for our world and for the people of Nepal are so appreciated as we face this struggle together.

Stay in touch

Drop me a note if your small group, Sunday School class or UMW unit is organizing a Zoom or conference call and would like me to join. We can have a conversation on the unfolding impact in Nepal.

The church in the world this Easter

This is a powerful time for the church to claim the Easter message that Christ is in the world. We cannot be gathering inside our buildings on Sundays, but as I sang as a child the church is not a building. And so, when we say He is not here at the tomb on Easter at dawn, let us take encouragement that the church is with Christ in the world.

He is not in the tomb, He is Risen, Christ is Risen, Christ is in the world, and let us be with Christ in the world.

Your sister in service for Christ,

Katherine

Kparker@umcmmission.org



To learn more about Tansen United Mission Hospital in Nepal or to make a donation, see <https://advance.umcmmission.org/p-216-tansen-united-mission-hospital.aspx>



The CEF Grant that Keeps on Giving

Story and photos by Brenda Birrell, ODFL Program Director

As you may know, I was supposed to leave on March 12 for four weeks of travel. After a week in England, I was to go on to Kenya to look in on One Dollar for Life's (ODFL) sewing center there, commemorate some new latrines we funded, and more. Then, on to Uganda to open a new sewing center. It, too, was going to be sewing Girls' Equality Project (GEP) sanitary kits for adolescent girls. Finally, a week in Zambia to inspect facilities for ODFL's young people's summer trip there to build a new classroom.

Alas.

The very day I was scheduled to leave, the government of Uganda closed its borders in response to the coronavirus. I cancelled the trip a few hours before I was supposed to leave for the airport. And, just as well. The next day Kenya closed its borders, and the village where my father lives stopped all traffic in or out two hours before I was scheduled to have arrived!

We immediately had our sewing centers in Kenya and Nepal repurpose from making GEP kits to making masks. I designed a pattern, which we sent to them, and they began using the flannel that had already been bought for GEP kits. The flannel is easy on the face. So far, the two centers have made 12,500 masks that have been distributed to hospital staff, first responders, public health personnel, and related groups. Now, we're directing them to local people.

In both countries, public health services are sparse to non-existent. And their economies have been devastated. In both countries, tourism makes up almost a third of national income and it stopped completely. The people we work with are the poorest of the poor: untouchables, day-laborers, survivors of domestic abuse, etc. They could not afford masks even in the best of times, yet the fine for not having one is \$200!

Our Nepal sewing center had also made 1,000 masks to be sent here. The seamstresses wanted to help the people here who had given them respect and dignity in the first paying job they'd ever had. They, too, are from the untouchable class and survivors of domestic abuse. But the day they were to be shipped, the government closed the country to all international shipments.

That was March 20th and it is still not open. When they do

continued on page 9

Staff at Palo Alto Medical Foundation wearing masks made by the local sewing cooperative organized by Brenda Birrell.



Pandemic from page 1

widows, single mothers and their children. We were able to raise emergency funds from the Friends of Wayo Wayo Kibra to assist 100 families in the Kibera Slum.

"May God bless whoever donated the food items. I almost crying. It's hard for anyone who isn't connected to you to think of you on this harsh time and donated to such foodstuffs. Whoever donated these foodstuffs and the youth who think of me, may almighty God give them good health, more energy and live long. I'm wordless let cry for a while, thank you, thank you."



Display a flag on May 25 in remembrance.

Palo Alto Library Offers Stay-at-Home Access to Music, Books, Movies and More

by Charlotte Cutkosky

Hello First Palo Alto readers! While we're all sheltering in place, the Library Committee wanted to make sure you knew all about the online services available through the City of Palo Alto Library website. The city library system has a variety of online services, including:

- Ebooks, which you can find and check out through the regular catalogue search.
- Links to curated, trusted homework help and home learning sites for kids and teens.
- Book recommendations and video story times and events run by librarians.
- Online news source collections and digital magazine and newspaper access via RBDigital.
- Digital access to the Santa Clara Law Library and other local hotlines.
- TV shows, movies and comics available on the library's Hoopla

service. The PA Library has upped the monthly allowance of Hoopla checkouts per patron from 5 to 10 during quarantine!

- Digital music downloads and streaming from the library's Freegal service, and others.

The library is also holding a Spring Reading Challenge during quarantine via Beanstack, the site they use for their annual summer reading challenge.

All these services are linked on the library's home webpage:

<https://library.cityofpaloalto.org/>

To take advantage of the library's online service, all you need to do is log in with the barcode number on your library card and your

PIN number (the last four digits of the phone number you signed up with). If you don't have a card, you can register as an online patron and acquire a new card after quarantine: <https://cpalo.iii.com/selfreg>

Need troubleshooting? You can contact the library at

pa.library@cityofpaloalto.org or

librarydigitalbooks@cityofpaloalto.org for e-media inquiries while staff run their online programs remotely!

Stay well, FUMCPA, and we hope you'll enjoy curling up with good books, music, and something to watch while we all ride this out together!



by Nancy Olson

Most of us have been sheltering in place, keeping a safe distance, and discussing the various methods of making/wearing protective masks to help prevent the spread of the coronavirus. We have been surrounded with ongoing news and information about the pandemic; the media has been full of little else. So we concentrate on health matters, worry and are frustrated without knowing which ‘facts’ we should follow.

In the middle of this terrible pandemic, our administration has unilaterally halted U.S. funding to the World Health Organization. Our Environmental Protection Agency has announced they are suspending enforcement of anti-pollution regulations and have rolled back clean car emission standards. Seven oil and gas lease sales have been held on public lands – with reduced comment periods and despite a collapse of global oil prices. Mining operations in Arizona and Nevada have been expanded. The administration has revoked reservation status of the tribal trust lands of the Mashpee Wampanoag Tribe in Massachusetts.

What I care about most is that we and our loved ones stay well during this trying time. We should pay close attention to the health

continued on page 10

“Look for the Helpers”

During this pandemic, I have heard Fred Rogers’ famous words quoted in podcasts, casual conversations, news articles, and more. Mr. Rogers attributed the words to his mother. Here is how he told the story.

When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.” To this day, especially in times of disaster, I remember my mother’s words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.

—Editor



Sewing Centers from page 7 arrive, we will distribute them locally to public service agencies and nonprofits. Until then, I organized a sewing cooperative that has now made and distributed over 600 masks. They’ve gone to medical personnel at the Palo Alto Medical Foundation, St. Joseph’s Hospital in Stockton, and Bay Area clinics. We have also supplied the Pajaro Valley School District in Watsonville, for food service workers who are still feeding more than 60% of the district’s 20,000 children who receive federally subsidized lunches.

I know this sounds like a lot of drama, and, in a way, it is. But even more, it is a blessing to be able to respond to the needs of the situation in a way that makes everyone bigger. All of this is possible because of the generosity of our church members and the foresight of the CEF committee to fund the sewing centers in Kenya and Nepal.

Thank you to all of you from all of us at One Dollar For Life, and from our partners in Kenya and Nepal and the thousands of people they serve. For more information about ODFL, visit the website odfl.org.

There are two simple ideas behind ODFL: we are bigger when we help others; and if we will all do the smallest bit, the effect is enormous. Thanks to you, it’s working and the world is a better place for it.

Green Notes from page 9

information surrounding us in order to discern the best actions we can take to help end the emergency status of this virus. There are obviously different points of view. Which make the best choices for the benefit of our community?

Amid this crisis, we must remain aware and diligent. What else is going on in our world, in our country?

The decisions we make – health and otherwise – will have impact now and when we come out of this.

God bless us every one.



MAY Birthdays & Anniversaries

- | | | | |
|------|------------------------|-----------|----------------------------------|
| 5/1 | Ewan Keller | 5/22 | Laura Cutkosky |
| 5/2 | Alan Cooper | 5/22 | Kathy Haffner-Zoccatelli |
| 5/2 | Mark Iglehart | 5/23 | Barbie Serkes |
| 5/3 | Madeline Buxton | 5/23 | Keira Martin |
| 5/5 | Gary Ahlberg | 5/24 | Courtney Duhring |
| 5/8 | Nancy Stowe | 5/25 | Tate Julian |
| 5/8 | Jordan Fung | 5/26 | Simone Bikai |
| 5/8 | Michael Bellardo | 5/26 | Ray Crump |
| 5/11 | Sandra Florstedt | 5/27 | Benjamin Conway |
| 5/11 | Donald Iglehart | 5/27 | Sinai Latu |
| 5/11 | Irene McReynolds | 5/28 | Carol Olmstead |
| 5/13 | Doris Lippitt | 5/28 | Coreen Riley |
| 5/13 | Ruth Letts | 5/31 | Luke DeGalan |
| 5/14 | Mo Olson | 5/27/1973 | Annette & Frank Rahn |
| 5/15 | Karl Laughton | 5/23/1981 | Kathleen Branyon & David Goodman |
| 5/16 | Brenda Birrell | 5/5/1984 | Sheila Gholson & John Duhring |
| 5/16 | Jeremiah Fung | 5/27/1989 | Marty & Joan Crayton |
| 5/18 | Robert Medearis | 5/19/1997 | Mark Bui-Ford & David Bui |
| 5/19 | Charles Bliss | 5/21/2005 | Joe & Debra Murray |
| 5/21 | Rudy Spangenberg | | |
| 5/21 | Annabelle Fisk | | |
| 5/22 | Anna Jungermann Morris | | |

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

Mar 2020 Income and Expense Summary-- DRAFT	Mar 2020 Actual	Actual YTD 2020	Budget YTD 2020	Budget Annual 2020
Income				
Total Member Giving	44,308	131,046	123,407	415,728
Total Income All Other Sources	10,646	57,513	72,818	230,870
Total Income	54,954	188,559	196,225	646,598
Expenses				
Conference Tithe	4,948	16,206	14,375	57,500
Council on Ministries	1,704	2,279	9,081	42,325
Staff Parish Relations	33,230	104,648	97,346	389,382
Office and Finance	1,683	4,449	4,612	19,200
Board of Trustees	15,230	44,412	61,290	182,000
Total Expenses	56,795	171,994	186,704	690,407
Excess (Deficit) of Income over Expense	-1,841	16,565	9,521	-43,809



WEEKLY SCHEDULE

Sundays

- 9:30 a.m. Bible Study, *meeting online via Zoom*
- 10:45 a.m. Worship *streamed on our Facebook page. Also available on our YouTube channel. Visit firstpaloalto.com for links.*
- 12:00 p.m. Over 50 Singles group, *meeting online via Zoom*
- 12:30 p.m. Community Affairs fellowship group, *meeting online via Zoom*

Mondays

- 7 p.m. Social Justice team hosts movie discussions, *meeting online via Zoom*. See the church e-news for movie details.

Tuesdays

- Noon Community Chats, *meeting online via Zoom*

Wednesdays

- 10:30 a.m. Bible Study, Channing House, *meeting online via Zoom*
- 7:00 p.m. Bible Study and Contemporary Worship Service, *meeting online via Zoom*

Thursdays

- Noon Community Chats, *meeting online via Zoom*

- 1 Women's Aging Issues group meeting, 11:30 a.m. *via Zoom*
- 2 Trivia Quiz Night, 7:00 p.m. *via Zoom* (Check e-news for additional game nights.)
- 5 Staff Parish Relations Committee, 7:00 p.m. *via Zoom*
- 7 Worship meeting, 6:00 p.m. *via Zoom*
- 9 Blessing of Pets, 3:00 p.m. *via Zoom*
- 12 Board of Trustees, 7:30 p.m. *via Zoom*
- 17 Blessing of the Animals, in online worship
- 14 Worship meeting, 6:00 p.m. *via Zoom*
- 21 Worship meeting, 6:00 p.m. *via Zoom*
- 19 Finance Committee, 7:30 p.m. *via Zoom*
- 20 **Insights deadline for summer issue**
- 26 Church Council, 7:30 p.m. *via Zoom*
- 28 Worship meeting, 6:00 p.m. *via Zoom*

All in-person activities at the church are cancelled through the month of May.

The church office is operating remotely.

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 May 20.

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 or bring them to the church office. Thank you!



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Palo Alto, CA 94301-2016
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Inside this issue of **INSIGHTS**

MAY 2020

- Letter from Our Missionary, p. 2
- Blessing of the Animals, p. 3
- How You Can Help, p. 3
- Kid's Mother's Day project, p. 4
- Resources for Shelter-in-Place, p. 8

Next INSIGHTS deadline: May 20

