



## Soup's On: Stirring Up Fellowship Oct. 1

The hospitality team is planning our traditional soup and bread lunch after worship on World Communion Sunday, Oct. 1. We want you to plan on staying after worship for this delicious chance to be in fellowship together.

Can you contribute a pot of soup? We need eight.  
Cookies? We need about eight dozen.  
Can you contribute a loaf of sliced bread or rolls? Can you help serve? We need you!



Please contact Seasonal Events Coordinator Pam Cutkosky at [pamelareasner@yahoo.com](mailto:pamelareasner@yahoo.com) or 650-328-5208 if you can help with this event.

During worship Oct. 1, we will join other denominations and believers worldwide in communion to recognize our unity in Jesus Christ.

On World Communion Sunday, the UMC collects a special offering which supports racial and ethnic scholarships for students pursuing ministry and leadership training in the U.S. and around the world. ❖

## Rally Day Is September 10— Our Church-Wide Start of Fall

With Rally Day on Sunday, Sept. 10, we launch a new Sunday School year for kids, welcome back the Chancel Choir, and re-connect with church ministries, new and old.

**Sunday School** starts at 10 a.m. that day in the Rainbow Room upstairs in the Education Building with Pastor Gerardo. Ours is a one-room Sunday School model for ages 3-11 (preschool through grade 5). This fall we will again use a Cokesbury curriculum. We will tell the stories of God creating the world, of Abraham, Isaac and Jacob. We will read Bible stories, sing songs, and make crafts.

Sunday School meets from 10-10:30 a.m. every Sunday. Register your kids on Rally Day. Questions? See Pastor Gerardo or contact him at [cyfministries@firstpaloalto.com](mailto:cyfministries@firstpaloalto.com).

**Patio fellowship:** Plan to spend extra time on the patio after worship enjoying lunch and fellowship with your church family.

You will also want to visit information tables staffed by various church groups who can tell you about fall programs and events, and about various volunteer opportunities. Find your niche and sign up! Talk to Mike McCartney about Discipleship opportunities, visit Debbie Krueger, our new Hospitality & Nurture Chair, check out the Family Ministries table—just to name a few!

**Committee chairs and group leaders:** If you haven't done so already, please contact Pam Cutkosky to reserve table space and a sign to promote your fall plans and activities. ❖



625 Hamilton Avenue  
Palo Alto, CA 94301-2016

650-323-6167 [info@firstpaloalto.com](mailto:info@firstpaloalto.com)  
[www.FirstPaloAlto.com](http://www.FirstPaloAlto.com)



## The Mystery of the Soul

Dear friends,

Our soul is light, delicate, ephemeral, so much so that it can be difficult at times to see that it even exists. In contrast, our physical selves are quite solid, weighty and intractably held by gravity, so naturally we may believe the body is the only reality for us. The sense of sight, sound, touch and smell and the action of mind are over-ridingly powerful. As a result, other aspects of our awareness or experience, such as soul, can appear distant from this seemingly real, physical moment.

But the real, the true, the genuine is not only what we can perceive physically or sensually. If that were the case, we would be even more like the machines that some futurists predict we are becoming, more cyborg than soul, revealing a greater degree of device with a lesser percentage of incarnation.

Generally, we engage with life through the agency of three essential forms. The physical body (the fully bounded self), the soul (an expansive and less restricted awareness), and finally the spirit (a consciousness with no personal or spatial identity). Soul is the animating life force that lives within and around the physical, an awareness that expands out far beyond the limits of the corporeal self. As a result, the soul has a responsiveness and ability to be conscious at a greater distance, gaining knowledge and experience while without physical structure or boundaries.

The third form is the spirit which is the most mysterious and least structured of all. It is from the great mystery at the heart of the cosmos, from God directly, sent to teach, guide and advocate, to transform us so that we become less stuck in the physical and more fluidly alive in the spiritual. For though we have a solid identity via our bodies, and a finer and more expansive self in our soul, it is the action of the spirit that helps the soul awaken, renewing our often slumbering potentialities.

We often mistake the physical for reality, for all that really counts, and the soul body awareness is seen as imaginary, rather than imaginal. The soul is another way of being, another layer or level of awareness, in concert with the physical not in opposition to it, or instead of it.

Our soul can help us access the spirit and at times the spirit can assist us in finding our soul. The physical can also support this; thus exercise, yoga, hard work and other practices that bring our awareness to a stable present point. In reality, we cannot actually separate these segments—body, soul, spirit—for each are in active relationship all the time. Like our awareness of God, we simply forget or do not understand what they are doing or how they are engaging in us.

Physically, we are not conscious of our heart pumping, our oxygen levels, the amount of active serotonin hormones in our system or the thread of thoughts we hold at a lower level of our awareness. Similarly, we do not track the soul's response to the body experience, the body's response to the soul experience, or how the spirit might, right now, be touching us, bringing new life.

The soul is part of us, similar to the body, yet part of spirit too. It is us yet not us, or perhaps to be more precise, it's who we are beyond our bodies, beyond our egos, and so it's a part we may not recognize. For its boundaries are more fluid, its understanding less personal or ego driven, its awareness more limitless than what we take ourselves to be. In reality, soul is where our earthly self and our Godly self meet and unite.

*continued on page 4*



## Celebrating God’s Abundance With Stewardship

by Julianne Stafford and the Finance Committee  
Photo by Burke Owens

September is a time of harvest and abundance . . . as you might notice when you attend one of the local farmers markets. Tomatoes, stone fruit, sweet corn, and berries fill the farmers markets, and perhaps fill your own garden during this time. As you celebrate God’s abundance in your life, please be in prayer about your plans for stewardship for the coming year. What is God’s vision for your stewardship of that abundance in our church and in the community?

At the end of September, we will kick off our annual stewardship campaign, when we make plans for giving to the church for the coming year. Please give prayerful thought to your plans for giving your time and finances to God’s work at FUMCPA. You will hear more about the campaign during Sunday services in September and October, and also coming to your mail box.

Let’s celebrate God’s abundance and build strong connections with our stewardship of His abundance in the coming year! ❖

### *Rah rah sis boom bah!*

## Join in Church Family Fun at Stanford Game

Family Ministries has a block of tickets for the Stanford football game at 5 p.m. Saturday, Sept. 16, against Sacramento State. Whatever your family size, come join the fun!

If you like football, don’t miss the chance to watch Stanford in possibly their last season in the Pac-12 conference. If you’re indifferent to the game itself, there’s lots to see and do on game day at the stadium.

It’s Cardinal Kids Day, so before the game there are activities and freebies for kids. And we’ll all eat stadium food, boogie to the “Dance Cam,” and shake our pom-poms to cheer on Stanford under new coach Troy Taylor.

Tickets are free to congregation families, but there is a limited number. Reserve yours by contacting either Pastor Gerardo, Director of Children, Youth, and Family Ministries at [cyfministries@firstpaloalto.com](mailto:cyfministries@firstpaloalto.com) or Pam Cutkosky at [pamelareasner@yahoo.com](mailto:pamelareasner@yahoo.com). ❖



## UWF CONNECTIONS

by Nancy Olson

United Women in Faith (UWF) will begin the 2023-2024 Circle year with a salad potluck lunch Thursday, Sept. 21. We will meet in the Patio Room at 11 a.m. for a brief business meeting, followed by lunch and conversation with our special guest **Caroline Owens**. This will be an excellent opportunity to welcome our new pastor’s wife and learn about her favorite hobbies and activities.

We will conclude our meeting by 1:00 p.m. in time for those who wish to attend the weekly Call to Prayer in the Wesley Room.

Please bring a salad to share and join me Sept. 21.



**All women of the church are invited!** ❖

## Join a Meet & Greet

Your Staff Parish Relations Committee has been organizing small-group gatherings—meet & greets—at church members’ homes so the congregation can get to know Pastor Burke and his wife, Caroline. We’ve had seven, and three more are scheduled in September. There’s space for you.

Enjoy food, fellowship, and the chance to tell the Owens your story and what FUMC means to you. Contact Pam Cutkosky at [pamelareasner@yahoo.com](mailto:pamelareasner@yahoo.com) or 650-328-5208 or Carol Kumer at [carolkumer@sbcglobal.net](mailto:carolkumer@sbcglobal.net) or 650-494-0365. They’ll connect you with a meet & greet host. ❖



## September Worship Series

# From Vine to Wine; A Journey of Growth and Realization

The metaphor of the vine has been used for thousands of years to reference the *development* and maturation of a person or a community. The 2023 harvest worship series will bring us through the developmental growth of both vine and vineyard leading to the miracle when grapes turn into wine.

### Pastor's Corner from p. 2

Jesus, and all the great masters, saints and prophets, ask us to be more filled with God and less concerned about our accomplishments, our self-importance, our fears and worries. The soul can help us with this, for the soul is naturally attuned with Jesus' way of being present, compassionate, patient, and kind.

By definition, the soul is fluid, unstuck, boundless, works without conscious direction, brings new and unexpected insights, connects to the spirit and acts as a doorway to our own conscious, mindful understanding. Over time, it brings us to understandings and realizations that are beyond our physical or mental abilities, for it is powered by grace. The soul is a great gift and we are asked to honor it and let its godly awareness transform us to the best of its ability. May this be so for each of us, today and always.

Blessings to you all and thank you for your kindness and hospitality.

—Pastor Burke

The time is surely coming, says the Lord,  
 When the one who plows shall overtake the one who reaps,  
 And the treader of grapes the one who sows the seed;  
 The mountains shall drip sweet wine,  
 And all the hills shall flow with it.

—Amos 9:13

Sept. 3	Holy Communion. Sermon: Roots, Trunk and Stem. Psalm 80: 8-19
Sept. 10	Sermon: Leaf and Flower, Fruit and Veraison. Genesis 40: 2-5, 9-15, 20-23
Sept. 17	Sermon: Harvest and Crush. Matthew 9: 35-38
Sept. 24	Sermon: Juice to Wine: Fermentation. Luke 12: 1-7



Photos by Burke Owens. Page 2: McCloud Upper Falls, August 2023. Page 4: (top) Harvest time in the vineyard; (bottom) Montebello Vineyard, Cupertino



## SPRC Begins Work on Reports for District Superintendent

by Tom Fingar, SPRC Chair

Pam Cutkosky started what we hope will be a continuing practice of using this Insights column to share information that can be shared and solicit input useful to the Staff Parish Relations Committee (SPRC).

If my memory and math are correct, this is my seventh term of service on the Staff Parish Relations Committee (four at First Church and three in our Virginia church), but it is my first time serving as chair of the committee. Despite this experience, I continue to discover new dimensions of SPRC responsibility and welcome any help you want to give me. Please don't assume that I know everything that I should know to serve you and our church community in this position.

It is probably a safe bet to say that members heading or serving on other committees would be equally open to advice and suggestions. No one wants to be told what to do, but neither does anyone want to miss or misunderstand problems and opportunities within our purview. We cannot fix problems we don't know about, and we cannot act on good ideas that have not been shared with us. I cannot promise to do what you want me to, but I will listen and see what more I can learn or do.

A friend in Virginia described the SPRC as the Roach Motel of church committees because information goes in but seldom comes out. There is a reason for that. SPRC responsibilities include protection of sensitive personal, administrative, and legal information, and those serving on the committee are enjoined by the Book of Discipline and California law to maintain strict confidentiality on many matters. I don't think any of us on the committee enjoy being secretive, but we understand the need for confidentiality.

As we move into fall, SPRC will begin working on several reports for the District Superintendent. Most request factual data that we obtain from other committees, but some require dialog with the Senior Pastor and other staff about plans and priorities in the coming year and beyond. This is more than a bureaucratic chore, it is also a valuable opportunity to reflect on our strengths, weaknesses, and aspirations as a church community.

In anticipation of this annual process, I encourage you to begin thinking about what you want our church to be and to do, and to convey your ideas to Pastor Burke, Pastor Gerardo, Mark Shaull, and to me and others on SPRC. Ideas can and should be shared with other committees, but SPRC is the focal point for this bureaucratic undertaking and we are happy to use it as a catalyst to elicit and integrate the ideas of our church family. ❖

## New Dates, Location Set for Jurisdictional Trial of Bishop Carcaño

Presiding Officer Bishop Alfred Gwinn has announced that the jurisdictional trial in which Bishop Minerva Carcaño is Respondent will be held in the North Central Jurisdiction of The United Methodist Church.

Bishop Frank Beard, President of the North Central Jurisdictional College of Bishops, said the trial will take place at Wespeth Benefits and Investments headquarters in the Chicago suburb of Glenview, Illinois. He will assist all active North Central jurisdictional bishops in selecting approximately 50 jurors from throughout the jurisdiction.

The trial will begin Sept. 19, 2023 as agreed upon by all involved parties, and will continue for four days. ❖



The cross in the Byron St. parking lot got a fresh coat of paint in August. Photo by Susan Stephens



## Find Sports Fiction for Kids in the Church Library

by Char Cutkosky

Start off the school year with some sporty reads, recommended in the New York Times book review by kids, for kids.

*Baseball Genius* by NFL defensive Tim Green and baseball World Series winner Derek Jeter follows preteen Jalen, whose family is struggling financially and unable to support his baseball playing. When Jalen attempts to steal signed baseballs from famed second baseman James Yager, Yager catches him, but discovers Jalen has a hidden talent for analyzing pitches—and for sniffing out the treachery of his team’s current manager.

*The Comeback* by E.L. Shen is set in the world of junior figure skating. Twelve-year-old Maxine is a dedicated and brilliant figure skater, but off the rink she’s struggling with anti-Asian racism and bullying at school. When a new girl, Hollie, joins the rink, Maxine first sees her as a rival—but could she be a friend, ally, and supporter instead?

As always, happy reading FUMCPA!

## Discipleship Opportunities

by Mike McCartney,  
Discipleship Chair

Habitat for Humanity will have monthly work days at their Walnut Creek multi-family construction project on the following Saturdays: Sept. 23, Oct. 28, Nov. 11, Dec. 12.

Rebuilding Together Silicon Valley will be painting low-income homes and mobile homes at multiple locations in Silicon Valley on Saturday, Oct. 28.

Note that these activities all require that we schedule in advance. If you would like to participate, contact me after church on Sundays, or call or email (510-299-3161, [mfmccartney550@cs.com](mailto:mfmccartney550@cs.com)).

Be sure to stop by the Discipleship information table on the patio after worship Sept. 10, Rally Day, to learn more. ❖

## SUPPORT FOR MAUI

An UMCOR grant is providing food, water, hygiene items and tools to help survivors recover belongings. As first responders continue to provide initial aid, join us in prayer and support for the people of Maui in the aftermath of wildfires.

Support relief and recovery efforts  
by donating to UMCOR.



Donations can be made to UMCOR or to the California-Pacific Conference which is aiding in relief efforts. Find details at

- <https://umcmission.org/advance-project/901670/>  
Select Hawaii Relief from the drop-down menu.
- <https://www.calpacumc.org/lahainarelief/>

# Proposed Addition to Our Communion Elements



by Pastor Burke Owens

Each first Sunday of the month we offer holy communion as part of worship. By bringing the gifts of bread and cup to one another, we remember Jesus's great gift to creation, and rejoice as we are brought closer to Christ through the elements. I would like to bring something new to our holy act of remembrance by adding wine to the juice and bread we already offer as elements. Along with bread, wine is the original blessed sacrament, with juice arriving more recently in the last 150 years with improved technology and the rise of prohibition.

Being fully aware that juice is preferred by many for good and proper reasons, it is not to be a question of one or the other, but rather a choice of two options. As has been the case in my past appointments, wine and juice would be offered at communion so that each person may choose what is the best for them. Just as we currently offer bread or a gluten free option so that everyone can take part in communion, no matter their health, belief, tradition, or requirement.

I look forward to hearing from everyone about this proposed change and so ask that you let me know your response. The process to make this change would be to determine how the congregation feels about it, by considering and discussing it with each other, ensuring everyone has an opportunity to speak and share. If this proposed change is seen as viable and acceptable by the church, it will then be brought to the Trustees as a motion to be approved or not, by vote of the committee. Please let me know your thoughts, questions, and concerns. I look forward to hearing from you and sharing our thoughts and feelings together. ❖

## October Poetry Salon

I am a great lover of poetry, especially of mystical poetry from religious traditions around the world. Previously, I have presented poetry salons where various poets' work is read, interspersed with live music, creating a sacred space where the spirit can move and inspire us. I will look forward to sharing this with any who are interested sometime in October. More information to come soon!

—Pastor Burke

Mt. Shasta from Heart Lake trail, August 2023.

Photo by Burke Owens



## Mark Your Calendars for a Spooktacular Event in October

We're excited to invite everyone in our community to our annual Trunk and Treat event Oct. 29 from 4:30–6:00 p.m.

Whether you're young or young at heart, plan to come dressed in your favorite costume and enjoy a fun-filled evening of treats, laughter, and community spirit!

### A Special Invitation to Our Congregation:

We are looking for generous souls willing to donate their car's trunks for this event. It's a wonderful opportunity to get involved, decorate your trunk, and be a part of the joy as children go from car to car collecting treats.



To learn more or to register your trunk, email Pastor G: [cyfministries@firstpaloalto.com](mailto:cyfministries@firstpaloalto.com)

❖

## Death of Bishop Melvin G. Talbert

by Kristin Caldwell, Western Jurisdiction UMC News (excerpted)

Bishop Melvin George Talbert, a retired bishop of The United Methodist Church, died Aug. 3, 2023.

Bishop Talbert was elected to the episcopacy by the Western Jurisdictional Conference of The United Methodist Church in 1980 and assigned to the Seattle Area. He was assigned to the San Francisco Area in 1988, where he retired Aug. 31, 2000.

Bishop Talbert was born on June 14, 1934, in Clinton, Louisiana. He was one of seven children of sharecropper parents, Nettles and Florence (George) Talbert.

He once spent time in jail with the Rev. Dr. Martin Luther King personally, noting that they spent “three nights in jail with him after we were arrested in Atlanta at a sit-in demonstration in 1960. We shared the same jail cell. I got a chance to talk to him and really experience the kind of human being he was. I consider myself a disciple of King. I believe in his commitment to nonviolence and believe that is how we must work in the church. That’s the truest expression of what it means to be Christian.”

According to many mourning his death, Talbert’s legacy was not only in racial justice but also as an early and ardent champion for the full inclusion of LGBTQIA+ people in the life of the church. He was the first bishop within the UMC, retired or active, to perform a gay wedding.

Bishop Karen Oliveto, the first openly-lesbian woman elected to the episcopacy in 2016, expressed her gratitude for the life and ministry of Talbert. Talbert, who once served as her bishop in the California-Nevada Conference, supported Oliveto when she had to appear before the Judicial Council in 2017 because her election was challenged as being against the Book of Discipline.

“I am so grateful for the life and ministry of Bishop Mel Talbert, who has passed into glory. I give thanks for his commitment to a fully inclusive church that was expressed by his pastoral acts and prophetic voice. Our church and my life and ministry are richer because of his presence. I am so very grateful I had the opportunity to serve under his leadership. Well done, good and faithful servant!” —Bishop Karen Oliveto of the Mountain Sky Episcopal Area

Others shared stories about Talbert’s longtime commitment to racial justice and full inclusion within the church.

It was Talbert who coined the phrase “Biblical obedience” when it came to the full inclusion of LGBTQIA+ individuals within the life of the church. Often, scripture had been used to exclude individuals, but he saw it differently.

“In light of the actions taken by the General Conference, the time has come to act and to invite others to join what I’m calling an act of Biblical obedience,” Talbert said at the end of the 2012 General Conference. “You see, we, too, have the good book on our side—our Biblical marching orders.”

Even those who hadn’t known him long or well know of the legacy he leaves behind.



Bishop Talbert officiates at a same sex wedding in Tennessee, 2013. Photo courtesy UMC News

*continued on page 9*



# Help Bridge America's Regional Divides at Sibling Cities Town Halls

by Vicki Veenker

Want to help knit this country back together? Ready to listen with curiosity and empathy to residents of Palo Alto's Sibling City, Bloomington, Indiana? Curious what they think about how to get along, climate action, and race and belonging? Want to share your views and build friendship, trust, and respect across the miles?

Come to a Town Hall where Palo Altans will gather in person and connect by videoconference with residents of Bloomington also gathering in person. Thanks in part to a CEF grant, and co-sponsored by the cities of Palo Alto and Bloomington, these events aim to renew our public square and offer opportunities to discuss tough issues with fellow Americans distant from us.

Sibling Cities USA is hosting three Town Halls:



- Bridging Regional Divides, Sept. 17
- Climate Action, Oct. 8
- Race & Belonging, Nov. 12

All events are from 1–3 p.m. on Sunday afternoons. In Palo Alto, we'll gather at

the Mitchell Park Community Center, 3700 Middlefield Rd., for conversation comparing and contrasting how these issues arise in each of our communities and sharing both concerns and potential solutions.

To register, go to [www.siblingcitiesusa.org/events](http://www.siblingcitiesusa.org/events).

Sibling Cities USA is a non-profit organization that fosters relationships between city pairs using three pillars of Connection: Community, Commerce, and Civil Discourse. Palo Alto and Bloomington have engaged in numerous joint activities over the last year to get to know each other and develop friendship and respect. Join the movement! ❖

## #STILLINMISSION

Are you interested in learning more about United Methodist missionaries? Do you wonder what day-to-day life is like in mission? #STILLINMISSION is a monthly Zoom event where you can hear first-hand experience from missionaries about their call to mission and the communities they serve. Join us to see how missionaries share God's love in partnership with communities around the world. For the Sept. 7 event at 9 a.m. PDT, register [here](#)

## #STILLINMISSION

Join us on Thursday, Sept. 7, 12 p.m. ET  
for conversations with missionaries:

**Dieudonne Kutela Katembo, Angola**  
**Fernando Matsimbe, Tanzania**  
**Lorraine Charinda, DRC**  
**Temba Nkomozepi, Zambia**



## Bishop Talbert *from page 8*

“While I’ve admired Bishop Talbert for years, serving as the interim bishop of the California-Nevada Annual Conference has further deepened my appreciation for his leadership and ministry. He was the episcopal leader for 12 years, and during those critical times in the church—especially related to the full inclusion of all people—he embedded a tone and foundation of ‘all means all’ through his understanding of ‘biblical obedience and ecclesiastical disobedience.’” —Retired Bishop Sally Dyck, Interim bishop for the San Francisco Episcopal Area ❖

## God's Helpers

God's providence is not in baskets lowered from the sky, but through the hands and hearts of those who love him.



The lad without food and without shoes made the proper answer to the cruel-minded woman who asked, "But if God loved you, wouldn't he send you food and shoes?"

The boy replied, "God told someone, but [they] forgot."

—George Buttrick



## Finance Update

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)

July 2023 Income and Expense Summary	July 2023 Actual	Actual YTD 2023	Budget YTD 2023
<b>Income</b>			
Total Member Giving	23,606	213,788	212,573
Total Income All Other Sources	18,899	123,956	116,472
	42,505	337,744	329,045
<b>Expense</b>			
Conference Tithe	4,105	32,907	30,413
Council on Ministries	923	9,541	23,880
Staff Parish Relations	34,588	206,559	246,328
Office and Finance	1,089	9,035	11,804
Board of Trustees	7,962	120,301	129,231
Total Expenses	48,666	378,342	441,656
Excess (Deficit) of Income over Expense	-6,161	-40,598	-112,611

## SEPTEMBER Birthdays

1	Elsa Nimmo
1	Tanya Buxton
2	Caroline Bowker
3	Jill Perry
3	Graeme Crangle-Hall
4	Chuck Roberts
5	Annie Edwards
6	Coral Baglin
6	Annette Rahn
8	Bernice Small
8	Jill Kispert
8	Chad Yoshikawa
11	Stephen Black
12	Kate Newton
14	Will Buxton
15	Richard Schramm
16	Mark Cutkosky
16	Linda Suzuki
19	Jim Gibbons
19	William Hickman
20	Emma Keep
21	Patricia Collman
21	Sally Irizarry
23	Ben Hickman

23	Lino Bailon
26	Sara Salisbury
27	Brian Hamachek
28	Peter Michel
28	Sandra Wilson
28	Karen Paulsen
29	Ellery Price
29	Owen Price
30	Bob Chatfield

## SEPTEMBER Anniversaries

2	Bud & Judy Buttrill, 57 years
4	Rick & Trish Riley, 40 years
6	Patty & Lou Bellardo, 47 years
8	Ann & Michael Reddick, 9 years
14	Chuck Roberts & Tyler Badgley, 3 years
15	Rick & Diane Allen, 43 years
15	Patrick & Coreen Riley, 4 years



## WEEKLY SCHEDULE

→ **Masks are recommended for in-person activities.** Some activities meet online via Zoom, as noted. Hybrid activities can be attended in person or via Zoom.

→ Church office hours are 9 a.m. to 4 p.m. Monday through Friday. Doors are kept locked. Please phone the office or ring the electronic door bell to be admitted. **Masks are recommended.**

- 4 Labor Day  
Church office closed
- 5 SPRC, 7:00 p.m. (Zoom)
- 10 Rally Day, Sunday school resumes at 10:00 a.m.  
Food and fellowship on the patio after worship  
Fellowship Friends, 5:00 p.m.
- 12 Trustees, 7:30 p.m. (Zoom)
- 17 Couples Group resumes after summer break,  
12:15 p.m.
- 19 Finance, 7:30 p.m. (Zoom)
- 20 Insights deadline for October issue
- 21 UWF Salad Potluck, 11:00 a.m.

### Sundays

- 10:00 a.m. Sunday School for ages 3-11
- 10:45 a.m. Worship, in person and live-streamed. Check [firstpaloalto.com](http://firstpaloalto.com) or Friday e-news for the link.
- 11:45 a.m. Snack 'n Chat (after worship)
- 12:15 p.m. Couples Group, alternate Sundays
- 6:00 p.m. Covenant Class (Zoom)

### Mondays

- 7:00 p.m. Social Justice movie discussions (Zoom) See e-news for details.
- 7:00 p.m. Fiume di Musica Rehearsal

### Tuesdays

- 8:50 a.m. Walking Group
- Noon Current Affairs Fellowship (Zoom)

### Wednesdays

- 7:00 p.m. Upstream Contemporary Worship

### Thursdays

- 1:00 p.m. Call to Prayer
- 7:30 p.m. Chancel Choir Rehearsal

Don't forget! World Communion Sunday, with special offering and soup lunch, is Oct. 1.



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 issue of the Insights newsletter is due Sept. 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

First Palo Alto United Methodist Church  
625 Hamilton Avenue  
Palo Alto, CA 94301-2016  
[www.FirstPaloAlto.com](http://www.FirstPaloAlto.com)  
Follow us on Twitter: [@firstpaloalto.com](https://twitter.com/firstpaloalto)

**RETURN SERVICE REQUESTED**

## FIRST PALO ALTO UNITED METHODIST CHURCH

Inside this issue of **INSIGHTS**  
**SEPTEMBER 2023**

- Rally Day, p.1
- Stewardship, p.3
- Football fun, p.3
- Sermon schedule, p.4
- Bishop Carcaño update, p.5
- About communion, p.7

**Next INSIGHTS deadline: Sept. 20**



THE LAND  
YIELDS ITS  
HARVEST;

*God,*  
OUR GOD,  
BLESSES US.

PSALM 67:6