



Holy Week

Palm Sunday, April 10

Maundy Thursday, April 14

Good Friday, April 15

Easter, April 17

April Activities

The **Easter Breakfast** returns this year. Join your church family and friends for breakfast before worship on Easter morning. See page 3 for details and how you can help.

Bring the children in your life to the **Easter Egg Hunt** on Saturday, April 16. More information on page 3.

Confirmation classes for youth have begun but it's not too late to sign up. Find out how on page 2.

Great Decisions continues to meet on Zoom, Sunday evenings. Details on page 2.

Is the UMC Active in Ukraine?

The majority of the Ukrainian population—more than 40 million people—is affiliated with Eastern Orthodox Christianity, through both the Russian Orthodox Church and the Ukrainian Orthodox Church. Roman Catholics, Muslims, Jews, and Protestants are a small minority of the population.

The United Methodist Church (UMC) expanded in Eastern Europe following the collapse of the Soviet Union in 1989. New United Methodist congregations and student ministries emerged, assisted by missionaries, mission volunteers, and teams.

Although Ukraine declared its independence from Russia in 1991, relations have not been easy. In 2014, for example, Russia seized and annexed Crimea, resulting in the loss of five Ukrainian UMC congregations which were transferred to the South Russia Annual Conference.

Now there are 10 United Methodist Churches in Ukraine, strategically located in larger cities, with a combined membership of approximately 500 people. The Ukrainian-Moldova Provisional Annual Conference is part of the Eurasia Episcopal Area, which includes seven nations: Ukraine, Moldova, Russia, Belarus, Kazakhstan, Kyrgyzstan, and Uzbekistan.

There are three other episcopal areas in Europe: Central and Southern Europe Area, German Area, and Nordic and Baltic Area. All of these episcopal areas are welcoming refugees from Ukraine.

UMCOR's work in Ukraine is being funded with gifts to Advance #982450, International Disaster Response and Recovery. Grants for immediate relief have been given to United Methodist partners in Ukraine as well as neighboring nations—Poland, Hungary, Romania, and Slovakia—to support those who remain in Ukraine as well as those who have fled the violence. In addition, grants are being awarded to partners like ACT Alliance, a global faith-based coalition working in 120 countries around the world. These grants are providing humanitarian assistance in the form of food, water, clothing, shelter, and other necessary supplies.

continued on page 6



Confirmation classes began March 22, but it's not too late to join the group. Please contact Pastor G as soon as possible! (Find contact information below.) Classes meet on Tuesdays from 5 to 6 p.m. through May 31.

Confirmation is an important time in the life of a youth. It is the time when they choose to acknowledge their faith in the Triune God and claim the faith for themselves. Our confirmation program is designed to pull together the essentials of the Christian faith.

The confirmation program is for kids aged 11 to 17. For now, classes are held on Zoom. All are welcome. Please contact me, Pastor G, before April 19 for registration: cyfministries@firstpaloalto.com or on my cellphone 650-387-9174. ❖

A Message from "Our" Missionary, Katherine Parker

Register at umcmission.org/sim-2/ to join me



April 7 at 9 a.m. PDT for a Zoom overview of the ministry of the United Mission

to Nepal. This is part of the #StillinMission series organized by UMC Global Ministries. You'll also get to hear a bit from my mission colleagues serving in Angola, Switzerland, and Central African Republic.

I'm excited to keep connected with you. Thank you for your ongoing prayer and support. ❖

Like a great waterwheel, the liturgical year goes on relentlessly irrigating our souls, softening the ground of our hearts, nourishing the soil of our lives until the seed of the Word of God itself begins to grow in us, comes to fruit in us, ripens in us the spiritual journey of a lifetime.

—Joan Chittister



More Great Decisions

The 2022 series continues in April, presented via Zoom. Discussions are held from 7:00 to 8:30 p.m. If you have not already registered, contact Lou Bellardo (lou@bellardo.com) or follow the instructions on the First Church website. When you register, you will receive the Zoom link good for all sessions.

April 3: Industrial Policy. The current discussion of industrial policy in the United States is not simply about whether or not to support specific companies or industries, but about trust or mistrust of the government and its ability to manage the economy and deal with a rising China. The upheaval in supply chains during the pandemic exposed weaknesses in the international economy. What policies can the United States implement to deal with trade and the economy? by Jonathan Chanis. The discussion will be led by Tom Fingar. Fingar is a Shorenstein APARC fellow at Stanford and a former Assistant Secretary of State and Deputy Director of National Intelligence.

April 10: Outer Space. The launch of Sputnik 1 in October 1957 marked the beginning of the space era and of the space race between the United States and the Soviet Union. In the 21st century, there are many more participants in space, including countries such as India and China, and commercial companies such as SpaceX. How will the United States fare in a crowded outer space? by Eric Berger. The discussion will be led by Jay Santee. Santee is a retired Air Force Major General and vice president for Strategic Space Operations at Aerospace Corporation.

April 24: Drug Policy in Latin America. The issue of migration to the United States from Latin America has overshadowed the war on drugs, which has been underway for decades with little signs of progress. What are the roots and the bureaucratic logic behind today's dominant drug policies in Latin America? Is it time to reconsider punitive drug policies that disrupt supply chains and punish drug possession? by Mónica Serrano. Discussion leader not yet confirmed. ❖



The Return of the Easter Breakfast

Celebrate Easter morning Sunday, April 17, at FUMC!

Enjoy breakfast with friends and family
8:30-10:30 before Easter worship at 10:45.

Check your Friday e-news for more details.

Can you help by donating food or helping to serve?

Contact Pamela Cutkosky at

pamelareasner@yahoo.com or 650-328-5208.



Join the Fun at the Easter Egg Hunt

You are invited to bring your children, grandchildren, neighbors, friends to the Easter Egg Hunt at the church Saturday, April 16, from 10 a.m. to 12 p.m.

We will have additional activities for the children such as rock painting, bubble soap, and coloring activities about Jesus' healings in preparation for Easter. Each child will receive an Easter treat bag.

Don't miss this great event! See you Saturday, April 16.



CONCERT NOTES

Beethoven 7th Symphony and More

San Francisco Chamber Orchestra performs at 7:30 p.m., Saturday, April 23, in our sanctuary.

The concert includes concert master Robin Sharp performing Vaughan-Williams' rapturous "The Lark Ascending." The world premiere of Michael Gilbertson's "Denial," a commissioned premiere about climate change, will feature choral ensembles Volti and the Piedmont East Bay Children's Choir. "The Fire Cycle" (Woolner) and "Earth Song" (Ticheli) will also be performed. The program ends with one of Beethoven's most exciting symphonies, his turbo-charged seventh.

Admission is free, so come early to find your place in line. Sponsors can enter first and sit in the reserved section in front. Vaccination and masks are required. See details at thesfco.org. ❖



United Women in Faith (formerly United Methodist Women, see page 4) is sending handmade Easter cards to bring cheer to members who are unable to attend worship and Easter activities in person.

Spring Books for Young Readers



by Charlotte Cutkosky

Hello First Palo Alto readers! We've got a whole basketful of Easter and spring-themed books for young readers, both board and picture books.

In *Up in the Garden and Down in the Dirt* by Kate Messner, illustrated by Christopher Silas Neal, a girl describes her springtime work in the garden juxtaposed against everything that's going on below-ground, from the worms in the soil to the family's pet chickens, that eat pests and produce manure to nourish the garden. It's a gentle book that not only gets kids excited about gardening, but emphasizes the importance of every creature, no matter how small, in the natural world.

Springtime Is ... by Leah Vis offers suggestions of outdoor springtime activities, like cloud-watching and making daisy chains, and presents abstract, symbolic concepts like "waking up" and "learning something new" along with the natural world.

Other books include *If You Plant a Seed*, a board book by Kadir Nelson, *Goodbye Winter, Hello Spring* by Kenard Pak, and Jan Brett's Easter classic *The Easter Egg*, in which a young rabbit hopes to impress the Easter Bunny by finding the most beautiful Easter egg.

Happy reading First Palo Alto, and happy spring! ❖

Big News

United Methodist Women Is Now *United Women in Faith*

by Tara Barnes, Editor, *response*

"We've taken a new name to better reflect how we answer our calling today. It's an exhilarating time, as we commit to even greater inclusivity, action, and impact. We remain women of passion and power, united by God's love in our mission to support women, children, and youth.

"The move is part of a refreshing of the organization that includes a new logo and a new website (uwfaith.org). The



United
Women
in Faith

organization announced the new operating name in the March-April edition of *response*, the magazine of women in mission.

"When it's time for something to change, hope emerges. Hope emerges among new movements and ideas and voices. Hope emerges because God is with us.

When it's time to make a change, fear, worry, and sadness also emerge. Just because the way things are is no longer the way things should be doesn't mean change is easy. No leap of faith can happen without some mourning. United Methodist Women is taking a big leap of faith this year—one that is the fruit of many years of listening and discernment, but a big leap nonetheless. A new look. New and innovated programs and resources. A bold belief that we can better nurture members and welcome many more women into our movement.

"Our legacy is hope. We've been called many different names in many different denominations over the 152 years of Methodist and Evangelical United Brethren women organizing to uplift women and children. We've changed as the world and church has changed. The world is changing, and our church is again changing. We are charting our path and believing in a bright future. Your participation in this organization has equipped you to be a faith leader at this time. You are needed.

"John the Baptist joined the prophets in proclaiming change. Jesus told us, "You have heard it said," and followed with "but I say to you." As we learn in Mark 1, Jesus knew the time was right for change, and he put together the right team. United Methodist Women, listen. Lead. Leap. Let hope emerge." ❖



Welcoming Newcomers As a Caring Church

Returning to in-person worship—hopefully, for good—means once again welcoming visitors and newcomers to our services. It may also mean dusting off some interpersonal skills we haven't been able to practice much in two years.

Remember that when you start a conversation with a visitor, the goal is to

show that we are a caring Christian community. “The Average Churchman” says: “The goal of asking another person questions is not to force an answer. It is to demonstrate care, love and an interest in that person.”

Sometimes we feel we need to “sell” our church by telling a visitor about every program or by introducing them to as many people as possible their first time worshiping with us. This can be overwhelming. And, do either of those approaches say, “I care about you and I’m glad you’re here”?

You can start conversations at church just like you would at work or school or a party. You are just meeting people, welcoming them to our community, getting to know them a little, sharing something of yourself.

After two pandemic years, and with masks on, you may not recognize who is a newcomer. You could even be mistaken for a newcomer! But perhaps the pandemic makes it easier to take the risk of starting a conversation with someone who does not look familiar.

Here are some suggestions for “conversation starters”:

First, introduce yourself! Even if you have your name tag on.

Hi. My name is ... What’s yours?

Hi. I don't think I know you. I’m ...

Share something personal and relatable

We’re/I’m so glad to be back worshiping in person.

Have you been able to get out more and do more things?

Express a personal interest

How was your week?

Are you new to the area?

What kind of work do you do?

Invite

There are snacks and coffee on the patio. Would you like to join me?

Be helpful

What brought you to our church?

Can I answer any questions for you?

Find a personal connection

Do you already know someone at our church? (The primary reason people visit a church is because someone invited them.)

Remember the goal is to show care for the person and make them feel welcome at FUMC.

Happy conversing!

Send your feedback to sprc@firstpaloalto.com or contact any member of SPRC.

Submitted by Pamela Cutkosky, SPRC Chair

Sources: crosswalk.com, theaveragechurchman.com, members of FUMCPA ❖

Tonga Update

Tonga received worldwide aid after the massive volcanic eruption and tsunami in January. But the need for aid is ongoing.

The UMC California-Pacific Conference has formed a Tongan Relief Task Force that will participate in collaborative relief efforts with support from UMC members and congregations.

Checks payable to California-Pacific Conference with memo “Tongan Relief,” can be mailed to: Cal-Pac Conference, P.O. Box 6006, Pasadena, CA 91102-6006 or make donations online at calpacumc.org/tonganrelief/. ❖



I Am Heartbroken for the Ukrainian Children

by Rick Santos, President and CEO, Church World Service (CWS)

In this photo, Antonia* (10) is holding Galyna* (3) at an aid station at the Ukrainian-Hungarian border on March 2. Antonia came with her family from near the Crimean Peninsula. She brought with her one toy and a coloring book which she already gave to another girl who had no toys with her. The girls received aid at a shelter where CWS's ACT Alliance partner, Hungarian Interchurch Aid, is assisting Ukrainian refugees.

Recently, CWS deployed a small team of experts to Moldova and Romania to assess the situation on the ground and the growing needs of Ukrainians fleeing the violence. The CWS team is meeting with local,

national, and international partners in the region and across Europe to determine next steps in the response. While more details will be determined in the days ahead, I anticipate that our expertise in child protection may be needed. CWS has a long history of working with families and to protect displaced children in Europe and around the world, and the need is great—89% of the Ukrainian refugees crossing into Moldova, for example, are women and children.

In addition to child protection, our team is identifying other opportunities to aid Ukrainians and the local communities who receive them. Support may be needed in the areas of mental health and psychosocial support, food, shelter, livelihoods, water, sanitation, and cash assistance. All options are on the table. I am grateful for everyone who has donated so far. The road to recovery will be long, but with your help, we can continue to stand with Ukrainians.

In all things, we are grateful for your continued prayers—both for CWS staff in the region and, most especially, for the innocent families and children caught in the middle of this terror.

- Donate to the [CWS Ukraine Crisis Response Fund](#).
- Advocate for Ukrainians, calling on the U.S. Congress to uphold critical protections.
- Set up a fundraiser to benefit migrants and refugees in Eastern Europe.
- Walk in solidarity with Ukrainian refugees. Join [CWS National CROP Hunger Walk for Ukraine](#), April 22.

*Names changed ❖

Ukraine from page 1

We are in continuous dialogue with UMC entities and other partners throughout Europe to identify additional ways UMCOR might assist. The situation in Eastern Europe is evolving and Global Ministries and UMCOR will continue to respond in the months and years ahead.

Gifts can be made to UMCOR in the following ways:

- Online at umcmission.org/advance-project/982450
- By telephone, toll-free: 1-888-252-6174
- By check made out to Global Ministries/UMCOR with “Advance #982450-Ukraine” written in the memo and given to any United Methodist Church.

Source: umcmission.org/umcor/faq-the-crisis-in-ukraine/ ❖



Happy Earth Day! Earth Week! Earth Month!

by Nancy Olson

Oh, if we could just realize that every day is Earth Day! Every morning I thank God for the new day of opportunity and for the wondrous gift of this earth. Awesome gift—awesome responsibility!

Recycling is good, but we need to move beyond recycling to reducing, reusing, and repairing. Which, in a way is moving backward to my childhood where we lived by the motto: “Use it up, wear it out. Make it do or do without.”

Here are a few examples of products and practices that reduce packaging and disposable waste caused by common, everyday activities. There’s something for every budget and lifestyle. Making even one change will add up to big results—which action will you start with?

- Simplify life with everyday products that reduce or eliminate packaging: shampoo bars, laundry detergent strips, toothpaste tablets.
- Choose retailers that offer refillable or returnable packaging: personal care products, groceries, cleaning products
- Replace disposable with durable, reusable alternatives: beeswax wraps, washable fabric snack and sandwich bags, silicone zip bags, wool dryer balls, reusable wipes and cleaning pads.
- Reuse your own bottle and make homemade cleaning products. (See Chemistry Lessons.*) Using vinegar, lemon, baking soda, and borax reduces waste and toxics in your home.

Visit www.cityofpaloalto.org/zwliving for more information and ideas.

*Chemistry Lessons

The American Lung Association recommends that you read the labels on your home cleaning products to minimize potential irritants and to protect yourself from combining ingredients that could be harmful.

Here is a list of combinations to AVOID, and why!

Bleach + Vinegar = Chlorine gas. This can lead to coughing, breathing problems, burning and watery eyes. Chlorine gas and water also combine to make hydrochloric and hypochlorous acids.

Bleach + Rubbing alcohol = Chloroform. A highly toxic combination!

Bleach + Ammonia = Chloramine. This can cause shortness of breath and chest pain.

Hydrogen peroxide + Vinegar = A combination that is not harmful to your health, but it can be highly corrosive to surfaces.

You do not need to avoid cleaners that contain the above mixtures in a single product, it is just important to avoid using multiple products that may combine the above. For instance, if you use multiple products to clean your bathroom, be sure NOT to use a bleach-based cleaner on your tub and an ammonia product for your toilet. Using both in a closed-in space could create toxic gases and be very harmful.

A safer cleaning alternative, warm water and soap, often will do the trick. For deeper cleaning, baking soda is good for scrubbing. Vinegar is a natural disinfectant and is very good for killing bacteria. Diluted hydrogen peroxide (3%) can be used as a bleach alternative.

What You Do Matters

I have probably made your eyes water by now, so will just add that there are many large and small ways we can reduce our carbon footprint. The most important of all is just to be *aware* that our choices and actions have a direct impact on our earth.

Happy Earth Day—
today and
tomorrow
and ❖





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

APRIL Birthdays

- 4.2 Andrew Owen
- 4.3 Warren Yowell
- 4.3 Vickie Wolfenbarger
- 4.5 Meg Ferguson
- 4.5 Marty Crayton
- 4.6 Hope Crockett
- 4.6 Valorie Hamacheck
- 4.7 Susan Harris
- 4.8 Melvin Atterberry
- 4.8 Daniel Fifita
- 4.8 James Thomas
- 4.8 Joe Murray
- 4.9 Philip Salisbury
- 4.9 Blair Crangle-Hall
- 4.9 Sean Huston
- 4.10 Angela Shaw
- 4.11 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

APRIL Anniversaries

- 4.30.1989 Dan Conway, Michele Conway
- 4.11.1992 Caroline Bowker, Charles Bliss
- 4.24.1994 Alicia Breen, Tim Breen
- 4.15.1995 Mark Iglehart, Brynn Iglehart
- 4.16.2016 Sara Kwon, Ruwan Kirigoda

February 2022 DRAFT Income and Expense Summary	February 2022 Actual	Actual YTD 2022	Budget YTD 2022	Budget Annual 2022
Income				
Total Member Giving	24691	148389	36,075	311,588
Total Income All Other Sources	8357	16902	21,683	231,800
	33,048	165,291	57,758	543,388
Conference Tithe	3,135	16,048	14,413	48,000
Council on Ministries	859	859	8,733	56,670
Staff Parish Relations	27,111	55,312	67,312	401,378
Office and Finance	1,378	2,415	3,708	24,250
Board of Trustees	8,797	27,078	43,423	203,500
Total Expenses	41,280	101,712	137,589	733,798
Excess (Deficit) of Income over Expense	-8,232	63,578	-79,832	-190,410



WEEKLY SCHEDULE

→ In-person worship has resumed. Worship also will be live streamed. **Vaccination and face masks are required in person.** All other activities continue online via Zoom, unless noted.

→ The church office is open, but the doors are 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

9 a.m. Women's Lectionary Study
 9 a.m. Children's Sunday School
 10:45 a.m. Worship, in person or live streamed.
 Check firstpaloalto.com
 or Friday e-news for the link.
 Coffee & Chat, after worship

Mondays

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

Tuesdays

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

Wednesdays

Noon Community Affairs discussion
 7 p.m. Upstream Bible Study and
 Contemporary Worship Service

Thursdays

Noon Community Chats & Check In
 7:30 p.m. Chancel Choir

- 3 Great Decisions, 7 p.m.
- 5 Confirmation Class, 5 p.m.
SPRC, 7 p.m.
- 6 Inspiring You to Rest meditation, 9 p.m.
(phone)
- 10 **Palm Sunday.** Holy Week begins.
Great Decisions, 7 p.m.
- 12 Confirmation Class, 5 p.m.
Trustees, 7:30 p.m.
- 13 Inspiring You to Rest meditation, 9 p.m.
(phone)
- 15 **Good Friday**
- 16 Easter Egg Hunt, 10 a.m.–noon (in person)
- 17 **Easter**
Breakfast 8:30–10:30 a.m. (in person)
- 19 Confirmation Class, 5 p.m.
Finance, 7:30 p.m.
- 20 **Insights deadline for April issue**
- 23 Connection Café, noon (in person)
San Francisco Chamber Orchestra, free concert,
7:30 p.m. (in person)
- 24 Great Decisions, 7 p.m.
- 26 Confirmation Class, 5 p.m.
Church Council, 7:30 p.m.

Information for the next issue 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 or bring them to the church office. Thank you!

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!



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UNITED METHODIST CHURCH

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

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Next INSIGHTS deadline: April 20

