



Grant Helps WWK With New Programs

by Nancy Glaser

As the COVID-19 pandemic continues around the world, our friends in the Kibera Slum in Nairobi, Kenya face an always uphill battle. Wayo Wayo Kibra (WWK) program founder and leader, Abdul Hussein, continues planning programs in place of the soccer program, which is off-limits. Here are two much appreciated programs our 2020 CEF grant has funded.

St. John Community First Aid Training

In September WWK held a first aid training for 15 of the coaches and program volunteers. There is a lack of first aid and other health workers in the Kibera community. This is being experienced firsthand during the pandemic. WWK now has 15 qualified first aid workers who can volunteer in the community and at the soccer matches when they start up again in 2021. In addition, this training certificate can be a path to much needed employment for these graduates.



MADD Sisters Reproductive Health Training

With schools closed because of the pandemic, the girls have become vulnerable. The children of the slum have no alternative for online learning. They do not have access to wi-fi or electronic devices (nor have access to electricity) to continue their education. This leaves



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Due to COVID-19, the Alzheimer's Association cancelled the formal walks across the country, and instead encouraged teams to organize their own local walks. Faith Veenker, Hope Crockett, Tim Crockett, and Robert Lasater walked on Saturday, Oct. 17. First UMC Palo Alto's team raised more than \$7,300 this year.

Get Them Talking is a series of UMC resources to help families [or small groups] lead conversations about issues of faith during dinner, devotions, a drive, or anytime. Try this Gratitude resource with your family or whoever is sheltering in place with you, with a Zoom group, or even on your own.



Scripture

“Give thanks in every situation because this is God’s will for you in Christ Jesus.”
1 Thessalonians 5:18, Common English Bible

Reflection

Parents often teach their children to say thank you at an early age. When the child receives something from a parent, grandparent, sibling or friend, mom or dad will ask, “What do you say?”

As we grow, we learn that gratitude is more than a polite response. It is a way of life. When we live with an attitude of gratitude, we remind ourselves that all that we have – time, faith, family, and more – is a gift from God to be cherished and cared for in the ways God would.

Get them talking

- Who taught you to say “thank you”? What are some ways to express gratitude without saying it?
- Our Bible verse says we should give thanks in every situation. Have you ever had trouble saying thank you? Why?
- How might caring for others be a way of expressing gratitude toward God?

Prayer

Thank you God for all the gifts you provide. Teach us to give thanks in every situation in both our words and actions. Amen.

Activity

Have each member of your family [or group] share something for which they are thankful. Plan some thing you can do to express your gratitude by serving someone else. For example, if you are grateful for food, how might you share food with someone who is hungry?

Find more Get Them Talking topics at www.umc.org/en/content/get-them-talking-discussion-starters-for-families.

Psychologist Robert Emmons admits gratitude isn't always easy — especially when life throws us curveballs (see the year 2020) — but says it can be most helpful during and after difficulties. Emmons suggests reframing challenges using thankfulness-based language. Ask, for example: Though I wasn't grateful for the experience at the time, how can I be now? What lessons did I learn, and how did I grow as a person?



Different Way of Giving Yields Same Outcome ♥

In previous years, our church has collected toys and other items for LifeMoves, but LifeMoves has changed its Adopt program this year due to COVID-19.

Instead of specific wishes, this year they are asking for donations of **\$20 gift cards from Target, Walmart, or Amazon only**. You can participate in this program in three ways: make a donation for gift cards directly to

LifeMoves; purchase gift cards online and have them sent to LifeMoves; or purchase physical gift cards and drop them off by appointment. Please see specific instructions for gift cards at www.lifemoves.org/holidays. LifeMoves would greatly appreciate receiving the gift cards by **Dec. 7** to give families time to shop for the holidays.

Although holiday giving opportunities look a bit different this year, you still can help give the gift of a joy-filled holiday to the thousands of people staying at a LifeMoves site.

Work on First WorkSpace Continues; You Can Help Too

by Janet Nicholls

The Finance Committee is indebted to a number of people for things they are doing to get the downstairs rooms ready to rent. We are desperately in need of the income it will produce.

Volunteers are working on the “to do” list of tasks that need to be done to start showing and leasing the rooms on the lower level. Below is a list of tasks already completed. See page 8 for a list of tasks still to do.

✓ The three little rooms downstairs have been cleared out. Thank you, Jerry Johnson, Ruthie Waters and everyone else who helped.

✓ Broken or unusable furniture has been moved to the cafe area. Thanks to those working on all these projects.

✓ The cupboards in the Stuart Youth Center have been mostly cleared out. Thank you, Rev. Ann Duncan.

✓ Ceiling tiles in the McGiffin Room have been cleaned and they look like new! Thank you, Peter Colby and Nancy Glaser.

✓ The painting is done in the McGiffin Room and the three little rooms downstairs. Thank you, Peter Colby (pictured).

✓ The faucet in the sink in Stuart Youth Center has been repaired. Thank you, Peter Colby.

✓ The Mood Room carpet has been shampooed. Thank you, Ernie’s Carpet Cleaning and Susan Stephens.

✓ Furniture has been moved into place in the Mood Room. Thank you, Robert Lasater and Bill Nicholls.

✓ The Stuart Youth Center refrigerator has been cleaned. Thank you, Jerry Johnson and Robert Lasater.

✓ The furniture moved into the Mood Room has been vacuumed. Thank you, Junior Basco.

✓ The broken window will be replaced. Thank you, Susan Stephens and Rudy’s Glass.

✓ A leasing company possibility has been shown around. Thank you, Nancy Glaser.

✓ The First Tongan Church has moved out of the McGiffin Room, including all the cabinets, and into the Chapel. Thank you, Tongan Brothers and Sisters.

✓ We are installing carpet squares in the McGiffin Room. We will install hardwood floor-like material in the back of the Mood Room, where a leak ruined the carpet. Thank you, Nancy Glaser and Slater Floors.

✓ We are adding electrical outlets in McGiffin and youth center rooms. Thank you, Bill Nicholls.

✓ WiFi upgrades have been made and were tested for speed. Thank you, Lou Bellardo and Robert Lasater.

✓ Nancy Larson worked on the Kohlstedt Hall refrigerator and kitchen, getting ready for opening the building – someday. Thank you, Nancy. (We will also clean the Patio Room refrigerator and the Fellowship Hall kitchen refrigerator and freezer.)

✓ When we are finished accumulating things for haul away, we will call a junk company to get rid of the stuff. If you identify Sunday School room furniture, office furniture, etc. in the rest of the church or bulky items that should be cleared out of your church rooms, please bring them to the cafe.

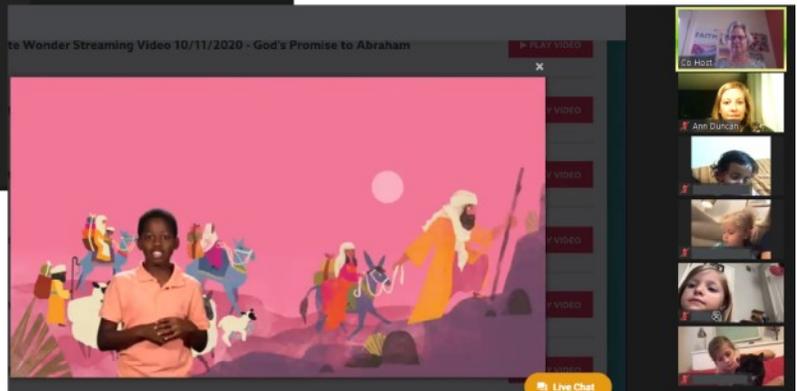
There are a variety of tasks still “To Do.” Find out how you can help. See the list on page 8.



Our church youth came together to create Care Cards for SEEDS Outreach life kits. The cards will encourage unhoused youth in our community when they receive food and other supplies. The church youth gathered on Oct. 8 at the Kispert home and enjoyed visiting and snacks as well. Photos by Rev. Ann Duncan



Children enjoy Zoom Sunday School on Wednesday afternoons. Using the curriculum, Celebrate Wonder, they are learning about God's love. Zoom Sunday School is also offered on Sunday mornings.





ONLINE FALL ART & STORY EVENT

Thursday, November 5 @ 4PM

SPONSORED BY
FIRST UNITED METHODIST CHURCH
OF PALO ALTO

Join us for a fun-filled hour with local illustrator Ben Conway as he leads us through drawing a fall picture.

We will also hear a story on gratitude read by Pastor Ann.

You'll need paper and drawing tools. We will gather on Zoom.

For ages 5 through 11
RSVP by emailing ann@firstpaloalto.com
for current details and the Zoom link.



Library Notes

by Charlotte Cutkosky

Hello First Palo Alto readers! We hope you're all staying safe and well as the winter months approach. November is Native American Heritage Month, and we have some recommendations for you to curl up with:

Before Columbus: The America's Before 1491 by Charles C. Mann is the young readers' companion book to Mann's *1491: New Revelations of the Americas Before Columbus*. (Note: *Before Columbus* can be difficult to find in stores, though it's available at many libraries, and can be purchased as an audiobook or digital download.)

In *Hiawatha and the Peacemaker*, musician Robbie Robertson presents the story of Hiawatha – the myth behind the real life Iroquois Confederacy, which in turn inspired the founding fathers as an example of democracy. It features lavish

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First United Methodist Church of Palo Alto

Kids and Youth Outdoor Activity Day

Join us for a fun afternoon of games and a service project. The event will be led by Tennis Director Caryn Cranston of Los Gatos Tennis Academy. The afternoon will include an introduction to tennis, plus popular socially-distanced games Skittles, Dog House, and Sneaky Statues. We will also make "gifts of Gratitude" for unhoused youth in our communities in support of SEEDS Outreach.

Saturday, November 14, 2020 | 1 PM to 4 PM

Parking Lot off of Byron Street

RSVP to Pastor Ann at ann@firstpaloalto.com



We will observe social distancing, there will be no shared equipment, and everyone must wear a mask.

Wayo Wayo Kibra from p. 1

children with nothing to occupy themselves and the outcome has been that girls become more vulnerable to pregnancy, HIV/AIDS, and abortion. Due to poverty, they find themselves giving in to get food for their family. It has become so alarming that the national government has instructed local areas to map their areas of pregnant girls.

Using a portion of our church CEF grant, WWK held a Reproductive Health Training in October for 25 Kibera girls. The 7-day training was delivered by a well-respected local NGO that has been recognized by the Gates Foundation.

Because Wayo Wayo Kibra is a local, grassroots program run by all volunteers of the slum (including the founder, Abdul), the program depends on donations from generous sources like our own First United Methodist Church. It is difficult to raise funds in Kenya where there is so much need. With the pandemic, hope and opportunity evaporate and our efforts, as modest as they are, keep people there hopeful.

We will continue to raise modest funds to provide these much-needed activities by local, passionate volunteers who care so much for their youth in the slum.



by Nancy Olson

First of all, I wish us all a Happy Thanksgiving.

Admittedly it will be a different celebration this year – no matter what your traditional practices have been. So we are called on to be creative, while remembering to be truly thankful for our many blessings.

- Thanks to a recent federal court order, the U.S. Environmental Protection Agency must now act on a Natural Resources Defense Council petition to ban the use of the toxic pesticide TCVP in flea collars. It was acknowledged years ago that TCVP products – which leave chemical residue on animals' fur – may harm children's developing brains and nervous systems. This decision marks a significant win for public health.
- While many of us are still sheltering at home, it is a good time to self-monitor our use of disposable products. For one week, keep track of the number of items put into the garbage, or recycling, or compost. Of disposable items, how many could be replaced by reusable ones?
- Recycling doesn't mean only separating your cans and bottles. It can mean using things a second or third time. The nice padded envelope you got in the mail, for example – instead of throwing it away, scratch out the address, tear off the stamps, and use it again.
- Last year Americans went through about 50 billion plastic water bottles. Fill up a reusable water bottle at home and bring it with you. Don't like the taste of your tap water? Buy a filter. Remember much of the bottled water sold today is filtered tap water anyway.
- Are you ready for winter storms? Visit cityofpaloalto.org/preparedness for help preparing your family emergency plans and kits. Make sure your emergency plan includes pets, and neighbors who need extra help. Kits should include drinking water, first aid kit, medicines, food, including pet food, cash, a radio, flashlights, and extra batteries stored in a water-tight plastic bag. Keep emergency numbers in your phone or in a convenient place.
- You did Vote, didn't you?

UNITED METHODIST WOMEN CONNECTIONS

by Nancy Olson

In November of each year we concentrate on gratitude. Even in the midst of anxieties due the ongoing restrictions of COVID-19, we have much to be thankful for.

Please read the UMW scripture for this month John 4:1-42.

Samaritans and Jews did not mix with each other. This happened a long time before Jesus met the unnamed Samaritan woman at the well. Several hundred years prior, during the time when they were occupied by the Persians, the Samaritans built a shrine on Mount Gerizim so that they could worship God despite not being able to travel to the temple in Jerusalem. Eventually, the disagreement over the location of worship led to strict rules dictating no contact between Jews and Samaritans.

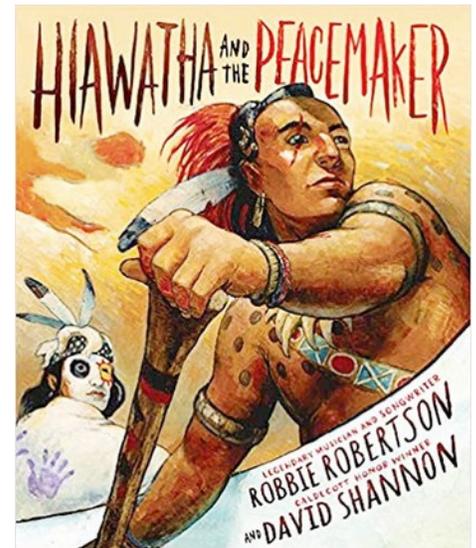


Jewish men were not to begin conversations with a woman they did not know. Jewish teachers did not have public conversation with any woman. And yet, Jesus speaks to this unnamed woman at the well. She is surprised and asks why he would speak to her. Jesus doesn't answer her question about this violation of social norms. Instead, he reveals himself to her as the source of living water.

Jesus offered her living water, which she did not grasp. But when he offers her life, she acknowledges who Jesus truly is and abandons her water jar to return to town and tell people to come and see Jesus. In her gratitude to Jesus for truly seeing her, speaking to her, recognizing her as a child of God who deserved to be spoken to with compassion, she is moved to invite others to come and encounter him.

For more than 135 years Methodist women have given to the World Thank Offering through UMW and its predecessor organizations. The World Thank Offering is an opportunity for individuals to respond to God's abundant grace. When we share our gifts and they are combined with the gifts of others, our contributions make possible the support of national mission institutions and international projects and partners to meet the physical and social needs of women, children and youth.

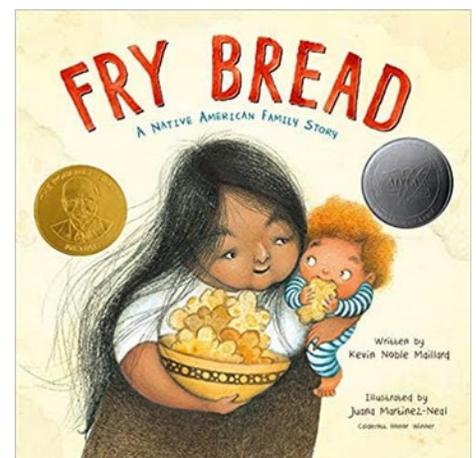
Let us share our contributions and gratitude by writing a check to U.M.W. with World Thank Offering in the memo line. Please send your checks to our treasurer, Lucy Tompkins. Lucy will combine our contributions and forward a check to our Conference Board to be combined with our national offering. Let us be truly thankful.



Library Notes from p. 5

illustrations by Caldecott winner David Shannon.

Frybread: A Native American Family Story written by Kevin Noble Maillard and illustrated by Juana Martinez-Neal is a picture book in verse about an older woman teaching a group of children to prepare traditional fry bread, while using her lesson as an exercise to teach them about their heritage. The book has featured on many Best Book lists, including Publisher's Weekly, the School Library Journal, and NPR.



As always, happy reading, First UMC Palo Alto!

First WorkSpace To Do List

Contact Janet Nicholls: sweetjanet@aol.com or 650-814-0278, if you can lend a helping hand to ...

- Repaint lines on the parking lot.
- Repair sprinklers in the planter box outside the offices.
- Purchase and plant rosemary in the planter box outside the offices.
- Clean walls and touch up paint in the Millennium Room.
- Replace bulbs in Room #27 to the same color temp LED bulbs.
- Install overhead light in Room #25.
- Post directional signs for halls.
- Put or throw away materials in the downstairs hallway.
- Clean shelves in cabinets in the SYC, Mood and McGiffin rooms.
- Organize the Activity Room.



Finance Update

NOVEMBER Birthdays & Anniversaries

| | | | |
|-------|-----------------------|------------|-----------------------------|
| 11/1 | Isileli Fakalata, Jr. | 11/19 | Bill Michel |
| 11/2 | Amiyah Huston | 11/19 | Al Moon |
| 11/3 | Paula McKinney | 11/20 | Sydney Keller |
| 11/4 | Blair Helu | 11/20 | Kevin Keller |
| 11/7 | Cathye Raneri | 11/20 | Mina Kiringoda |
| 11/7 | Alicia Breen | 11/21 | Lena Duncan |
| 11/8 | Rick Branner | 11/21 | Gladys Kalas |
| 11/10 | Michele Conway | 11/22 | Raymond Bailon |
| 11/10 | Linda Grossman | 11/22 | Alex Riley |
| 11/10 | Justin Fung | 11/22 | Joseph W. Rahn |
| 11/10 | Annie King | 11/23 | Brynn Iglehart |
| 11/12 | John Pencavel | 11/24 | David Blackburn |
| 11/12 | Jacob Morris | 11/25 | Jerry Johnson |
| 11/15 | Ron Fredlund | 11/25 | Caryn Cranston |
| 11/16 | Michael Riley | 11/30 | Margaret Blackburn |
| 11/16 | John John Kispert | 11\30\1963 | Carol & George Carpenter |
| 11/17 | Marion Hollar | 11\11\1989 | Lucy Tompkin & Scott Thomas |
| 11/18 | Patty Bellardo | 11\5\1999 | Jill & John Kispert |
| 11/18 | Steve Hickman | 11\11\2001 | Janet & Bill Nicholls |

United Methodist Student Day Is Nov. 29

Education matters. Help young leaders achieve their dreams. Donate online: umcsgiving.org/giveumsd or mail a check with UM Student Day in the memo to the church.



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

| September 2020 Income and Expense Summary--FINAL | September 2020 Actual | Actual YTD 2020 | Budget YTD 2020 | Budget Annual 2020 |
|--|-----------------------|-----------------|-----------------|--------------------|
| Income | | | | |
| Total Member Giving | 32,329 | 287,847 | 298,027 | 415,728 |
| Total Income All Other Sources | 8,326 | 112,168 | 178,002 | 230,870 |
| Total Income | 40,655 | 400,015 | 476,030 | 646,598 |
| Expenses | | | | |
| Conference Tithe | 4,006 | 36,451 | 43,125 | 57,500 |
| Council on Ministries | 429 | 8,268 | 29,744 | 42,325 |
| Staff Parish Relations | 20,814 | 265,446 | 292,036 | 389,382 |
| Office and Finance | 1,252 | 12,156 | 14,212 | 19,200 |
| Board of Trustees | 13,275 | 95,176 | 143,907 | 182,000 |
| Total Expenses | 39,776 | 417,497 | 523,025 | 690,407 |
| Excess (Deficit) of Income over Expense | 878 | -17,482 | -46,995 | -43,809 |



WEEKLY SCHEDULE

- All activities are via Zoom except Sunday worship which is available on Facebook and YouTube.
- The church office is operating remotely and can be contacted by phone or email.

Sundays

- 9:30 a.m. Bible Study
- 10:45 a.m. Worship, on Facebook and YouTube
Find links at firstpaloalto.com.
Virtual Coffee & Chat, after worship
- 10:00 a.m. Children's Sunday School (see also, Wednesdays)
- 12:30 p.m. Community Affairs small group

Mondays

- 7:00 p.m. Social Justice team hosts movie discussions. See the church e-news for movie details.
- 7:30 p.m. Bible Study small group

Tuesdays

- Noon Community Chats & Check In
- 2 p.m. Bible Study, Channing House

Wednesdays

- 4:00 p.m. Children's Sunday School (see also, Sundays)
- 7:00 p.m. Upstream Bible Study and Contemporary Worship Service

Thursdays

- Noon Community Chats & Check In
- 7:00 p.m. Chancel Choir

- 1 Daylight Savings Time ends
All Saints Day
Faith and Politics: "White Christianity and White Supremacy," Rev. Dr. Debra Murray and Rev. Ann Duncan, Zoom gathering, 7 p.m.
- 3 Election Day
SPRC, Zoom meeting, 7 p.m.
- 4 Children & Youth Fall Art & Story Event, online, 4 p.m.
- 10 Trustees, Zoom meeting, 7:30 p.m.
- 11 Veterans Day
- 14 Kids & Youth Outdoor Activity Day, 1 – 4 p.m.
- 17 Finance, Zoom meeting, 7:30 p.m.
Insights deadline for December-January issue
- 24 Church Council, Zoom meeting, 7 p.m.
- 26 Thanksgiving
Church office closed
- 27 Church office closed
- 29 First Day of Advent
United Methodist Student Day, special offering

Our electronic giving page is always open! Give at 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 Nov. 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: insightsfirsttpa@gmail.com or bring them to the church office. Thank you!





First Palo Alto United Methodist Church
625 Hamilton Avenue
Palo Alto, CA 94301-2016
www.FirstPaloAlto.com
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FIRST PALO ALTO UNITED METHODIST CHURCH

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Next INSIGHTS deadline: Nov. 20



MAY GRACE AND PEACE
BE YOURS IN ABUNDANCE.

2 PETER 1:2, NRSV