



WORLD Communion Sunday

With the safety of masks and social distancing, we will gather on the patio at 3:30 p.m. on Oct. 3 to celebrate world communion. We will share bread and wine using individual portions of the communion elements.

After communion, we will celebrate breads from around the world, with coffee and cheese and fruit, all served in a COVID-safe way. Please bring a favorite bread to share. This will be the first of our Café Ministry events on the patio. Read more about the new Café Ministry on page 3.

World Communion Sunday offers congregations an opportunity to experience communion in the context of the global community of faith. Christians in many cultures will share bread and cup to remember and affirm Christ as the head of the Church. We remember that we are part of the whole body of believers. Whether shared in a cathedral, a mud hut, a meetinghouse, a storefront, or outside on a hilltop, Christians celebrate the communion liturgy in as many ways as there are congregations. ❖

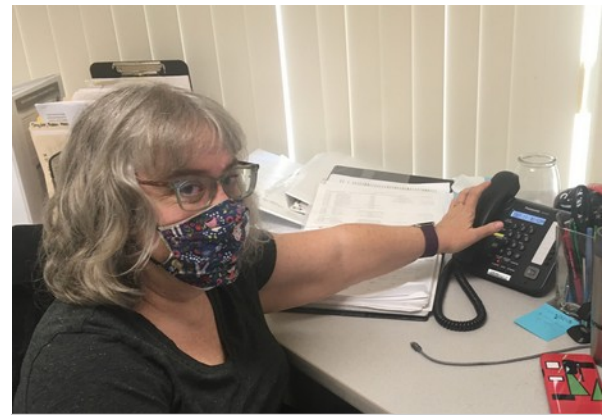
Grant Pays for New Phone System

by Lou Bellardo

Thanks to a Centennial Endowment Funds grant in 2020, our 20-year-old Plexus phone system was replaced with a state-of-the-art system from Panasonic.

The old Plexus system was no longer supported by the manufacturer. The telephones themselves were no longer repairable or available. There were also several features and at least one extension that did not work properly. All in all, the system was in need of replacement.

The new Panasonic system has all the features the church needs and then some. It supports voicemail, call forwarding, do not disturb, speed dialing, speakerphone, and more. All the features are fully programmable. The system also supports remote diagnosis.



Call us! We're ready. Photo by Lou Bellardo

We purchased the central unit as well as 14 new digital telephones with one-line back-lit display, eight programmable keys, and full duplex speakerphone.

Graham Communications in Dublin supplied our system and Graham employees did the change-out/installation over two days when the office was closed in 2020. It was a seamless transition, and the new system has performed exceptionally well since installation.

Our staff is really happy with the new system. Here are some of their comments: transferring calls is much easier; intercom is very neat; caller ID is great; automated after hours messaging does not require setup when leaving for the day.

continued on page 5

CONCERT NOTES

New Century Chamber Orchestra returns to the stage on Friday, Oct. 1 at 7:30 p.m. for its first live performance at First Palo Alto UMC in over a year.

Led by Music Director and Concertmaster Daniel Hope, the program will feature Joseph Suk's popular Serenade for Strings, one of the composer's most celebrated orchestral works. Hope will also feature as soloist for the U.S. premiere of Mark-Anthony Turnage's "Lament" for solo violin and string orchestra, a New Century co-commission, and a rare performance of Concertino for Violin and Strings by Polish composer Mieczyslaw Weinberg.

Tickets are available at City Box Office, or online at ncco.org.

All audience members must present proof of full vaccination against COVID-19 and matching ID upon arrival and to wear appropriate face coverings at all

times while inside the church regardless of age, medical or religious reasons, or vaccination status.

On Saturday, Oct. 23, the **San Francisco Chamber Orchestra** will present the first in a series of free concerts exploring the symphonies of Beethoven. The program will open with the darkly dramatic Coriolan Overture, followed by the symphony which broke all the classical molds: his amazing Third Symphony, nicknamed "Eroica," and originally dedicated to Napoleon. Composer and bass clarinetist Jonathan Russell brings a chamber orchestra version of his haunting and beautiful Double Concerto (2014), featuring SFCO All-Stars Jeff Anderle (clarinet) and Hannah Addario-Berry (cello).

This free concert, conducted by Ben Simon in his last season with the SFCO, begins at 7:30 p.m., but the line forms on the patio soon after 7:00.

To ensure the health and safety of all in attendance, proof of vaccination for everyone above 12 years old is required. Masks must be worn at all times when indoors. Thank you for your help! ❖



by Mira Dabrowski

First Palo Alto United Methodist Church—what does it mean to you and your life?

Is it our unique and beautiful church building? Our traditional choir and VirtuAll Voices music? Bible Study? Upstream? Or the myriad other activities and projects that enrich others as much as ourselves?

How can we share our beloved church and our Christian faith with others? How do we spread the joy it gives us to others?

First Palo Alto's stewardship campaign—The Power of Together—kicked off Sep. 26 and presentations will continue on Sundays throughout the month of October. You will hear from campaign co-chairs Tom Fingar and Rev. Dr. Debra Murray and your fellow congregants as they remind us of all that we've done and are doing, share what this church means to them, and urge us to fulfill our church mission in service of the children in our midst, the mission at our doorstep, creating a place of hospitality and grace.

Join us on Sundays this month as we learn how the power of together can help us achieve great things in our lives and in our community. ❖

Introducing Café Ministry by First Palo Alto

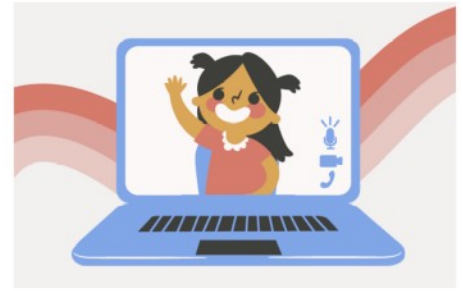
by Colleen Crangle

Of all the things we've missed in the past year and a half, meeting together for conversation and coffee is surely near the top of the list.

Did you know that cafés serving coffee rose to prominence in Europe in the 17th century as a way to foster community and promote the exchange of ideas? Cafés gave ordinary people the ability to debate and hold intelligent conversations about the important matters of the day. They were so successful that the reigning English monarch, King Charles II, tried to get them shut down. But they survived as places of equality and justice, where everyone had a voice and everything was open for discussion.

First Palo Alto UMC is launching a Café Ministry. Our church is blessed with an inviting patio facing Hamilton Ave., with shade and plenty of space. We will have tables, chairs, and umbrellas that can be rolled out and set up whenever we want to create a café-like environment that will provide an inclusive, accepting, and welcoming space for everybody, no matter what their spiritual path. A café ministry revolves around open discussion and creativity, around hospitality and discipleship, around social and environmental justice.

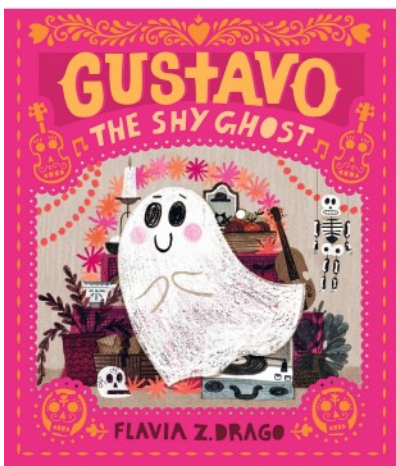
Our first Café Ministry event will take place Oct. 3 in celebration of World Communion Sunday. See details on page 1. Stay-tuned to First Palo Alto's e-news and service announcements to learn about future Café Ministry events.



It's Back to (Sunday) School Time!

Parents, make sure to register your children in grades two through five for Zoom Sunday School! First Palo Alto's Sunday school will meet Sunday mornings and Wednesday evenings.

Look for the link to register on our church website or in the Friday church e-news. If you don't receive the e-news, call the church office. Feel free to invite your friends. Make sure to register so you receive the Zoom meeting links *and* so we can mail you activity materials.



Hello, First Palo Alto Readers by Charlotte Cutkosky

It's October! Celebrate Halloween, Día de Muertos, and Hispanic Heritage Month with *Gustavo, the Shy Ghost* by Flavia Z. Drago. Drago is a Mexico City-based designer and illustrator known for her whimsical and warm approach to traditionally 'spooky' subjects. The Gustavo book is her writing debut, and tells the story of a little ghost who has a lot to share with the

(supernatural) world—like his cool ghost powers and playing beautiful solos on his violin—

but who struggles to make himself seen. With Día de Muertos fast approaching, Gustavo resolves to share his gifts with his fellow spooky denizens and make the year's Day of the Dead one to remember.

If you like Flavia Z. Drago's art, you can view more on her website here: flaviazdrago.com.



Support the Walk to End Alzheimer's

by Linda Grossman

It's October and that means Walk to End Alzheimer's time. First Palo Alto UMC is once again participating in this fundraising event.

You can help our team by donating. All funds raised through the Walk to End Alzheimer's advance the care, support, and research efforts of the Alzheimer's Association. All donations are tax-deductible.

You may donate to the team as a whole, but we encourage you to contribute to any of the individual team members who are raising funds to end Alzheimer's. By donating on behalf of our team members, you let that person know you appreciate their efforts.



When you visit the FUMCPA's Walk to End Alzheimer's team page at tinyurl.com/yemakntk, you can donate to a specific team member by clicking on the DONATE button immediately to the right of their name. It is straightforward and secure.

The Silicon Valley Walk takes place in San Jose on Oct. 16. Donations can be made throughout October. ❖

Support Our Crop Walk Team

by Pamela Cutkosky

Our church has a long tradition of supporting the Crop Hunger Walk. This year, Christina Bellardo and Kyle Trammell have launched our First Palo Alto UMC team and invite you to join them in the walk or to donate in support of our walkers.

The official walk is Sunday, Oct. 3, starting at 1 p.m. in Nealon Park in Menlo Park. Children, youth, families, adults—all are welcome! If you don't want to walk in a crowd, you can still join the team and walk on your own.

You can find our team page at:

events.crophungerwalk.org/2021/team/first-united-methodist-church-of-palo-alto (It also works to search for: Mid Peninsula Crop Hunger Walk, and then type: First United Methodist Church in the team search window.)

On our page you can sign up to be a walker or click on the donation button. Our team has a goal of \$1,500. Your tax-deductible donations support Church World Service (CWS) and its efforts to end hunger. The Ecumenical Hunger Program in East Palo Alto is a beneficiary. Donations can be made throughout October.

From Christina and Kyle: "We're participating in the 2021 CROP Hunger Walk to support CWS and help families who are struggling with hunger. We're asking you to join us—with your steps and your donations—to provide more meals for the growing number of people in our community who need them, and greater food security in communities around the world. Please donate to our team today!" ❖



We give generously on World Communion Sunday so we can empower future leaders to transform our world.

In the United Methodist Church, World Communion Sunday is one of six special offering Sundays. On the first Sunday in October, our designated gifts benefit students around the world by providing scholarships, mentoring, and training. Make donations online at ResourceUMC.org/ssGive or send a check marked for World Communion Sunday special offering to First Palo Alto UMC, 625 Hamilton Ave., Palo Alto, CA 94301.



Sewing Centers Expand Success

by Brenda Birrell, Program Director, The Global Uplift Project

A Centennial Endowment Funds grant, awarded in 2018, funded the set up of sewing centers to make washable, reusable sanitary supplies to be given free of charge to girls in Kenya and Nepal. The first center was set up in Nyeri, Kenya in August of that year and the second was set up in Dang, Nepal in January 2019.

The sewing centers started off with three ladies in Kenya and four in Nepal. Each center had two sewing machines and a serger. Since the beginning, the sewing centers have been a huge success. They are self-sustaining, now employing about 50 ladies in well paying, highly respected jobs. The centers have purchased additional machines and have made and distributed more than 25,000 of our Save a Girl sanitary supply kits. This means that more than 25,000 girls, who would otherwise have had to drop out of school, are able to reach their educational potential.

In addition, the centers also make baby clothes, school uniforms, and other clothing that is sold at the local markets. During the pandemic, the centers also have made more than 100,000 masks, many of which have been donated to people who live in slums, survive on less than \$2 a day for all of the family expenses, and cannot afford masks or healthcare.

Thank you, again, CEF committee and First Palo Alto UMC members for your compassion and caring. You really are making a difference in the world! ❖

Phone System *from page 1*

The church office and the Finance Committee would like to thank Tom Graham and his crew for their smooth installation work and post-installation training and support. Susan Stephens (pictured on page 1) researched potential manufacturers and solutions prior to our selection. She also supported the installation, received training, and is currently the primary First Palo Alto UMC support person for the system. Thank you, Susan.

Of course, those of us who use the phones a lot are most appreciative of the grant from the CEF Committee. The total system cost, which included materials, installation, and training was \$8,601.43. The church's operating budget could not have sustained this expenditure.

Many thanks to the CEF committee members who reviewed and supported this grant request. And, of course, this grant would not have been possible without the stewardship of former members who included the CEF in their wills and estates. We appreciate their commitment to the future of First Palo Alto UMC! ❖

Wildfire Recovery

Church members, led by their pastors Andrew Davis (Foothill UMC) and Laura Barnes (Placerville Federated), have been providing food assistance, gift cards, housing and mental health referrals to survivors of the **Caldor Fire**. UMCOR will fund a \$10,000 grant for additional needs. Assistance from FEMA will soon be available. The Cal-Nev Early Response Team was scheduled to begin at the end of September helping survivors sift through ashes to look for any possessions that survived.

Survivors of the **Dixie Fire** are attempting to find temporary housing and financial support. Local pastors Becky Stockdale (Quincy and Portola UMC), Charles White (Susanville UMC), and Mele Vakapuna (Chester and Greenville UMC) have provided food assistance and gift cards for immediate needs. The \$10,000 emergency UMCOR grant for this fire is being put to good use.

In mid-September, the Cal-Nev Early Response Team along with pastors and members of local churches, staffed a Plumas County sponsored Disaster Recovery Center in Chester, offering survivors gift cards, hygiene kits, wildfire buckets, and cleaning supplies.

To learn more, contact Steve Elliott, California-Nevada UMVIM Coordinator and Interim Disaster Response Coordinator, at UMVIMCoordinator@calnevumc.org. ❖

UMW CONNECTIONS

by Nancy Olson

Hey there, lady! May I have a moment of your time?

If you are a member or a regular attender of First Palo Alto United Methodist Church, you are a member of United Methodist Women (UMW).

You might never have attended a small group (UMW) activity, or read a book in the UMW Reading Program, or really given much thought about the group. But by virtue of being at our church, you are being represented by:

- ▶ a large national organization
- ▶ global mission projects in remote lands as well as programs across our own country in support of women, children and families
- ▶ district and state organizations working on women's rights, racial justice and climate justice.

Wow. That's a lot. What's more, the work goes on day after month after year. No stopping for pandemics. The UMW has an impressive, historical record for supporting women's rights. And it is all being done in *your* name!

In each individual Methodist church, there is a small group of women who come together in a social gathering to carry on the work of the organization by supporting mission projects and by educating ourselves. So much more could be done locally with your help.

Did you know that the UMW Reading Program promotes reading current books in specific areas? We are annually encouraged to choose to read:

- 📖 Books promoting spiritual growth (books to bring personal comfort in times of stress)
- 📖 Books about different geographical areas of the world (so we understand news stories in the world)
- 📖 Books about social action (so we understand needs outside our own experience and can take appropriate action, such as writing action letters or voting)
- 📖 A book of the Bible (to keep us attuned to God's word and relevance today)
- 📖 Books about leadership development (women should not remain silent in the church)

We are encouraged to join women across the United States who are reading similar books in an effort for women of the Methodist church to be educated on many subjects so we can speak and act with knowledge.

continued on page 8



Green Notes

by Nancy Olson

I really do try to bring good news. And there is much good news in the environmental area. During the pandemic, the air quality has been a lot cleaner—until all of the devastating fires raging across our state filled the air with smoke.

More people seem to be taking climate change seriously. That is a step in the right direction. And more people seem concerned about plastic pollution. One of the *big* ways to reduce plastic pollution would be to reduce plastic production.

A recent study, printed in Forbes this year, found that just four types of plastic make up nearly half of all trash in the ocean. Plastic wrappers, plastic bags, plastic cutlery, and plastic bottles. Collectively they account for 44% of all trash in the ocean. Not plastic trash—all trash!

Unfortunately these are items that are found in our everyday life. It seems every product is sealed in single use plastic. Plastic bags use increased during the pandemic. When you order takeout, it is a challenge to find a restaurant that doesn't automatically bag your food in plastic, complete with individually wrapped sets of plastic cutlery. In Palo Alto we are privileged that all takeout containers and cutlery must be compostable or recyclable, but that's not true everywhere. Still, if you do not compost these items or dispose of them properly, they are still plastic waste.

Only 9% of plastic ever gets recycled (Environmental Action).

Sooooo ..., this means as long as plastic is being manufactured, *we* have a big responsibility when it comes to keeping it out of our environment.

Is there an alternative to buying that particular item in its single use plastic wrap? Do we really have to buy water from big business in a plastic bottle that won't be reused? (Plus that water may be drawn from the aquifer in an area where the local inhabitants are perhaps doing without adequate water, or live in a drought state.)

continued in next column

Even if you do properly dispose of the plastic film wrap or bag or cutlery or bottle, you are still supporting the manufacture of even more disposable one-use products. Most of these items cannot be recycled. When manufactured, they are not meant to be recycled. Because plastics are a petro-chemical product, oil and gas companies are not really interested in reducing production and profits.

So until companies can be forced to produce only products that can be returned to the manufacturer, it is up to us to find good alternatives for the things we buy and reduce the amount of single use plastic we bring into our homes and our environment. We have a big job and a very important one! ❖

Puzzle!

Complete this Bible passage by adding the missing vowels.



F_r by gr_c_ y__ h_v_
b__n s_v_d thr__gh
f__th, _nd th_s_s n_t
y__r _wn d__ng; _t_s
th_g_ft_f G_d — n_t th_
r_s_lt_f w_rks, s_th_t
n__n_m_y b__st.
_ph_s__ns 2:8-9, NRSV



UMW from page 6

Right now our Methodist church is going through an identity crisis. Possibly in October (the date keeps changing), there will be a final vote that just might split the denomination. During all the deliberations and disagreements, the UMW has remained steadfast in keeping a unified group, welcoming *all* God’s children.

I am so proud and humbled to be part of this great organization. Please consider joining me. ❖

Answer to Puzzle on page 7: For by grace you have been saved through faith, and this is not your own doing, it is the gift of God—not the result of works, so that no one may boast. Ephesians 2:8-9 NRSV



OCTOBER

Birthdays

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

OCTOBER

Anniversaries

10/13/2018	Joseph Witte & Caety Chong		
10/19/2019	Maurine Tong & Kai Tong		
10/21/1995	Angela Chen & Dave Gee		

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 2021 Income and Expense Summary DRAFT	August 2021 Actual	Actual YTD 2021	Budget YTD 2021	Budget Annual 2021
Income				
Total Member Giving	12,832	251,819	270,000	409,000
Total Income All Other Sources	7,899	128,637	134,433	197,800
	20,731	380,456	404,433	606,800
Expenses				
Conference Tithe	2,187	30,288	35,000	54,000
Council on Ministries	1,134	11,814	24,520	38,930
Staff Parish Relations	30,041	231,385	260,775	394,860
Office and Finance	2,768	10,139	12,950	19,975
Board of Trustees	9,217	99,444	100,040	158,582
Total Expenses	45,347	383,070	433,285	666,347
Excess (Deficit) of Income over Expense	-24,616	-2,614	-28,852	-59,547



WEEKLY SCHEDULE

→ All activities are online via Zoom or as noted until further notice. Check the church website for updates.

→ The church office is open. However, the office doors will remain locked. Please phone the office—or ring the electronic door bell—to be admitted. **Masks are required.** Office hours are 9 a.m. to 4 p.m. Monday through Friday.

Sundays

- 10:45 a.m. Worship, on our website and YouTube. Find links at: firstpaloalto.com
Virtual Coffee & Chat, after worship
Time tbd Sunday School
12:30 p.m. Community Affairs discussion

Mondays

- 7 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

- Time tbd Sunday School
7 p.m. Upstream Bible Study and Contemporary Worship Service

Thursdays

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

- 3 World Communion Sunday, special offering Café/Communion on the patio, 3:30 p.m.
Mid-Peninsula CROP Walk, 1 p.m. (in Menlo Park)
5 SPRC, Zoom meeting, 7 p.m.
12 Trustees, Zoom meeting, 7:30 p.m.
14 Worship Planning Team, Zoom meeting, 5 p.m.
16 Walk to End Alzheimer's (in San Jose)
20 Insights deadline for November issue
19 Finance, Zoom meeting, 7:30 p.m.
26 Church Council, Zoom meeting, 7 p.m.
28 Worship Planning Team, Zoom meeting, 5 p.m.
30 Halloween event, 12 p.m.



Our electronic giving page is always open! Give with a few clicks at firstpaloalto.com/giving or text Give to 1-650-376-6784 for a link with instructions. Your generosity makes our mission possible. Thank you!

[Donate](#)



Information for the next edition of the Insights newsletter is due Oct. 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!



FIRST PALO ALTO
UNITED METHODIST CHURCH

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FIRST PALO ALTO UNITED METHODIST CHURCH

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Next INSIGHTS deadline: Oct. 20



I will give you a
New Heart and put a
New Spirit within you.

Ezekiel 36:26 NKJV