



The Courier

First United Methodist Church of Canoga Park

22700 Sherman Way, West Hills, CA 91307-2396

Church 818.340.2950

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Website: <http://www.umccp.org>

Pastor: eshinpaull@gmail.com

Welcome to First Church where everyone is either our friend or family.

Sunday Worship at 10:00 am

November 2026

Heart to Heart

Thank You Comes First

Dear Church Family,

November is the month we stop and count our blessings. But I want to ask you something: what if gratitude isn't the reward for a good year? What if it's the way we get through a hard one?

In Hebrew, the word for "give thanks" is *yadah*. It's a beautiful word because it carries two meanings. It means to thank, and it also means to acknowledge, even to confess. To give thanks is to say out loud, "This didn't come from me. This came from God."

When Leah gave birth to her fourth son, she said, "This time I will praise the LORD," and she named him Judah (Genesis 29:35). Did you know that the Jewish people take their very name from Judah? A whole people named for thankfulness.

One of Judah's sons was a young man named Daniel. Many of you have walked through his book with me in Sept & October. Remember chapter 6? The king signed a decree. Pray to anyone but the king, and you go to the lions. And what did Daniel do? He went home, opened his windows toward Jerusalem, got down on his knees, and prayed and praised God three times a day, "just as he had done previously" (Daniel 6:10).

Just as he had done previously. Daniel didn't start giving thanks when things went well. He had been giving thanks all along. So when the lions came, gratitude was already in him. It went into the den with him.

Friends, some of us come to this Thanksgiving with a full table. Some of us come with an empty chair. On All Saints Sunday, November 1st, we'll remember those we've lost. Gratitude doesn't pretend the chair isn't empty. It acknowledges. It says, "God, You gave me that person. Thank You."

So here's my invitation for November. Before your feet touch the floor each morning, say two words: Thank You. Make it a habit now, so it's already in you when you need it.

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Pastor

Elaine Shin-Paull

Music Director/ Accompanist

Nathan Stephens

Administrative Assistant

Jyl Lawrence

Sunday School Childcare

Veronica Cabrera

Denise Lenore

Teen Ministry

Dante Wilson

Lay Leader

Roger Johnson

Courier Layout

Sharon Mountford

AV Operators

Bernie Godwin

Preston Simpkin

Michael Mosbe



Resident Bishop

Dottie Escobedo-Frank

North District Superintendent

Rev. Garth Gilliam

Birthdays & Anniversaries

November Birthdays

- 1 Ken Dimmick
- 3 Selina Cho
Tom Roe
Chandra Seeger
- 5 Sharon Mountford
- 9 Denise Lenore
- 10 Perla Mercado
- 12 Edwin Villacisneros
- 18 Elaine Shin-Paull
- 27 Jessica Williams
- 30 Andre Anderson
Midge Herder
Doris Hood

Anniversaries

- 1 Jeanne & Charles Niss
- 20 Janet & Eddy Lauredo

If your birthday or anniversary is not listed, please let us know.



Altar Flowers

- 1 Lori & Ken Dimmick *in honor of Ken's Birthday*
- 8 Michiko & Michael Mosbe
- 15 Gideon Paull
- 22 Sharon Mountford
- 29 Open

Heart to Heart, *Continued from page 1*

Come give thanks with your church family! On **Thanksgiving Sunday, November 22nd**, we'll gather after worship for an all-church potluck. Please sign up for the dish you'll bring and come with your appetite. If your family lives far away, or the holidays feel a little quiet this year, please hear me: **you have a family right here**. We'll save you a seat. And our worship that morning will be filled with the beautiful sound of special music from our strings. You won't want to miss it.

Then, on November 29th, we light the first Advent candle together. A thankful heart is a ready heart.

Happy Thanksgiving, Church Family. I thank God for every one of you.

With love, Rev. Elaine

November Church Calendar

Every Monday Prayer Meeting, Library, 7:30 pm

Meeting ID: 898 8990 4696 — Passcode: 87556

1st Daylight Savings Ends

1st to 22nd **Advent Project** for Hope the Mission

Collecting Walmart gift cards for \$25

5, 12, 19th Bible Study, Library 11am-12:30pm

7th Men's Breakfast, 8:30am-10:30am

Frank's Weiler's Deli, 21161 Victory Blvd., Canoga Park

10th Admin Council Meeting – 6:30pm-8:30pm, Library

11th Veterans' Day

17th Outreach Meeting, 2:00pm, Library

22nd Thanksgiving Sunday – Potluck after service

28th Hanging of the Greens, 12:30pm-2:00pm

Kind Hearts are the Garden

Kind thoughts are the roots,

Kind words are the flowers,

Kind deeds are the fruits.

Take care of your garden

And keep out the weeds,

Fill it with sunshine,

Kind words, and Kind deeds.

Henry Wadsworth Longfellow

If you would like to provide altar flowers on a given Sunday, in honor or memory of someone, please contact Mary Mackay, at 818-731-5873



The UWF North District Annual Celebration was held Saturday, September 19, 2026 at Simi Valley UMC, Simi Valley, CA. At this meeting the Quiet Disciples were recognized. Our unit submitted the name of JoAnn Chadwick-Ellis to be honored as our Quiet Disciple. JoAnn has served our church in many capacities over the years. To name a few: Administrative Committee, is the volunteer driver for our members who need transportation to church on Sunday, Fellowship Committee which provides refreshments after church service, Family Life and Stewardship Committees, and the Laura Longman Scholarship Fund Committee.



Anita Parrinello presented JoAnn her certificate from the district on Sunday, October 18.



Our Choir wearing robes and accompanied by Margaret Cates on the flute.



Confirm gatherings before you go.

Bookends

Wednesday, November 18
1:00 pm, in Room 10
Program TBA

Sarah Circle

Thursday, November 12
at 9:15 am for breakfast
at Nico's Restaurant
7166 Shoup Ave,
West Hills,

Faith, Hope & Love

Wednesday, November 11
1:00 pm in the Church
Library.
Program TBA

Find United Women In Faith Online:

1. United Women in Faith Website – uwfaith.org
2. Online Community – uwfaith.mn.co
3. Facebook – facebook.com/uwomenfaith
4. Twitter – twitter.com/uwomenfaith
5. You Tube – youtube.com/uwomenfaith
6. Flickr – uwfaith.org/flickr



Mark Nagy

was the guest preacher on October 18, speaking about Grateful Living.

The concept of gratitude for a Christian comes from the fact that we are forever grateful for Christ's death on the cross.

One can't help feeling anything but gratitude for that sacrifice which Jesus made for us. Therefore we should make grateful living our way of life. Having a grateful heart and mind, brings us closer to Jesus, as He led a life that was full of gratitude.



Altar set for world-wide Communion Sunday



Fall decoration on the organ

2026 Advent Project

Between November 8th and November 29th, First United Methodist Church of Canoga Park will be collecting monetary donations or \$25 Walmart gift cards as our Advent Project for Hope the Mission Casa de Vida family shelter in Chatsworth.

Congregants may purchase as many gift cards as they choose but we ask that each gift card does not exceed \$25. These will be distributed to the families toward the end of the first week of December so parents can purchase Christmas gifts, clothes, shoes, etc. for their children.

Casa de Vida is a 48-bed, 90-day, family and children crisis shelter located in the West San Fernando Valley that can comfortably house up to 12 families nightly. All programs are staffed 24 hours a day, 7 days a week. Families have access to housing navigation case management, medical and mental health care referrals to outside service providers, parenting classes, and help finding child care and employment. Hope the Mission staff is equipped with special training to care for these vulnerable families mostly headed by single mothers, 60% of whom fall victim to domestic violence.

Checks should be payable to FUMC-CP. In the Memo line, please note Advent Project. Please drop off or mail the gift cards, checks, or money to the church office. You may also bring to the worship service on Sunday.

To learn more about Hope the Mission please visit their website www.hopethemission.org

Outreach Team

Church Directory

Our updated church directory is now available for our church family! If you haven't picked up your copy yet, please do so soon. As it contains contact information for our church family, we ask that you handle it carefully and refrain from sharing it outside our congregation. Thank you for helping us protect one another's privacy!



Be a Part of the Mission!

July 16-24, 2027

Join Nancy and Mike Easterly as they go, love, serve and make a difference in the lives of others through Christ. Mission Trip Details - Accommodations - Costs, Weather, Food, Activities and 'Being Church'.



**FOOD
PANTRY**

West Valley Food Pantry

A donation basket is always in the hallway for your

contributions. Recently requested items were Peanut Butter, no bigger than 16 oz; Canned pop-top chili; Chicken, Tuna, or salmon,—canned, or pouched, Pop-Top; low-sodium soup, & cup noodles; Pasta and Canned Pasta Sauce, no jars, please; Beef, Chicken & Turkey Jerky; and Wipes for babies & adults.

Administrative Committee Reports

Financial Update

We have been hit with another case check fraud on our B of A checking account. It includes four checks for many thousands of dollars. We are working with our bank to ensure we are reimbursed. The 9-month financial statements were reviewed at the October Administrative Committee meeting. The 9-month Profit and Loss statement shows that we are running \$8,400 ahead of budget!

Facility Update

Air Conditioners – we will be installing a screen in front of the new A/C unit that was moved from the roof to the ground in late September. Gardening – we fixed the sprinkler line near the Education Building but now have a similar break, caused by tree roots, under the redwoods that will need repair. After trimming the Sherman Way tree, the city came out and removed the whole tree. Our special event banners are now easy to see!! Our next projects include: 1) cleaning the outside of the stained-glass protective plastic in hopes of brightening them 2) deciding on a tankless or traditional water heater for the sanctuary as the current water heater is not working 3) evaluating quotes on new carpet for the FH Youth Room 1 & 2 so we can rent those rooms and in addition the sanctuary office carpet is being evaluated.

User Group Update

I'm pleased to announce that The Boy Scouts have removed all their dead storage on campus allowing us to move forward with renting Youth Room 1 & 2. We continue to have some problems with doors being left open in the sanctuary buildings and everyone has been notified to check all doors to ensure they are both firmly closed and locked before leaving the facility.

George Grengs

Beware of Scams: Protect Yourself and Each Other

Dear Church Family,

Scammers are getting smarter, and they often target people of faith and our older friends. Please be on guard.

Pastor impersonation scams. Some churches have had members receive emails or texts that look like they're from their pastor, asking for a "quick favor": buying gift cards, sending money, or replying privately. Please know: I will never ask you for gift cards or money by email or text. If you get a message like that with my name on it, it's not me. Don't reply. Call the church office.

Other common scams to watch for:

The "grandparent" call. Someone claims to be your grandchild (or a lawyer or police officer) saying they're in trouble and need money fast. Hang up and call your family member directly.

Fake government calls. Medicare, Social Security, and the IRS will not call you demanding immediate payment or threatening arrest.

Computer pop-ups. A warning says your computer is infected and gives you a number to call. Don't call. Close it and ask someone you trust.

Urgency and secrecy. If anyone pressures you to act right now, pay with gift cards or wire transfer, or "not tell anyone," that is a scam. Every time.

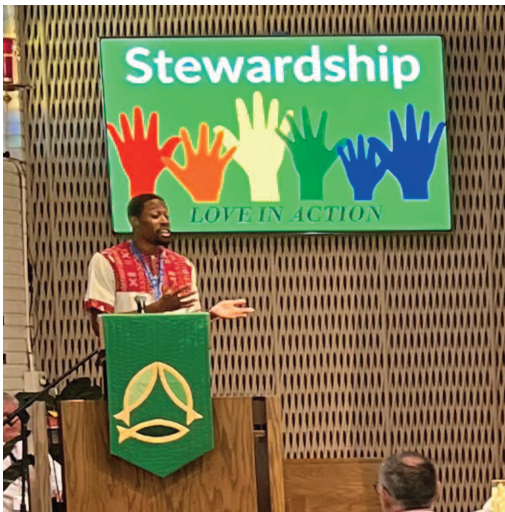
When in doubt, pause. Hang up. Don't click. Call the church office at 818-340-2950, or call a family member before you do anything. There is no shame in asking. Scammers count on us being too embarrassed to check.

Let's look out for one another.

"Be wise as serpents and innocent as doves"

(Matthew 10:16).

Rev. Elaine



Stewardship moments in October were shared by Dante Wilson, Veronica Cabrera, Anita Parrinello and Margaret Cates



People lifted on the prayer chain:

Jeff Winstead
Janis Lake Matriciano
Ray Pyles
Geri Allen
Aurelio Parra
Valerie Aivazian
Mary Mackay
Valerie Woods
PJ Umphries
Louis Parrinello
Gideon Paull
Shellie Stephens
Barry and Emily Guerrero
Jill Tapper
John Maghakia

*Send prayer requests to
Anita Parrinello
luo2bjedi@gmail.com)
and CC Pastor Elaine
(eshinpaull@gmail.com)*

Fall Festival Trunk or Treat Saturday, October 24th

What a day! Our parking lot was filled with costumes, candy, and laughter as little superheroes, princesses, and a few brave grown-ups made their way from trunk to trunk.

Thank you to everyone who decorated a car, filled a candy bowl, set up, cleaned up, or welcomed families. Many of our guests were new to us, and you showed them what this church is about: an open door and a place where everyone belongs. A heartfelt thank you to our local firefighters for spending the day with us. (picture on page 8)

Choosing winners wasn't easy! Congratulations to our three top trunks:

- #1 Place - The Anderson family, seen to the right
- #2 Place - George and Karen Grengs
- #3 Place - The Flores family

*God was present in every smile and "trick or treat!"
With gratitude, Rev. Elaine*





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22700 Sherman Way
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Return Service Requested

Non-Profit Organization

U.S. Postage

PAID

Canoga Park, CA

Permit #1



Three fire trucks were in the parking lot during the Trunk and Treat event on Saturday the 24th and their crews made themselves available to meet with and talk to the children.