



FIRST PALO ALTO
UNITED METHODIST CHURCH

INSIGHTS

OCTOBER 2020

World Communion Sunday: Sharing Our Tradition Safely

The Hospitality and Nurture Committee has been collecting soup recipes and will be sharing them with the congregation on Thursday, Oct. 1. We encourage you to make a pot of soup on Sunday, Oct. 4, in a nod to our patio bread-and-soup tradition for World Communion Sunday.

We have collected bread recipes, too. Make extra soup and/or bread and share with a friend or neighbor in the spirit of World Communion. (We suggest you ask in advance if a food gift would be welcome!)

Questions? Contact Pamela Cutkosky at pamelareasner@yahoo.com



WORLD **COMMUNION** SUNDAY

Remember: World Communion Sunday is a special offering Sunday of the United Methodist Church. This special offering supports scholarships for seminarians. To donate or to learn more, see umc.org/en/how-we-serve/umcgiving ❖



Join this Important Discussion

by Tom Fingar

Religion and politics have had and continue to have greater influence on human society than almost anything else one can think of.

Sometimes their influence is positive, as when religious organizations like UMCOR (United Methodist Committee on Relief) or Islamic groups step in to provide emergency assistance when government programs are inadequate or entirely absent, or when governments prevent persecution of religious minorities. But that is not always the case. It is difficult to identify positive consequences of Christian crusades, violence justified as Islamic jihad, or religious justification of discrimination.

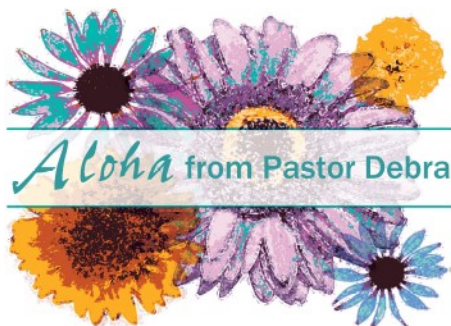
The interplay of religion and politics is not just a long ago or far away phenomenon. Religious beliefs motivate people in our own country today and are used to justify support for and opposition to particular candidates and policy positions. It is both natural and appropriate that they do so. If our faith does not inform the decisions we make on political issues that affect our own lives and those of our family, friends, neighbors, and nation, what is its purpose? Can or should we even try to keep separate our religious beliefs and our engagement in the sometimes sordid but always important realm of politics?

One of the lessons conveyed to every generation is that trying to talk about religion or politics is a sure way to trigger arguments at a family or social gathering. Talking about religion *and* politics is even more problematic. It is much safer, we are told, to talk about sports or the weather. Some of us do not believe that. Indeed, we think it not only appropriate but imperative to talk openly and frankly about how faith does — or should — inform political decisions. Not everyone will agree about what our faith teaches or how Christian teachings should inform political decisions, but we hope many can agree that it is important to talk about this often-uncomfortable subject.

Faith and Politics is a six-week series of talks and discussions exploring whether and how our faith should inform and influence our political decisions. See the schedule of leaders and topics on page 3. ❖

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Self Care During the Coronavirus

Dear Family and Friends,

I pray that you are healthy and it is well with your soul. I recently called my friend Wilma Friesema who is a therapist. She shared with me that she had just completed an article for her caregivers on "Compassion Fatigue in a Pandemic." I read it and thought it would be helpful to share with you, because we are all caregivers. (Article begins below.)

Reading her article made me think about my own self care practices. As I asked myself what I am doing for my own self care, I did not have a healthy response. I hope your response is better than mine. In case it is not, see the list of daily actions for self care during the coronavirus, as recommended by the CDC, on page 11. I will use them when I reboot while on vacation Sept. 24-Oct. 10.

If you need assistance while I am away, the same expert team will be available to assist you. Call Susan, our Administrative and Facilities Manager. What she cannot assist you with she will refer to Rev. Ann Duncan or Pam Cutkosky, SPRC interim chair and Lay Leader.

When Jesus was asked which commandment was greatest, he responded: Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these. —Mark 12:30-31 NIV

Loving our neighbors is reflective of healthy self love. During this pandemic, let's make self care viral and neighbor care will be sure to follow.

—Pastor Debra

Recognizing Compassion Fatigue During a Pandemic

by Wilma Friesema, EPIC `Ohana

These are stressful days. For those of us working in the field of child welfare, even under the best of circumstances compassion fatigue – that emotional and psychological exhaustion that comes from repeated contact with trauma's aftermath – can sneak in. Especially now, with the world feeling less safe because of the pandemic, the likelihood of compassion fatigue taking hold is even greater.

I often think of compassion fatigue like this: we, who strive to make a difference in the lives of children and families, draw upon a well within each of us that's filled with care, compassion, creativity, and personal values. It's a well that is deeply connected to the very roots of who we are – it's the well of our being. When we expend energy to care for others, we draw down on that well. The more we focus our energy and attention on others' needs, the more our well gets drained.

But it's not all one way. Our wells do get refilled with the satisfaction of giving to others, the joy of making genuine connections, and the optimism we feel when our efforts make a difference. Receiving appreciation from those we help, or recognition for the work we do, can also give us a boost. Contributing to someone's healing is both gratifying and purposeful. It's a reaffirmation of why we do what we do: we can help children and families lead happier, more fulfilling lives.

However, because sometimes those moments don't happen frequently enough; or we encounter resistance, hurdles, and setbacks; or we feel disheartened because there's always another case; our inner well can get depleted. When that happens, our well-being suffers. We can feel depressed, irritable, or

continued on page 4

Giving and Growing in 2021

by Janet Nicholls and Rev. Dr. Debra Murray

Your Stewardship Campaign Committee, consisting of Pastor Debra Murray, Pastor Ann Duncan, Janet Nicholls, Sumith Kalas, Joe Marshall, and Christina Bellardo, announces that the Stewardship Campaign to fund our 2021 Operating Budget will take place between Oct. 4 and Nov. 8, with followup thereafter. Our theme is: “All In! Giving Generously to Grow Generationally,” and our scripture is 2 Corinthians 8:1-7.

I hope you received our first campaign check-in letter. Please be on the lookout for another letter and several fun videos displaying the amazing ways in which our congregation has given generously to support our ministry needs to our congregants, the community, and around the world. You will also see the fun ways our children are getting involved in our campaign as we challenge you to join them.

Yet, we are facing multiple pandemics that have created unprecedented worldwide unemployment and physical, mental, and financial catastrophes. Please know that all of you are in our prayers. In fact, we invite everyone to join our campaign group in daily prayer for the emotional, physical, and financial well-being of the world. We want to do more to meet these needs.

Our campaign focus is on us being “All In.” If you have not supported the church financially before, we ask that you would begin. If you are not presently giving your tithes and are able, we ask that you begin. We are grateful for what you have been giving. If you are giving your tithes



(10% of your income), we say thank you and ask that you continue. And if you are able to give more in addition to your present level of giving, we are asking that you give as generously as possible. We are sincerely grateful for your continued giving throughout these pandemics.

If we all take these actions, we will be “All-In!” Financial stewardship is just one of the many dimensions we are blessed to exhibit as disciples. ❖

Faith and Politics Discussion Series

20-minute talks framing the issues followed by 10-minute breakout groups before reconvening to compare and integrate observations.

Session introductions by Tom Fingar.

The Zoom program will begin at 7:00 p.m. and conclude at 8:00 p.m.

- Oct. 4 Beverley Boxill, “Carceral Settings: A Constant Knee on the Neck”
- Oct. 11 Felice Swapp, “Can Christians Tolerate the Results of Income Inequality?”
- Oct. 18 Colleen Crangle, “Gender and Sex-Based Discrimination: A Spiritual Perspective”
- Oct. 25 Nancy Glaser, “Christian Principles and Social Justice”
- Nov. 1 Rev. Dr. Debra Murray and Rev. Ann Duncan, “White Christianity and White Supremacy”

The first session Sept. 27 was presented by Tom Fingar and discussed why the separation of church and state does not mean or mandate separation of faith and politics.



Fatigue *from page 2*

ineffective. We may have difficulty focusing, sleeping soundly, eat or drink excessively, or feel burdened by other people's problems. We start to disengage. We keep trying to care for others, but we're not all there. Our well is nearly tapped out.

Which is why it's so important to attend to our own well-being. Though, during this pandemic, some of the ways we normally rejuvenate ourselves aren't accessible, finding ways to replenish our wells, our well-being, is crucial. Whether that be through a simple practice of daily gratitude, meditation, prayer, walks, journal writing, virtual meetings with others, exercise, music – whatever fills you up – it's essential to take the time to care for yourself.

Because working in trauma's wake is so affecting, there are two key elements of trauma that I think are also crucial to understand as we deal with the stress of this pandemic. While trauma is a very complex issue, these two elements are something we're all collectively experiencing too.

The first element is the experience of powerlessness. While the abuse is occurring, the victim is confronted with their own powerlessness. The victim couldn't prevent the abuse from happening, and they can't make it stop. What they can do is endure and survive. That experience of powerlessness is often deeply rattling.

The second element is broken trust. An abusing parent fails to put the protection and care of their child first. Or, a person makes their victim suffer to meet their own self-serving ends. Again, the impact is a deep rattling of a survivor's sense of safety and security; relationships can't be trusted to be the way they're supposed to be.

In our work, whether as social worker, administrator, service provider, or resource caregiver, we are always trying to create reparative experiences for survivors. Whether that's trying to empower youth or family members to have a voice, or create policies and services that give needed support, or provide a safe home for an abused or neglected child, we are doing our best to empower the disempowered so they can have fuller lives. Likewise, we're always striving to build trust by meeting distrust with integrity, anger with patience, fear with reassurance, and avoidance with engagement. We draw on our inner wells a lot during the course of our days.

Unfortunately, the pandemic is replicating these two trauma experiences in all of us and that, in turn, is taking an emotional toll. While less direct and personal than relational trauma, we are all experiencing varying degrees of powerlessness related to the COVID-19 virus. While there are measures we can take to protect ourselves and others, we also have to endure and survive however long this pandemic lasts. Our world has shrunk because of the virus, and daily activities that we could once do without a second thought, such as going out for dinner or social gatherings, now carry a risk. Our trust has been subtly rattled, and wearing face masks is a constant reminder of how our sense of safety has changed.

As we continue to work to empower others and build trust, it's important to recognize how our own sense of safety and security have also been affected. We are all human, and the stress of uncertainty is draining and impactful. Acknowledging and coming to terms with our own vulnerability can actually strengthen and empower us. It can help us be kinder and gentler with ourselves and others as we find our way through these challenging days. It can help us accept those periods of exhaustion, and help us look more intently for those silver linings. It can heighten our sense of gratitude and allow us to relish the successes that do happen. It can also give us permission to not always be the care giver but also to be a care receiver, and make reaching out for support and connection with others an acceptable priority. After all, sustaining that well of caring and compassion within us, our own well-being, is so crucial. It really is at the heart of all that we do. ❖





The Walk to End Alzheimer's is everywhere this year. The Walk team from First UMC Palo Alto, led by Robert Lasater (shown at the San Jose walk last year), encourages you to make a donation and take a walk on your own Oct. 17. Donations support the Alzheimer's Association, which funds research, caregiver support, and more. To donate or to learn more, visit the FUMCPA team page: tinyurl.com/FUMCPA-Alz-Walk
Photo by Linda Grossman



Be Inspired and Informed with One Call Now

One Call Now allows First UMC Palo Alto to send messages by phone or text to congregants and friends who “opt in” to our free messaging system.

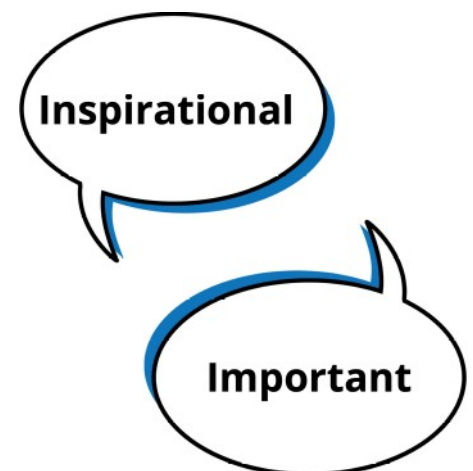
You can opt in to receive only one or both of the following messages:

A. Inspirational Messages: once or five times a week. Each message is two minutes or less in length.

B. Important Messages: First UMC Palo Alto emergency notifications, such as COVID-19 tracking, emergency response, church re-opening messages.

To receive either Inspirational Messages, Important Messages, or both, complete the opt-in form on our website, firstpaloalto/one-call-now/.

If you do not want to receive any messages, don't worry. Only those who opt in will stay informed and inspired through this method.





A Fixer-Upper

Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what God is doing – getting the drains right and stopping the leaks in the roof and so on; you knew that those jobs needed doing and so you are not surprised. But presently God starts knocking the house about in a way that hurts abominably and does not seem to make any sense. What on earth is God up to? The explanation is that God is building quite a different house from the one you thought of – throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were being made into a decent little cottage, but God is building a palace. God intends to come and live in it.

—Adapted from *Mere Christianity*, by C.S. Lewis

United Methodist Women Connections

by Nancy Olson, nso2431@icloud.com

The new UMW Program Book for September 2020 to July 2021 has arrived: *Knitted Together for God's Good Work*. The theme is derived from Paul's letter to the Ephesians where people of God are growing together in Christ, knit together by ligaments, each part working properly and promoting the growth of the whole body of Christ. Each person is a beloved child of God and we are being knit together as the whole body of Christ.

While hope and pray to be able to meet in person in the not too distant future, here are some UMW opportunities in the meantime:

Our **El Camino Real District Annual Celebration** will be a Zoom meeting at 10 a.m. on Saturday, Oct. 24. Guest speaker Dr. Mary Cheng will speak on "Renew our Community Through Courageous Love." Register at elcaminorealumw.org

The **2020 election** will be here soon. As people of faith, we believe the 2020 election is a referendum on the values that will shape our future. How can we renew our fragile democracy? How do we honor the dignity of every person? Will we protect God's creation for future generations? What policies will prioritize the common good and remind us of our interdependence? Those questions require a societal examination of conscience. Faith in Public Life has compiled a guide which is supported by UMW, Interfaith Power and Light, and many other faith organizations. You can download this document and use it in evaluating your vote in 2020: interfaithpowerandlight.salsalabs.org/voterguidedownload/ (I have a few in hardcopy if you prefer. Just let me know.) And be sure to vote!

Listening to podcasts seems to be the entertainment/education choice for many. UMW produces monthly conversations that explore themes and resources that empower us to put faith, hope and love into action. You will find a list of 18 previously-aired podcasts at unitedmethodistwomen.org/faithtalks. Each is between 40 and 75 minutes long and the podcasts cover a range of topics, such as Grief, Caring for the Body, and Dismantling Racism.

Handmade face masks are available from Campbell UMW for a goodwill donation of \$5-\$10 per mask. All donations will be given to UMW mission programs. The washable masks have two fabric layers as well as a non-woven interfacing. They are believed to keep out 87% of outside pollutants and bugs from passing through. Order at umwmasks@campbellunited.org Please specify if your mask will be for male, female or child 2-4 or child 5-12; how many of each you would like, and color/pattern preference. You will be notified when your

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Sunshine Woman

Jordan Aspiras
(blurb.com, 2020)

by Eleanor Norris

Young seminarian Jordan Aspiras has written a brilliantly poetic exposé of living in the awareness of “in-between” unworthiness she experienced from the emergence, designation, and prejudice surrounding her cultural identity as “interracial.”

Experiencing frequent disparaging body language and insensitive remarks from strangers regarding her shades of golden skin color or bone structures, this young child learned to navigate, to hide her sadness and to develop a “thick skin.”

Reared in love from family, friends, and with deep faith, Jordan’s inner strength and beautiful connective writing imagery encourages other “in-betweens” to find their voices and with courage tell their stories which the world needs to hear.

This small exquisitely formatted epistle is a startling wakeup for adults to learn and to appreciate how an “interracial” identity impacts lives.

by Douglas Norris

I had no idea, no experience of what it means to be interracial! Jordan Aspiras has written an honest, open sharing of her pain, anger, and confusion in growing up interracial. *Sunshine Woman* opens eyes and awareness of what she has gone through and how she learned to practice self-love. This book of poems is a five-star! If you are interracial, you will find the book helpful. If you are not, you will find the book enlightening.

Sunshine Woman is available for purchase at blurb.com/b/10279122-sunshine-woman

Jordan Aspiras is a student at Garrett-Evangelical Theological Seminary in Illinois and the current recipient of the Douglas and Eleanor Norris Scholarship. Jordan is the granddaughter of Mary Ann Michel and daughter of Holly Aspiras. Holly was raised in First UMC Palo Alto.

UMW Connections *from page 6*

order is ready to pick up. If you cannot pick up, masks will be left on your front porch and you can leave your payment in the mailbox. Make checks payable to Campbell UMW with “face mask” in memo line.

Our **El Camino Real District UMW website was updated** to emphasize the Vision of United Methodist Women: Turning faith,

hope, and love into action on behalf of women, children, and youth around the world. For an organization like UMW, a website is a combination of a reflection on their character and access to resources. Focusing more on action, the website offers resources in five themes: Educate to Transform, Grow Spiritually, Equip for Leadership, Serve and Advocate, and Organize for Growth. The home page includes graphical links to these five themes, plus a listing of latest news and upcoming events, and the most recent ‘tweets’ from United Methodist Women. Take a look and see the wealth of resources available:

elcaminorealumw.org

Book Review: The District is recommending a book from the Reading Program Social Action category: ***So You Want to Talk About Race* by Ijeoma Oluo**. (You don’t have to be in the reading program to read this book.) The book explores the complex reality of today’s racial landscape – from white privilege and police brutality to systemic discrimination and the Black Lives Matter movement – offering straightforward clarity that readers need to contribute to the dismantling of the racial divide.

The book is found in print and ebook formats at most public libraries. UMW has also created a free online class to accompany it. Find it and other resources for racial justice advocacy and education at unitedmethodistwomen.org/racialjustice ❖



Janet Nicholls and Jerry Johnson plan the floor tiles for FIRST Workspace on the lower level. Most of the clean-up, planning, and actual work preparing FIRST Workspace is being done by church members. Photo by Nancy Glaser.

Preparation of FIRST Workspace Continues

by Nancy Glaser

We have an opportunity for increasing operating revenue using our church facility. Currently, the main activities we have in our building are dance groups, concerts, weddings, and memorials. Over the years, these activities have contributed a sizeable portion of our church operating budget and we see FIRST Workspace as an opportunity to grow this source of income in the future.

In 2019 the operating income from the dance groups, concerts, weddings, and memorials was more than \$100,000. Now, five rooms (Stuart Youth Center, McGiffen Room, and the three small rooms in between) will be converted to leased offices for nonprofit organizations.

A small financial group has been formed to address this opportunity and implement best practices so we can maximize this financial opportunity while

upholding our church mission. In addition, recognizing the need to keep costs, management, and oversight minimal, we will be instituting planning and reporting that will be reviewed by this group on a regular basis.

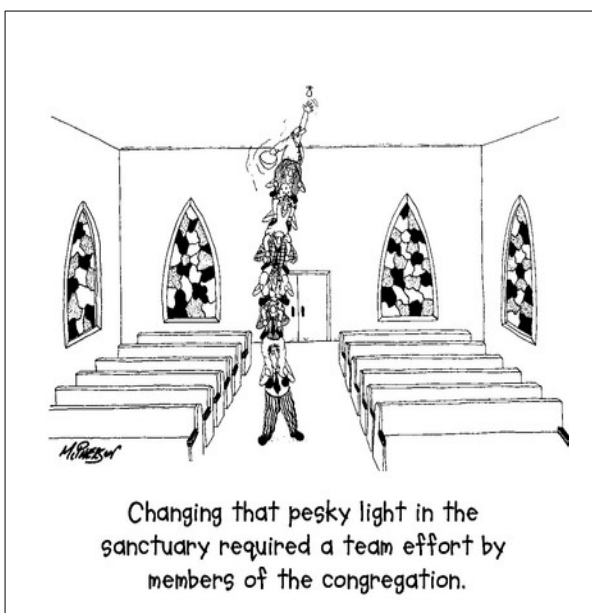
The areas we will focus on are:

- Marketing of facility
- Competitive fees: research, pricing recommendations
- Staffing and oversight
- Financial planning and reporting

Most of our activities take active marketing. We will be instituting more use of social media and improvement of our own church website. Keep watching as we improve and increase our visibility!

If you would like to join us as a volunteer to help our church increase its operating income while working with a committed team, let me know. We can put you to work on competitive research immediately!

Nancy Glaser can be reached at glasernancy@gmail.com ❖





by Nancy Olson


Some very random notes from my to-read pile:

- In recent weeks we have seen hurricanes devastate the Gulf Coast, record high and record low temperatures in Colorado, flooding in Washington DC, and devastating fires throughout California and up the West Coast. Nationwide extreme weather isn't normal. Or more accurately, it is becoming normal. As is generally the case in our country, the worst consequences land on already marginalized communities of color. Yet, many of our elected officials still see taking action on climate change as an afterthought or even a distraction.
- Do you or the kids in your life enjoy arts and crafts? Buy recycled paper and products for projects. Nature is another source of art supplies: twigs, leaves, and flowers are excellent for art projects.
- More than 40% of Palo Alto waste comes from construction activities. The goal of the city-adopted Deconstruction & Construction Materials Management Ordinance, effective July 1, 2020, is to recover valuable materials that would have been destroyed by traditional demolition, and to maximize reuse and recycling of building materials.
- In response to California Senate Bill 1422, the State Water Resources Control Board (SWRCB) unanimously approved a definition of microplastics in drinking water, which includes plastic particles with three dimensions that are less than 5 millimeters in length. The definition notes that "evidence concerning the toxicity and exposure of humans to microplastics is nascent and rapidly evolving, the proposed definition of 'Microplastics in Drinking Water' is subject to change in response to new information," or change based on advances in analytical techniques and methods. (Another example of plastics remaining in our lives.) Search microplastics at waterboards.ca.gov.
- While we can and should work to clean up the existing problems of plastic pollution in our environment, the most important first step is to turn off the flow of plastic pollution altogether. While consumers have a critical role in stopping plastic pollution, companies must also play a part, changing how the plastic material they produce are created, used, and disposed of.

In 2020, due to pressure from environmental groups and media attention to plastics problems, five leading companies – Keurig, Dr.

Pepper, McDonald's, Proctor & Gamble, Starbucks, and the Coca Cola Company – have taken an unprecedented step toward accountability and action. They are working with environmental groups 'to measure how much plastic they are actually using; learning what proportion of it is recycled, virgin, or plant-based; and analyzing where this plastic ends up once disposed – if it is reused, recycled, incinerated, landfilled, or ending up in nature.'

The findings of the first report set a baseline, a way to see where these five companies stand now so we can measure the progress they make down the line. Future reports will tell us how well the actions they take are working, and if they are not, how we should change course. No matter what, consumers must use less plastic, demand reusable options, and dispose of plastic properly.

→ There are so many new books being reviewed in the paper and online,  I am tempted to acquire way too many. Thank goodness the Palo Alto Public Library and others are now providing curbside checkout and returns (with limited hours, so check before going). Instead of buying one more book, we can check out one that we will probably only read once. Libraries are valuable community resources.

→ Stay well; stay safe. We will get through our current multiple obstacles. ❖



Rally Day 2020



Families joined Teachers Pam and Alicia, along with Pastor Ann, in Johnson Park in Palo on Sept. 27 for a belated Rally Day celebration. The event to kick off the Sunday School year was postponed due to smoke earlier in the month. Photos by Rev. Ann Duncan.



“Celebrate Wonder” is the fall curriculum for children’s Sunday School (ages 3–10) at First UMC Palo Alto. Celebrate Wonder engages children’s natural sense of curiosity to help them understand God’s love. It creates a safe environment for kids to ask big questions — helping them explore the Bible in ways that feed their imagination and encourage creativity. Through carefully-selected Bible stories, songs, videos, and hands-on activities, Celebrate Wonder gives children the tools to explore their faith while incorporating it into their daily lives.

Sunday school classes are held Sunday mornings at 10:00 and Wednesday afternoons at 4:00. Sunday mornings are ideally suited for older children and Wednesday afternoons are ideally suited for younger children, although any age is welcome at either time. For more information or to register, contact Rev. Ann Duncan (ann@firstpaloalto.com).

October Is Pastor Appreciation Month

During a church anniversary celebration, a pastor overheard a group discussing various congregational leaders over the years. Her ears perked up when an older member said, “Whenever someone asks which of our pastors I liked best, my answer is always, “The one we have at any given time is my favorite.”

What a relief for a pastor to hear — and what a great lesson for Pastor Appreciation Month. God sends each shepherd to us with a specific set of spiritual gifts and then works through those gifts to bless us. Our pastors preach, teach, counsel, lead, plan, and so much more. Every pastor relies heavily on God’s guidance, strength, and peace as they live into their call.

One way we can support our pastors and show them our appreciation is to regularly pray for them. Here are some areas of pastors’ lives and ministries where you might pray.

Spiritual and physical health Pray for our pastors’ growth as disciples of Jesus Christ and pray for them to take time to care for themselves rest, exercise, and eat well.

Time management Pray for our pastors to use time wisely, including blocking out occasions not only for work, but also for Sabbath rest, prayer, and family.

Families Remember that our ministers may also be a spouse, a parent, and a child to parents who have needs. Remember to pray for our pastors’ families.

Preaching and Teaching Pray for our pastors as they prepare worship services, sacraments, sermons, and lessons. May they have the words to communicate what God has placed on their hearts.

Strength The work of a pastor requires reserves of spiritual and emotional strength. Ask God to bolster their hearts and minds, especially on days when they feel weak, inadequate, or unqualified.

Leadership Pastors shepherd their congregations, lead individuals to Christ, and guide the church as a witness to the work of God in our communities. Pray for our pastors as they lead our congregation.

Communication We’ve all sent a note, email, or text that was misunderstood by the recipient. Ministers reach out to so many people, miscommunication is nearly impossible to avoid. Ask God to make our pastors’ communication clear and for grace when they are misunderstood.

Vision United Methodist pastors help set the vision for their congregations. Pray that our pastors may clearly see where God is leading our church and for opportunities for ministries to grow in those areas.

You can be an answer to prayer when you send a message of encouragement to a pastor.

Compiled from *The Newsletter Newsletter*, Oct. 2020 and an article by Joe Iovino, United Methodist Communications, Oct. 2018. ❖

CDC Tips: Self Care During Coronavirus

Start the Day Well Before getting out of bed, recite three things you can see, three things you can hear, and three things you can feel; recite three things for which you are grateful.

Plan Time to Refuel Your Soul Listen to a podcast or do some reading. Exercise. Talk to family and friends daily. Do some other activities you enjoy. Limit news – stay informed but not overloaded.

When Stressed Try Mindfulness/Meditation One method is Box Breathing: Breathe deeply while counting to four. Hold the breath while counting to four. Breathe out while counting to four. Hold empty breath while counting to four. Repeat four times.

Get Quality Sleep Go to bed at the same time. Develop a bedtime ritual: try darkening the room; play calm music; read scripture/poems; try body scanning or meditation; try a warm bath. Eliminate caffeine and food before bed. Eliminate screens in your bedroom.

See these tips on YouTube: youtu.be/xzNMABRELpg

welcome

Welcome Beverley Boxill, a candidate for membership in First UMC Palo Alto, who will be joining our family this month. We will receive Beverley into membership during a Coffee and Chat Zoom gathering after worship. Watch for the date and details.

Beverley is a chaplain at county correctional facilities in the area where she is following the call to journey with people who are incarcerated. She is pursuing a Master of Divinity degree as a seminary student at Pacific School of Religion. She also is a certified candidate for ministry in the United Methodist Church.



Finance Update

OCTOBER

Birthdays & Anniversaries

10/01 Chuck Hebel
 10/02 Carol Chatfield
 10/04 Kaitlin Medeiros
 10/05 Olivia Gee
 10/05 Emilie R. Sweet
 10/06 Keith Ferguson
 10/06 Bing Wei
 10/06 Sean Kurian
 10/07 Brian Cole
 10/07 John Jordan
 10/09 Mary Lu Wood
 10/09 Eliana Herbert-Paz
 10/10 Ada Shelly
 10/13 Kristy Larson
 10/14 Kim Venaas
 10/14 Ashley Owen
 10/16 Christopher Martin
 10/17 Trish Riley
 10/20 George Merritt-Calvin III

10/22 John Baglin
 10/23 Nancy Larson
 10/24 Dan Conway
 10/24 Dail Koehler
 10/24 Margaret Branyon-Goodman
 10/24 Alyssa Gee
 10/25 Tim Crockett
 10/25 Kay Jacob
 10/26 Lynn Gibbons
 10/28 Julianne Stafford
 10/28 Ilona Sparks
 10/29 Patrick Riley
 10/31 Eric Spangenberg

10/21/1995 Dave Wong & Angela Chen
 10/13/2018 Joe Witte & Caety Chong

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

August 2020 Income and Expense Summary-- FINAL	August 2020 Actual	Actual YTD 2020	Budget YTD 2020	Budget Annual 2020
Income				
Total Member Giving	21,228	255,518	265,466	415,728
Total Income All Other Sources	9,038	103,843	159,263	230,870
Total Income	30,266	359,360	424,729	646,598
Expenses				
Conference Tithe	2,792	32,445	38,333	57,500
Council on Ministries	372	7,839	26,717	42,325
Staff Parish Relations	22,231	244,632	263,445	389,382
Office and Finance	1,390	10,904	12,550	19,200
Board of Trustees	6,245	81,901	125,057	182,000
Total Expenses	33,030	377,721	466,102	690,407
Excess (Deficit) of Income over Expense	-2,764	-18,361	-41,372	-43,809



4 **World Communion Sunday**

Faith and Politics: “Carceral Settings: A Constant Knee on the Neck,” Beverley Boxill, Zoom gathering, 7:00 p.m.

6 SPRC, Zoom meeting, 7:00 p.m.

11 Faith and Politics: “Can Christians Tolerate the Results of Income Inequality?” Felice Swapp, Zoom gathering, 7:00 p.m.

13 Trustees, Zoom meeting, 7:30 p.m.

17 Alzheimer’s Walk Is Everywhere

18 Faith and Politics: “Gender and Sex-Based Discrimination: A Christian Perspective,” Colleen Crangle, Zoom gathering, 7:00 p.m.

20 Finance, Zoom meeting, 7:30 p.m.
Insights deadline for November issue

24 Pumpkin Painting Party, 2:00 p.m.

25 Faith and Politics: “Christian Principles and Social Justice,” Nancy Glaser, Zoom gathering, 7:00 p.m.

27 Church Council, Zoom meeting, 7:30 p.m.

The Faith and Politics discussion series continues Nov. 1: “White Christianity and White Supremacy,” Rev. Dr. Debra Murray and Rev. Ann Duncan, Zoom gathering, 7:00 p.m.

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. Sunday School, also on 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. Sunday School

7:00 p.m. Upstream Bible Study and
Contemporary Worship Service

Thursdays

Noon Community Chats & Check In

7:00 p.m. Chancel Choir

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 Sept. 20.

Photos of church events are accepted at any time. Include photographer’s name, date of photo, and brief description of the event. Everything is subject to editing. Please send submissions to Insights editor Michele W. Conway: insightsfirstpa@gmail.com Thank you!



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Next INSIGHTS deadline: Oct. 10

This
HOPE
is a strong and trustworthy
ANCHOR
for our souls. HEBREWS 6:19, NLT