



## Holy Week and Easter

- April 2 Good Friday  
Stations of the Cross  
7:00 p.m. via Zoom
- April 3 Holy Saturday  
Outdoor Communion  
11:00 a.m.–noon  
Details on page 3
- April 4 Easter  
Zoom Worship



**CELEBRATE  
THE SAVIOUR**

**April 4  
10:45 a.m.**

**Live Zoom Worship**

Zoom link <https://firstpaloalto.com>

## Vaccine for Two, Please

by Michele W. Conway

On the morning of Jan. 16, Allen Wood was sitting at his breakfast table about 8:30 reading the “Mercury News” and eating breakfast. An article about the COVID-19 vaccine caught his eye.

The previous evening he had been frustrated trying to make a vaccine appointment online with Sutter Health for himself and Mary Lu, his wife. He wanted both of them to go together and it wasn’t clear how to arrange an appointment for two.

The “Mercury News” article included a phone number to call for vaccine appointments, so Allen thought, “Why not give it a try?” He called the number and after answering a few questions to establish eligibility, he was put on hold. Pleasant music played on the phone. “It wasn’t bad music, so I put the phone on speaker and listened to the music while I finished eating and reading the paper,” he said.

After about 20 minutes, he started worrying that his phone battery might give out before anyone picked up. While he contemplated whether to put the phone back on the charger, a voice came on the line.

Allen explained that he wanted to make an appointment for his wife and himself, and the person said she had two appointments available—one at 10:10 a.m. and another at 10:20. Allen thought that’s great and asked, “What day is that?” The person said Jan. 16. After a moment’s thought, Allen said “Jan. 16? That’s today!” Then to Mary Lu: “Get ready!” By this time it was after 9:00 a.m. and they needed to travel from their home in Palo Alto to Sutter Health in Mountain View in less than an hour.

They made it there in half an hour, walked right in, and never sat down until they had been vaccinated and arrived in the observation area. They waited the required 15 minutes before they were cleared to leave. Throughout the process, Allen reports that everyone at Sutter Health was friendly and helpful.

*continued on page 4*



# Raise Your Voice: Webinar Calls for Action and Support

On March 24, the UMC California Nevada Conference hosted a webinar “Raising Our Voices,” addressing the history and current events of hate and violence against Asian and Asian American communities in a call to action and support. This event was open to the Western Jurisdiction and included more than 100 participants from Alaska to Arizona.

“In the California Nevada Conference, I want to inform you that we are working hard on finding ways to help our conference dismantle its own institutional racism,” Bishop Minerva G. Carcaño said after praying with the group and thanking UMC leaders and groups for their work in promoting anti-racism. Bishop Carcaño also referred to her recent statement with its call to action that included the need to make public statements against anti-Asian hate and violence and not keep quiet. (See sidebar.)

John Oda, director of UMC Global Ministries Asian American Language Ministry (AALM) said, “When racism happens to us, many of us just stuff it and we pretend it doesn’t affect us.” AALM represents 12 Asian American sub-ethnic groups with 15 different languages: immigrants, refugees, and undocumented people from Cambodia, China, Philippines, Formosa/Taiwan, Japan, Korea, Laos, South Asia, Vietnam, Pakistan, Hmong and middle eastern, in addition to second, third, and fourth generation Asian Americans who have had to confront many of the obstacles raised by society.

These acts of violence against the Asian American communities are reminders that racism and hatred continue to grow. AALM implores all communities to come together and work with one another to stop the spread of hatred and racist ideals. “We can’t do it alone. We need allies,” Oda said. “We need to join hands with our African American and LatinX brothers and sisters in this important work,” Oda said.

“Church leaders that are silent on situations of injustice may indeed be perpetuating harm especially against ... young people during this time,” said Henry Pablo III, Riverside UMC (Sacramento). “The dissonance and tension occurs when young people go to church on Sunday or attend their youth group and the church leaders either don’t speak up about the injustices they see and experience, they don’t create safe and brave spaces for them to talk about how these injustices are affecting them, and don’t check in with them during these times of crises. I wonder if this is one of the reasons why young people are leaving the church.”

“I grew up in a very white suburb of Minneapolis where I experienced xenophobic slurs and racial slurs to go back to a country where I was born—but I was born in the United States,” guest panelist Gala King of Buena Vista UMC in Alameda, California, said. “As Filipinos, we’ve been a part of this occupied United States tapestry for centuries—our migration stories are woven here [since 1587] ... our histories and our experiences are so much a part of this country, but they’re not spoken about—our existence sometimes feels like it’s being erased.”

“Xenophobia is real and serious,” stated Rev. Mei Na Ko, Senior Pastor at Chinese Community UMC in Oakland and first generation immigrant from Taiwan. Ko shared a story about a church member’s granddaughter’s recent experience. “The new wave of anti-Asia and Asian violence spread so quickly and thoroughly, that even elementary students were unable to escape the impact.”

*continued on page 8*

## **First UMC Palo Alto stands with the Asian American community. Here are some ways you can help:**

- ✂ Reach out to your Asian American neighbors and extend support to them. Put on your mask and go knock on the door of your neighbor and say you wanted to make sure they are safe.
- ✂ Offer to accompany Asian American elderly and women on the streets of our communities. Say to them, “I am concerned about your safety; may I walk with you?”
- ✂ Pray without ceasing for Asian American families as you rise in the morning and as you end your day, with special care to teach your children to pray with you.

# Great Decisions 2021 Wraps Up with Final Session in April



The final session of this year's highly successful Great Decisions series will take place on Sunday evening April 11 from 7:00 to 8:30. All are welcome to attend. The topic and discussion session are self-contained so it is not necessary to have participated in all or any of the sessions that have already taken

place. If you want to review or catch up on any of the previous sessions, you can find links to the videos in the Great Decisions section on the Church webpage. In order to join the zoom meeting on April 11, you must register in advance by responding to the email sent to those on the Great Decisions mailing list or by using the link on the Church webpage to obtain the zoom link and password for that session.

April 11 Brexit and the European Union

Discussion Leader: Christophe Crombez

With the "Brexit transition period" coming to an end this year, the United Kingdom will formally leave the European Union at the start of

2021. With negotiations between the two entities continuing to stall, what does the future of Europe and the UK look like? Will the UK survive a possible Scottish vote to leave? Who will step up and take command of Europe now that Angela Merkel is out of the spotlight?

Christophe Crombez is a research scholar in The Europe Center of the Freeman Spogli Institute for International Studies at Stanford. He is a political economist who specializes on the European Union. ❖



**STATIONS OF THE CROSS**

**LIVE ZOOM**

**APRIL 2,  
2021 7 P.M.**

**JOIN US**



**HOLY SATURDAY**

**Outdoor  
Communion**

**APRIL 3, 11-12:00**  
**REMAIN IN YOUR VEHICLE IN OUR PARKING LOT &  
SING ALONG WITH THE SERVICE ON THE RADIO.  
MASKED SERVERS WILL BRING COMMUNION AND  
A BULLETIN TO YOUR VEHICLE.**





## Don't Forget: Hotel de Zink Returns in June

by Dave and Pat Shelly

Hotel de Zink is coming again to the First UMC of Palo Alto during June 2021. Hotel de Zink provides emergency shelter, food, and case management for homeless adults in Palo Alto who want to become self-sufficient.

The program is run by LifeMoves and is unique in being housed in local churches, a different church each month. Typically, 15 to 18 clients are in the program at any time as clients take jobs and new clients take their place. Thus, the program provides them with stability, safety, and a team of experienced LifeMoves staff working to help them become self-sufficient. Our church has participated in the Hotel de Zink program for several decades.

Like last year, we will need volunteers to provide the meals for each evening as well as coordinators for each week. Evening meals will be delivered each night for 18 people at the rear (parking lot) door of our building, and the LifeMoves staff will take it from there. Food also can be delivered directly from a local restaurant and we have a list of restaurants that can serve large groups. More information including details for signing up will be provided as we get closer to June. ❖



### 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 participate in a project to support unhoused youth in our communities in collaboration with SEEDS Outreach.

**Saturday, April 24, 2021 | 1 PM to 4 PM**

**Parking Lot off of Byron Street**

**RSVP to Pastor Ann at [ann@firstpaloalto.com](mailto:ann@firstpaloalto.com)**

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

### Vaccine from page 1

At the Jan. 16 appointment Allen and Mary Lu were assigned appointment times four weeks later to get their second doses. Allen said, "That worked without a hitch."

Mary Lu had no side effects with either dose. Allen had a sore shoulder for a couple of days after the second dose and his range of motion was limited. He said "It felt like a pulled muscle. I've had that before and I know what it feels like. Your body just says 'Leave it alone.'"

Allen said "I was elated to have it over with!"

Editor's note: Thank you to Susan Stephens for this story tip. If you have a story idea for Insights, contact Insights Editor Michele W. Conway at [insightsfirstpa@gmail.com](mailto:insightsfirstpa@gmail.com). ❖

# Acknowledging Native Americans

UMC Native American Ministries Sunday, celebrated here on April 25 this year, serves to remind us of the gifts and contributions made by Native Americans to our society.

Mary T. Newman, coordinator of Native American ministries for the Tennessee Conference Committee on Native American Ministries, says most people don't realize what a rich Native American history there is in the United States, including in The United Methodist Church.

"We want people to understand native people are alive!" she says. "They aren't freeze-dried in history. They aren't just in a book. We want people to know they can go to a Native American service and hear someone speak, listen to someone play the flute, watch someone dance, and it is all part of the service—not entertainment—but worship."

When you [give generously](#) on UMC Native American Ministries Sunday, you provide scholarships for seminary students who will honor and celebrate Native American culture in their ministries.

Rev. Chebon Kernall, executive secretary of Native American and Indigenous Ministries with the General Board of Global Ministries, suggests we notice who our neighbors are. "If you do not think you have Native American neighbors, look again. Once you discover the Native Americans in your area, learn their stories."

As the US grapples with history and becomes increasingly racially and culturally aware, more people are acknowledging Native Americans as keepers of the land we call North America.

Land acknowledgements are a way for non-indigenous people to honor and pay respect to the indigenous people who lived and took care of the land before the arrival of white Europeans, who often used violence to take control of the lands while forcing survivors onto reservations.

The Ramaytush (rah-my-toosh) Ohlone are the original peoples of the San Francisco Peninsula. Before the arrival of the Spanish, the population of the Ramaytush Ohlone was about 1500, but by the end of the mission period only a few families had survived. Today, only one lineage is known to have produced living descendants in the present. Those descendants comprise the membership of the Association of Ramaytush Ohlone (ARO) today. The ARO is involved in a variety of projects. For example, the ARO is consulting with The Scape Martinez Projects Team on one panel of a multi-panel mural in East Palo Alto, part of which will feature the Ramaytush Ohlone across history.

Compiled from articles by Polly House ([umc.org](http://umc.org)) and Leah Asmelash (CNN) and the websites [www.ramaytush.com](http://www.ramaytush.com) and [native-land.ca](http://native-land.ca). For more information about the Ramaytush Ohlone and land acknowledgements, see the websites. ❖



Easter goody bags await pick up on March 27. The congregation returned Lent bags with food and supplies for Project WeHOPE.





**Easter fun!** More than 50 people safely enjoyed Easter treats and a scavenger hunt at the church on March 27. See below for two upcoming kids Zoom events in April.





# Green Notes

by Nancy Olson

Earth Day has become Faith Climate Action Week (April 16–25) or in some areas Earth Month. Which indicates the growing awareness of environmental concerns at all levels of government. The emphasis this year is on cultivating connections between our faith, our food, and the climate. Investigating how our food systems contribute to injustice and to climate change, and how our faiths call us to respond through practical solutions.

We just passed Valentine's Day and are approaching Easter and that means candy makers have filled store shelves and online media with so much candy and chocolate that it can be like walking through Willy Wonka's Chocolate factory.

And while candy corporations are selling billions of dollars of the sweet stuff to us, what they have left out is a bitter truth. What they are really selling is rainforest destruction and human rights abuse.

How can something so sweet be so destructive? Candy makers get their ingredients—like palm oil, soy and cocoa—from operations that literally steal forests from local and indigenous communities, set them on fire to clear them and install plantations.

Endangered species like Sumatran orangutans, elephants, tigers, and rhinos depend on those forest habitats to survive. Now their homes are gone and their existence is threatened—for what?

Add to that worker exploitation and other human rights violations and you have a recipe for harm that is heartbreaking.

Candy corporations driving this destruction are the same candy makers that make candy hearts, boxes of chocolate, M&Ms, and chocolate bunnies. (Everything from Brach's candies, Red Hots, Starburst, Skittles, and Sweet Tarts, to Ferrero Rocher, Dove bars, and Toblerone, Sour Patch Kids, and the list goes on ....)

Just three candy corporations make all of these sweet treats: Mars, Mondelez, and Ferrero. We need to tell candy makers that what we want is an end to deforestation and exploitation, for the love of forests, and all who depend on them.

Oh dear, I am off on a tear again. And I do enjoy an occasional candy bar. But somehow it just isn't the same when I consider the cost ....

Editor's Note: As a consumer, send a message by purchasing ethically produced chocolate. Many options are readily available. See [greenmatters.com/p/ethical-fair-trade-chocolate](https://greenmatters.com/p/ethical-fair-trade-chocolate) or [slavefreechocolate.org](https://slavefreechocolate.org). ❖



## SUNRISE SURPRISE

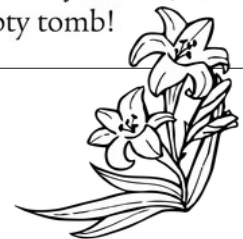
The hidden surprise in these sweet rolls hints at the reason behind Easter's joy.

### What you need:

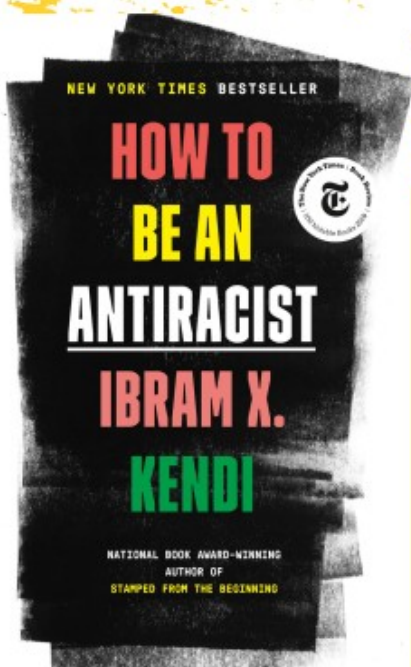
- ½ cup chopped pecans
- 10 uncooked frozen rolls, thawed
- 10 large marshmallows
- ½ cup sugar
- 1 tsp cinnamon
- ½ cup melted butter
- ¼ cup brown sugar
- Adult help

### What you do:

1. Grease a round baking dish. Sprinkle pecans on the bottom.
2. Flatten each roll. Place a marshmallow in the center, wrap dough around it and pinch edges together.
3. Combine sugar and cinnamon. Dip each roll into melted butter and coat with cinnamon-sugar. Place in pan, seam side down.
4. Sprinkle brown sugar and remaining butter over rolls. Cover with plastic wrap and let rise 30 minutes.
5. Bake at 350 degrees until golden brown, about 30 minutes. Cool in pan.
6. As you bite into a roll, you'll see the marshmallow has melted, leaving an empty center — just like Jesus' empty tomb!







## Hello, First Palo Alto Readers

The FUMCPA Library Committee encourages you to check out these opportunities at the Palo Alto City Libraries, which are participating once again in the Book to Action initiative, coming in May. This year's theme is equity, focused on Ibram X. Kendi's book *How To Be An Antiracist*.

Stop by Mitchell Park or Rinconada libraries starting April 21 to grab a copy of one of this year's selections: *How To Be An Antiracist* by Ibram X. Kendi, *Antiracist Baby* by Ibram X. Kendi, and *This Book is Anti-Racist* by Tiffany Jewell.

Visit [library.cityofpaloalto.org/BTA](https://library.cityofpaloalto.org/BTA) to see a full line up of antiracism workshops and programs. ❖



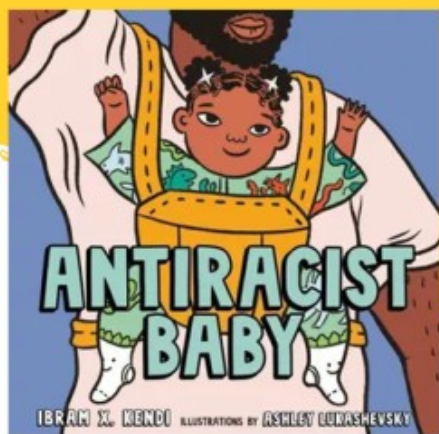
### Raise Your Voice, from page 2

However, in this case, the child spoke up.

“We can learn much from this little girl. She was clear, respectful and open,” Ko said, in describing the letter the girl wrote to her best friend who offended her. The child’s grandmother used the incident to create curriculum to use as part of the church’s after school program. “Our hope was to first create awareness of what was happening to provide space to talk about it,” Ko said. “And, secondly, support them in responding to what was happening in healthy and hopeful ways.”

Rev. Myrna Bernadel-Huey, Pastor of Buena Vista UMC in Alameda said “I’m finding that making space—listening—is really important in this moment. Especially as we’ve heard about a community that is not used to raising its voice.”

Compiled from information at [cnumc.org](https://cnumc.org) and [umcmmission.org](https://umcmmission.org). JB Brayfindley contributed to this article. ❖



Kind hearts are the gardens.  
Kind thoughts are the roots.  
Kind words are the flowers.  
Kind deeds are the fruits.

Take care of your garden  
And keep out the weeds.  
Fill it with sunshine,  
Kind words and kind deeds.





## § UMW CONNECTIONS §

**We have all been invited to the El Camino Real District Spiritual Retreat!**

### **It's a New Day: Transformative Hope**

**April 16 and 17**



April 16, 7–9 p.m., Netflix Watch Party featuring:  
“A Life on Our Planet,” a film by David Attenborough

April 17, 10 a.m.–12 p.m. Spiritual Retreat Zoom:  
Finding transformative hope for the future of our planet

Special Speaker: Rev. Charlotte London Bear

Information and registration: [elcaminorealumw.org/april-2021-retreat](http://elcaminorealumw.org/april-2021-retreat)

§ Mission U, like many activities in our lives, has moved online. While virtual, we are still creating spaces for spiritual community, lifelong friendships, lessons that change us and our communities, and spiritual practices that arrive when we need them most. In a time when it looks like things are falling apart on us, God's grace is still unfolding and life is being made new.

#### **Dates for your calendar:**

April 16 and 17 District UMW  
Spiritual Retreat

April 21 CA/NV Conference  
and Social Action Event

May 5, 12, 19, 26 Mission U  
(choose your date)

I do hope I see you at one of  
these UMW events, even if  
online.

Please remember to send your  
pledges to Lucy Tompkins so  
that we can participate in  
supporting vital UMW mission  
projects such as Gum Moon  
and Mary Elizabeth Inn.

Nancy Olson

At the upcoming Mission U in May, we will examine anxiety, the culture of violence that impacts children in and out of schools, and how we as God's people can deepen our moral witness and respond faithfully. See dates and registration information: [canvumw.org](http://canvumw.org)

§ At our Connect and Learn event in February, keynote speaker Rev. Linda Holbrook shared her thoughts on how listening relates to leadership and engaging with women.

Listening is a key component of leadership. Listening ...

... Develops engagement, nurture and trust, affecting the ways we communicate.

... Leads to empathy and support for the suffering, letting others know you care.

... Develops connections and creates a foundation of good relationships for a team.

By listening to another's words, we learn what's in their hearts, what their priorities are. ❖

Dear Church Friends  
Thank you for your  
many letters and  
good wishes. Alice  
lived a long full life! I  
miss her big smile!  
Annie cat and I are  
doing well.  
I miss you all.  
Florence Jensen



THANK  
you.

Many thanks to  
Patty Bellardo for  
putting together  
our new church  
directory!



## Finance Update

## APRIL Birthdays & Anniversaries

4/02 Andrew Owen  
4/03 Elinor Ovenshine  
4/03 Orin Zimmerman  
4/03 Warren Yowell  
4/03 Vicki Wolfenbarger  
4/05 Meg Ferguson  
4/05 Marty Crayton  
4/06 Hope Crockett  
4/06 Valorie Hamachek  
4/07 Susan Harris  
4/08 Melvin Aterberry  
4/08 Daniel Fifita  
4/08 James Thomas  
4/09 Philip Salsbury  
4/09 Blair Crangle-Hall  
4/09 Sean Huston  
4/09 Angela Shaw  
4/10 Alex Johnson  
4/11 Ann Duncan  
4/12 Julie Blackburn  
4/12 Al Lee  
4/13 Ann Reddick  
4/13 Catherine Blackburn  
4/14 Steve Furney-Howe

4/14 Sarymai Bapa  
4/15 Nathan Duncan  
4/16 Curt Gleason  
4/16 Harold Jones  
4/16 Christian Fernandez  
4/18 Orlene Fingar  
4/18 Rohan Sharma  
4/20 Samie Lee  
4/22 Douglas Norris  
4/22 Grace Stafford  
4/22 Rob Stuart  
4/22 Everett Gee  
4/24 Nancy Glaser  
4/25 Alec Martin  
4/27 Megan Ealy  
4/28 Michelle Hollar  
4/28 Mary Ann Michel  
4/28 Aidash Kombou  
4/29 Kathy Rose

4/11 Caroline Bowker &  
Charles Bliss  
4/15 Mark & Brynn Iglehart  
4/16 Sarah Kwon & Ruwan  
Kiringoda  
4/24 Alicia & Tim Breen  
4/30 Dan & Michele Conway

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](mailto:lou@bellardo.com)

February 2021 Income and Expense Summary	February 2021 Actual	Actual YTD 2021	Budget YTD 2021	Budget Annual 2021
Income				
Total Member Giving	20,931	122,848	112,000	409,000
Total Income All Other Sources	7,917	15,620	16,183	197,800
Total Income	28,848	138,468	128,183	606,800
Expenses				
Conference Tithe	2,285	13,640	13,000	54,000
Council on Ministries	833	833	5,879	38,930
Staff Parish Relations	27,373	55,523	65,794	394,860
Office and Finance	859	2,226	2,862	19,975
Board of Trustees	14,792	27,480	35,666	158,582
Total Expenses	46,143	99,702	123,201	666,347
Excess (Deficit) of Income over Expense	-17,295	38,766	4,982	-59,547





## WEEKLY SCHEDULE

- All activities are online via Zoom or as noted.
- 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 our website and YouTube  
Find links at [firstpaloalto.com](http://firstpaloalto.com).  
Virtual Coffee & Chat, after worship
- 10:00 a.m. Children's Sunday School (see also, Wednesdays)
- 12:00 p.m. Children's Church (YouTube)
- 12:30 p.m. Community Affairs discussion

### 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

### 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

- 2 **Good Friday**  
Stations of the Cross, Zoom, 7 p.m.
- 3 **Holy Saturday**  
Parking Lot Communion, 11 a.m.–noon
- 4 **Easter**  
Live Zoom worship at 10:45 a.m.
- 6 SPRC, Zoom meeting, 7 p.m.
- 11 Easter Sunday School Celebration, Zoom, 9:30 a.m. (RSVP to [Ann@firstpaloalto.com](mailto:Ann@firstpaloalto.com))  
Great Decisions, via Zoom, 7:00–8:30 p.m.
- 13 Trustees, Zoom meeting, 7:30 p.m.
- 15 Kids Spring Art Event, Zoom, 4 p.m.
- 20 Finance, Zoom meeting, 7:30 p.m.  
Insights deadline for May issue
- 24 Kids and Youth Outdoor Activity Day, 1–4 p.m.
- 25 Native American Ministries Sunday, special offering
- 27 Church Council, Zoom meeting, 7 p.m.

Our electronic giving page is always open! Give with a few clicks at [firstpaloalto.com/giving](http://firstpaloalto.com/giving) 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 April 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](mailto:insightsfirstpa@gmail.com) or bring them to the church office. Thank you!



FIRST PALO ALTO  
UNITED METHODIST CHURCH

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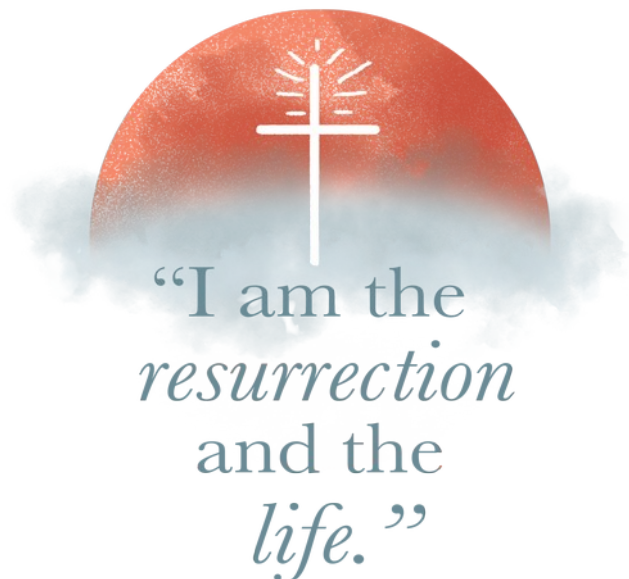
## FIRST PALO ALTO UNITED METHODIST CHURCH

Inside this issue of **INSIGHTS**

**APRIL 2021**

- Holy Week and Easter, p. 1
- Vaccine for Two, p. 1
- Stand with Asian Americans, p.2
- Native American Ministries, p. 5
- Kids! pp. 4,6,7

**Next INSIGHTS deadline: April 20**



John 11:25