



## Sunday School Re-ZOOMS!

Sunday School for ages 3–12 is now meeting online at 9 a.m. on Sundays. It’s never too late to join in!

This fall’s curriculum focuses on the Old Testament stories of Moses and the Israelites. Did you ever wonder how a baby floating down the Nile in a basket could be safe? We did! (Hint: God + 3 strong women looking out for him = safe.)

Please register through the Google form, so we can email you the Zoom link and snail mail an activity packet for your child. The link to the form is on our website ([firstpaloalto.com](http://firstpaloalto.com)) under Community/Children, and it’s in the Friday e-news. Alternatively, you can email Pamela Cutkosky at [pamelareasner@yahoo.com](mailto:pamelareasner@yahoo.com) or Kyle Trammell at [trammell.kyle@gmail.com](mailto:trammell.kyle@gmail.com) for more information. ❖

## Soccer Program Continues; Adds Health Worker Training

by Nancy Glaser, Adviser, Wayo Wayo Kibra (WWK)

Wayo Wayo Kibra has been busy! The Nairobi, Kenya based all-volunteer nonprofit for the young people in Kibera, the largest urban slum in Africa, continues with the soccer program for both boys and girls. In 2021, we added Community Health Worker (CHW) training when soccer could not be played due to COVID restrictions.

WWK Soccer has built a reputation among soccer players, parents, and coaches – 2,000+ people, and knows how to access this group to recruit people to train as Community Health Workers in their community. Initially many of these people can be Community Health Volunteers, as we provide them educational information to help residents gain access to health services such as COVID-19 vaccines.

We raised funds for 25 WWK Soccer participants (some shown below) who were certified in July by the Ministry of Health in Kenya after completing a two-week training. They are now participating in the Kibera community on health-related projects and being paid a modest monthly stipend. None of them had paid work before this.

*continued on page 2*



## How to Help a Neighbor-in-Need this Holiday Season

Families already struggling have been blindsided by COVID-19, threatening not only their health but also their livelihood. Many families are food insecure and struggling to survive. Your generosity can make all the difference and you can become a safety net for a neighbor-in-need this holiday season.

Ecumenical Hunger Program (EHP) in East Palo Alto provides food, basic necessities, and gifts during the holidays. In order to have a socially distanced distribution that will protect their staff, clients, and donors, they are asking for monetary and gift card donations to ensure a safe and simple holiday distribution, and to allow families the ability to shop safely online.

If you prefer to donate in-kind, EHP is always happy to accept new, in-kind donations. Please check the EHP website for Thanksgiving and Christmas wish lists:

[www.ehpcare.org/holiday-giving.html](http://www.ehpcare.org/holiday-giving.html)

If you would like to participate in the family sharing program (formerly adopt-a-family) this holiday season, see the website for information about the program and how to sign up. ❖



## Don't Just Give Thanks; Share It!

This month, be more mindful of the abundance in your life and how you can share it with others. Janna Firestone (The Newsletter Newsletter) suggests this idea:

In our family, we play the thankful game. The rules are simple: We take turns sharing one thing we're thankful for. Everyone plays. No one can pass. No repeats are allowed.

As we share gratitude for football, Grandma, hugs, warm brownies, coffee and more, kids tend to stop bickering, and adults get a mental reset. Try playing — and bring on lots of smiles!



Here are some more suggestions based on ideas from Laurens Glass (UM News):

Post what you are thankful for on your Facebook page or on Twitter.

Start a meeting or get-together by asking everyone to share something that is going well for them. Let gratitude be your prayer.

Make a “What are you thankful for?” bulletin board at home or in your neighborhood. Put out lots of large sticky notes and some pens. See what happens.

Invite children to cut out pictures from magazines showing things they appreciate. Make collages. Ask the children to explain their pictures.

Send a note to someone who cannot attend church saying that you are thankful for *them* – for their membership, prayers, and support. ❖

### Wayo Wayo Kibra from page 1

The added benefit to adding CHW training is that it is providing entry level jobs in the health care system in Kenya. Due to the severe lack of physicians, nurses, and other health professionals, the CHW position was created in developing countries to carry out the functions related to health care delivery.

We will continue raising funds for additional training of CHWs because it solves two major problems in Kibera: lack of jobs and lack of health care workers.

Thank you to First Palo Alto United Methodist Church for your valuable contributions to WWK Soccer/Health! ❖





## Walking Raises Funds, Brightens Spirits

by Linda Grossman

Saturday, Oct. 16, was a glorious fall day. The sky was robin’s egg blue and the temperature was perfect. Robert Lasater (our Alzheimer’s Walk team leader), Patty and Lou Bellardo, Colleen Crangle, Nancy Glaser, and Linda Grossman gathered at the Baylands, all wearing our purple shirts and holding our End Alzheimer’s Disease flags. The Crockett-Veenkers joined the 1000+ people who walked safely and socially distanced at Excite Ball Park in San Jose. As you can see from the pictures, we all had a great time.

The \$6,180 we raised before the Walk goes toward research to find a cure and for services to people suffering from Alzheimer’s. The Alzheimer’s Association also provides support and education for caregivers.

It’s not too late to make a tax-deductible contribution. Go to [tinyurl.com/yemakntkn](http://tinyurl.com/yemakntkn) which will take you right to the Alzheimer’s Association website and our team page.

For those of you who already donated, we are grateful for your generosity. Thank you! ❖



# CONCERT NOTES

## About Something Old, Something New, Something ... Mad

A thrilling potpourri of baroque, classical, and modern sounds make up this program by Philharmonia Baroque Orchestra (PBO), to be held on Wednesday, Nov. 10, at 7:30 p.m. in our sanctuary.

CPE Bach (one of the many children of JS) was a daringly different composer who liked to shock his audiences with unexpected twists and turns. This concerto is no exception—a mix of playful, sad, and hyperactive. This distinctive piece is realized by Keiran Campbell, the recently appointed Principal Cello of PBO’s Canadian counterpart, Tafelmusik.

Capping off the program is Geminiani’s take on the ancient European folk tune of La Folia. True to its translated title of ‘madness,’ this is a dizzying whirlwind of a piece that will remain lodged in your head for days afterwards. You have been warned ....

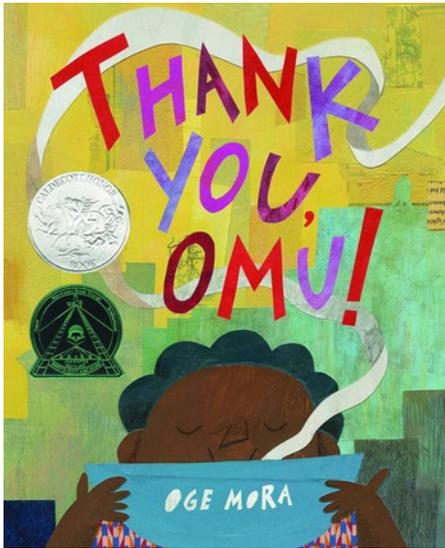
Prior to this is a world premiere from composer Paul Stanhope. His music is full of drama and warmth, reflective of the character of his home country, Australia, and here he gives us

*continued on page 5*

# Hello First Palo Alto Readers!

by Charlotte Cutkosky

Thanksgiving is coming up this month, but the themes of generosity, thankfulness, and togetherness are year 'round, which is why I've chosen to highlight *Thank you, Omu!* as our November book feature.



*Thank You, Omu!* by Oge Mora, is a Thanksgiving tale of generosity and community.

“Omu” translates to “queen” in Igbo, but it can also be used as a respectful term for a grandmother or elder. The elderly omu of this book is a grandmother to her community. She cooks delicious stew in her New York apartment. The tantalizing scent draws people from all across her neighborhood and all walks of life, coming together as they follow their noses.

The illustrations feature fun bird's eye view looks at Omu's neighborhood that invite the reader into the text.

# UNITED METHODIST WOMEN 1.01

by Nancy Olson

The new Program Book for 2021–2022 has arrived: *Healing and Joy on Our Journey to God*.

It reminds all women about the PURPOSE of UMW: The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

It reminds us of the VISION of UMW: Turning faith, hope and love into action on behalf of women, children and youth around the world.

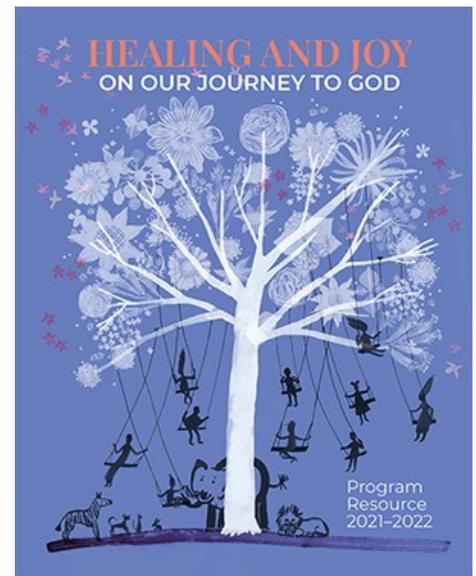
And then provides opportunities and resources to grow spiritually, become more deeply rooted in Christ, and put faith into action in order to actually LIVE THE VISION by working for justice through compassionate service and advocacy to change unfair policies and systems.

“This has been an enormously challenging year. For each of us as individuals, for our United Methodist Women groups, for our churches and communities, there has been so much loss, change and challenge.

As we begin a new program year, we seek to step into the pain and find something new. Our goal this year is to sow healing and joy in all the surprising ways God offers it.

Each quarter we will focus on a different aspect of healing and joy. The first three months, during autumn, will focus on finding God's healing and joy in the midst of grief and loss — whether that's throwing a big party to celebrate returning to church like Nehemiah did, or quietly connecting with our ancestors' strength like the people of Hebrews demonstrated.”

Won't you join us this new church year to explore this Healing and Joy journey? ❖



*Thank You, Omu!* was a silver medalist for the Caldecott Honor Award and a winner of the Coretta Scott King award.

Happy reading, First Palo Alto, and happy Thanksgiving! ❖



# Green Notes

by Nancy Olson

November! After a year of time dragging or seeming to stop, here we are actually near the end of the year! November is the month the calendar reminds us that we are supposed to be thankful. Of course, shouldn't we be ever grateful for God's generosity providing this earth and its abundance? Shouldn't we be daily thankful for each sunrise on another day of opportunity?

The year ends with some good environmental news where several national banks are withdrawing funding for oil sludge pipelines that threaten water supplies, wetlands, and sacred native lands.

Countries are taking steps to protect themselves from pollution problems. For example, Greece has banned single-use plastic to protect their environment.

Plastics in the environment is a world wide problem. While most of us are trying to recycle the plastics in our everyday lives, plastic pollution continues to be a major environmental, health, and economic problem. And it will get worse.

Chemical products derived from petroleum, called petrochemicals, are essential for plastic production. Many petrochemical plants rely on toxic fracking methods to obtain fossil fuels, which release massive amounts of greenhouse gases and other chemicals into the atmosphere. Plastics contaminate our waterways and oceans and fill up our landfills.

Big Oil companies looked for other ways to make money from every drop of oil out of our planet, so they turned to plastic as the next big source of revenue. Studies predict that by 2050, plastics will account for about 20 percent of total oil consumption, up from around 8 percent today.

During the pandemic, our plastic consumption has increased drastically. Think of all the takeout containers and plastic utensils that have been used, disposable gloves tossed out, grocery bags handed out when reusable ones were prohibited due to safety concerns. It is time

to take a stand before our precious planet is further covered by piles of plastic waste.

We will never be free of this problem as long as we continue to let petrochemical plants keep producing the offending product. These companies should not continue to be allowed to produce a product that they will not take back, a product that recycling programs are not prepared to handle the volume of, a product that costs communities and governments hundreds of thousands of dollars to try to control, a product the producers know has harmful effects on health and the environment.

How long will we tolerate this situation?

Happy Thanksgiving Day! God is good! (I cannot say the same for Big Oil.) ❖



## **Concert** *from page 3*

his own distinctive take on that same La Folia folk melody.

Joining PBO to direct this eclectic evening is Jonathan Cohen, an electrifying presence in the Baroque world whom PBO is very excited to welcome back.

Tickets are available on the PBO website and at the door. Be prepared to show your vaccination card or a photo of it. Well-fitting and properly worn masks are also required. ❖



# Stay Tuned for Connection Café

First Palo Alto UMC launched Connection Café in October with a World Communion Sunday event on Oct. 3. A music and coffee event on Saturday, Oct. 30, featured the musical group Left Bank and an opportunity to paint pumpkins for Halloween.



Connection Café is a series of pop-up events held on the patio. Tables and chairs, along with sun umbrellas and outdoor heaters will be set up to accommodate comfort as seasons change.

Watch the e-news for dates of upcoming events. The following events are in the works:

- Guided conversations in which participants share thoughts based on a series of discussion starters and questions
- Story slams — open mic story-telling in which participants share their own five-minute stories based on a theme (help will be available to develop your story for sharing)
- Other live music and coffee events
- VirtuAll Voices workshop in which you can learn to use simple technology to record singing for participation in virtual song ❖

# The Making of Thanksgiving in the U.S.

by Heather Hahn, UM News

The popular American image of the first Thanksgiving looks a bit like a United Methodist potluck – 17th-century style. We imagine Pilgrims in funny hats and American Indians in feathery headdresses solemnly bowing their heads in gratitude for God’s bounty before sharing heaping plates of potatoes, corn and, of course, turkey.

It’s a picturesque tableau. And just about everything about it is wrong. What many Americans call the first Thanksgiving began with a misunderstanding and grew into a myth.

With this year marking the 401st anniversary of the Pilgrims’ arrival in present-day Massachusetts and a renewed focus on U.S. and church racial history, it’s worth exploring both the good – and the bad – of how a U.S. tradition developed.

“Because Thanksgiving is really a national observance, not a directly religious one, it is a splendid occasion to reflect on the actual history of America, not the sentimentalized version,” said the Rev. William B. Lawrence. He is former dean and professor emeritus of American church history at Southern Methodist University’s Perkins School of Theology.

The Rev. Carol Lakota Eastin, a district superintendent of Lakota heritage, has written about Thanksgiving’s history from a Native perspective. “Thanksgiving is a universal idea, and cultures around the world have festivals related to the harvest season in which they give thanks to the Creator for the provision of food,” she said. “So I would never say, ‘Don’t have it.’ But I would say: Remember the primary focus, which is thanking God.”

The first thing to know is that the Native American people at the famous feast weren’t nameless supporting players. They were the Wampanoag people, a nation consisting of multiple tribes in what is now Massachusetts and Rhode Island. They had been holding celebrations of thanksgiving long before the Pilgrims set foot on Plymouth Rock.

The second thing to know is that the Pilgrims never called it Thanksgiving. For Pilgrims, Thanksgiving meant a somber time of fasting and prayer. But on that fall day in 1621, the people of Plymouth Colony weren’t engaged in an act of piety but of partying. They were rejoicing together after a successful harvest and hunt by firing guns for target practice, among other noisy recreation.

In short, there was a whole lot of shooting going on. Wampanoag tradition holds that Ousamequin, their Massasoit or leader, showed up with some 90 warriors not because they were invited but because they

thought the Pilgrims — their new allies — were under attack.

There was likely tension. The Wampanoag warriors far outnumbered the Pilgrims present. Yet diplomacy triumphed. What followed was a three-day feast where the Wampanoag provided five deer and the Pilgrims provided fowl and entertainment.

The menu may have included wild turkey, various kinds of seafood and the Wampanoag dish called “nasaump,” cornmeal mixed with vegetables and meat. Nobody passed the potatoes, which were not yet a staple much beyond their native South America. The celebrants’ fashion also did not quite match your typical Thanksgiving figurines. The Wampanoag people did not wear large headdresses nor did Pilgrim hats have buckles.

The gathering was pleasant enough that a Pilgrim named Edward Winslow wrote about it in a letter back to England. Still, no one suggested holding an annual shindig. Winslow’s brief account described most of what historians know about the feast; Wampanoag tradition tells the rest.

The Wampanoag-Pilgrim alliance was uneasy from the get-go, borne of desperation on both sides.

The Pilgrims’ troubles are better known. Separatists from the

*continued on page 8*

**US Thanksgiving** *from page 7*  
Church of England, they crossed the Atlantic to worship and live free of the harassment, fines and jail-time they had experienced in England and the uneasiness they felt in Holland. The Pilgrims planned to settle in present-day New York but poor winds forced them to land much further north just as winter was settling in.

Of the Mayflower's 102 passengers, only 52 survived the first year.

What they didn't know was the seemingly abandoned village where they took shelter had been emptied not by choice but by disease. In the years before the Pilgrims stepped ashore, a plague — likely brought by European sailors — had devastated the Wampanoag people.

Squanto, the friendly Native American whom kids learn about in school, spoke English because after Spanish sailors kidnapped him and sold him into slavery, he made his way back home with English help. When he returned to his Wampanoag village, his family and everyone else he knew were dead from the contagion. The Pilgrims settled in what had been his hometown.

Ousamequin — faced with depleted manpower and hostilities with other Indigenous nations — negotiated a mutual-defense treaty with the people of Plymouth in March 1621.

The time of interracial harmony proved short-lived. Plymouth's population grew with the arrival

of more English, and Puritans established their own New England colonies. Together, these settlers made war on their Indigenous neighbors, seizing their land and selling captives into slavery. The once persecuted became persecutors.

In fact, New Englanders marked two bloody victories over Native peoples with Thanksgiving — the prayer-and-fasting kind. During the second occasion in 1676, the people of Plymouth also mounted the head of Pumetacom, Ousamequin's son, on a pike.

The Massasoit Pumetacom, called King Philip by the English, tried to resist the settlers' relentless expansion. What became known as King Philip's War resulted in the loss of some 40% of the region's Native population, who fought on both sides of the conflict.

But the Wampanoag people managed to survive — demonstrating the kind of grit Americans consider part of their national character.

In 2020, The United Methodist Church's Native American International Caucus took up the cause of their descendants, the Mashpee Wampanoag Tribe, in a land dispute with the U.S. government. A federal judge ruled in the tribe's favor.

Nevertheless, the 17th-century slaughter changed the population of New England. That three-day feast in 1621 remained largely forgotten for more than 200 years.

Enter the Rev. Alexander Young, a New England-born Unitarian pastor with an interest in all things Pilgrim. By Young's day, Thanksgiving harvest festivals had become quite common in New England. When Young compiled Pilgrim documents in 1841, he included the text of Winslow's letter — with an added footnote calling the description "The First Thanksgiving." The label stuck.

Another New Englander with a passion for historic preservation took the concept beyond regional custom. Sarah Josepha Hale was something like the Martha Stewart of the mid-1800s. She edited Godey's Lady's Book, a magazine that included poetry, short stories and advice for maintaining home and family. Hale also wrote the nursery rhyme "Mary Had a Little Lamb."

But perhaps her most notable contribution was using the magazine to push for a national Thanksgiving holiday. Politicians largely ignored her requests until 1863 when President Abraham Lincoln signed "A National Day of Thanksgiving and Praise" in the middle of the Civil War. Her letter to Lincoln is often cited as a factor in the president's decision.

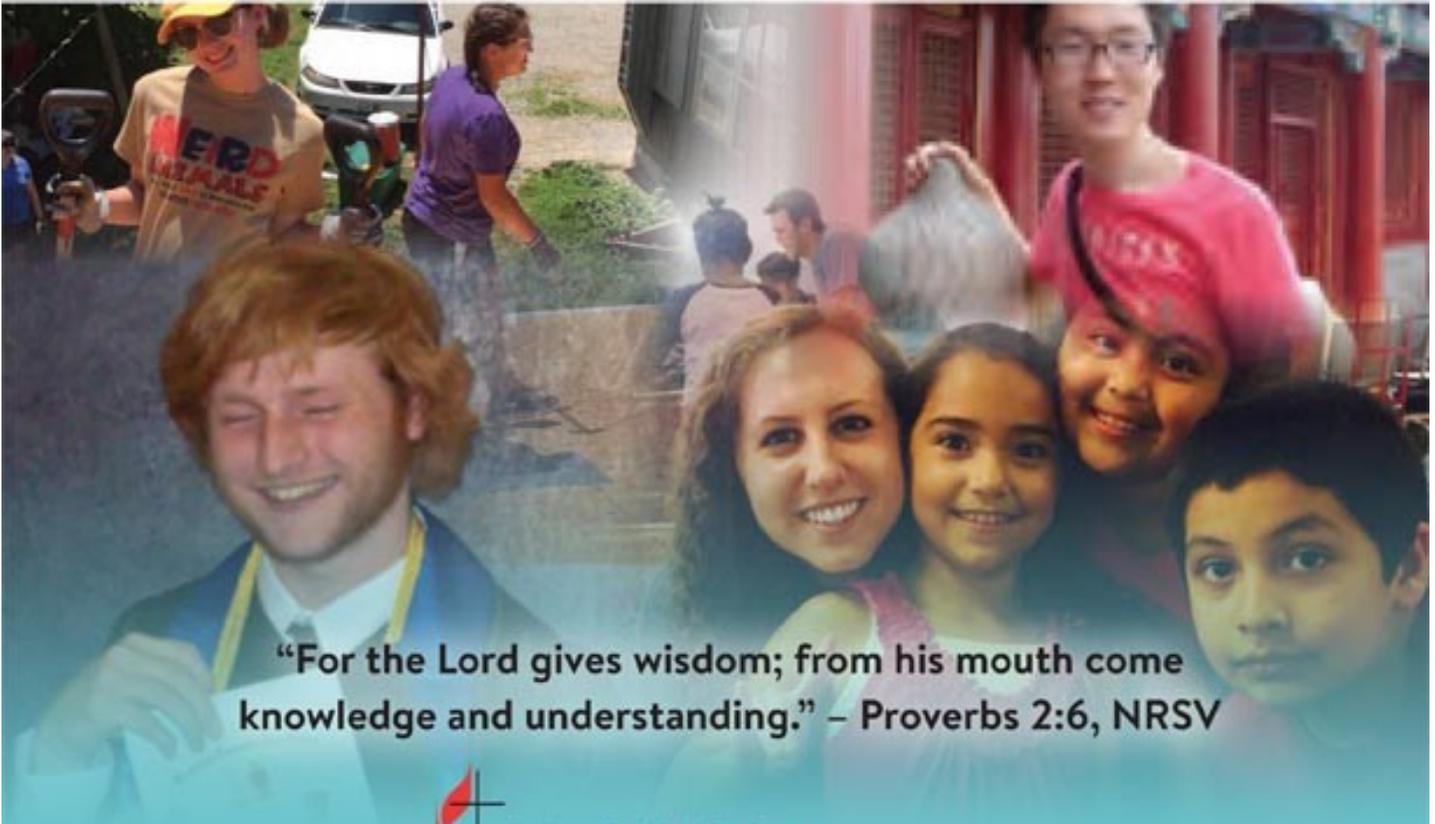
"Hale's domestic holiday has been pretty static even through periods of social upheaval and gender-role transformation," said Anne Wills, chair and professor of religious studies at Davidson College in

*concludes on page 10*



# SCHOLARSHIPS

United Methodist Student Day



**“For the Lord gives wisdom; from his mouth come knowledge and understanding.” – Proverbs 2:6, NRSV**



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GIVE TO SCHOLARSHIPS AT [WWW.UMCGIVING.ORG/GIVEUMSD](http://WWW.UMCGIVING.ORG/GIVEUMSD)  
MAKE YOUR CHECK PAYABLE TO YOUR LOCAL CHURCH AND DESIGNATE "UMSD."

## US Thanksgiving *from page 8*

Davidson, North Carolina. Wills, whose research interests include American civic myths, said even without the story of “the first Thanksgiving,” something like it would have been invented.

“It’s a very good example of ‘myth,’ since the story we tell is so incommensurate with what facts we know,” Wills said by email.

“We need Thanksgiving to feel both blessed and generous, even if our day-to-day experience and/or actions don’t match those feelings.” ❖

From UM News, Nov. 19, 2020 (updated for 2021).



# NOVEMBER

## Birthdays & Anniversaries

11/1	Isileli Fakalata, Jr.	11/20	Mina Kiringoda
11/2	Amiyah Huston	11/21	Gladys Kalas
11/3	Paula McKinney	11/21	Lena Duncan
11/4	Blair Helu	11/22	Joseph Rahn
11/7	Alicia Breen	11/22	Alex Riley
11/8	Rick Branner	11/22	Raymond Bailon
11/10	Michele Conway	11/23	Brynn Iglehart
11/10	Linda Grossman	11/24	David Blackburn, Jr.
11/10	Justin Fung	11/25	Jerry Johnson
11/10	Annie King	11/25	Caryn Cranston
11/12	John Pencavel	11/27	Alice Loughry
11/12	Jacob Morris	11/30	Margaret Blackburn
11/15	Ron Fredlund		
11/16	Michael Riley	11/1/2001	Janet Nicholls, Bill Nicholls
11/16	John John Kispert		
11/17	Marion Hollar	11/5/1999	Jill Kispert, John Kispert
11/18	Patty Bellardo		
11/18	Steve Hickman	11/11/1989	Lucy Tompkin, Scott Thomas
11/19	Bill Michel, Jr.		
11/20	Sydney Keller	11/30/1963	George Carpenter, Carol Carpenter
11/20	Kevin Keller		

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)

September 2021 Income and Expense Summary FINAL	September 2021 Actual	Actual YTD 2021	Budget YTD 2021	Budget Annual 2021
Income				
Total Member Giving	25,718	277,537	302,000	409,000
Total Income All Other Sources	7,693	136,329	146,525	197,800
	33,411	413,866	448,525	606,800
Expenses				
Conference Tithe	3,261	33,549	39,000	54,000
Council on Ministries	518	12,333	27,480	38,930
Staff Parish Relations	27,503	258,886	292,522	394,860
Office and Finance	2,238	12,377	14,706	19,975
Board of Trustees	12,919	112,363	119,666	158,582
Total Expenses	46,439	429,508	493,374	666,347
Excess (Deficit) of Income over Expense	-13,028	-15,642	-44,849	-59,547



- 2 SPRC, 7 p.m.
- 7 All Saints Day, including communion. Bring memorial photos to church.  
**Daylight Savings Time** ends (fall back)
- 9 Trustees, 7:30 p.m.
- 11 Worship Planning Team, 5 p.m.
- 14 Stewardship Pledge Sunday
- 16 Finance, 7:30 p.m.
- 20 **Insights deadline** for December-January issue
- 23 Church Council, 7 p.m.
- 24 Thanksgiving
- 28 First Sunday of Advent  
United Methodist Student Day, special offering

### For laughs (or groans!) around your table

Knock knock. Who's there? Arthur.  
Arthur who? Arthur any leftovers?

Why was the Thanksgiving soup so expensive?  
It had 24 carrots.

If you use boxed mashed potatoes ...  
... Great-Grandma will turn over in her gravy.

My family said, "No more Thanksgiving jokes." ...  
... but I said I couldn't just quit cold turkey.

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!



## WEEKLY SCHEDULE

→ In-person worship has resumed on Sunday mornings, but many activities are still online via Zoom. Please check in advance.

→ 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, in-person in the sanctuary.  
**Proof of vaccination or exemption is required.**  
**Wearing masks is required.**  
Worship is also live streamed. Find links at: [firstpaloalto.com](http://firstpaloalto.com)  
Coffee & Chat, after worship
- 9:00 a.m. 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

- 7 p.m. Upstream Bible Study and Contemporary Worship Service

### Thursdays

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

### Information for the next edition of the Insights newsletter is due November 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

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**Next INSIGHTS deadline: Nov. 20**

