



# The Courier

**First United Methodist Church of Canoga Park**

22700 Sherman Way, West Hills, CA 91307-2396

Church 818.340.2950

Preschool 818.340.6639

E-mail: [crossandflame@att.net](mailto:crossandflame@att.net)

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

Pastor: [eshinpaul@gmail.com](mailto:eshinpaul@gmail.com)

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

*Sunday Worship at 10:00 am*

August 2022

## Happy August!

It is so wonderful to be here at First UMC of Canoga Park and living in the Valley.



*Queen Baby-Cho in the living room*

My family and I are very grateful to you for making our transition smooth and pleasant. Your parsonage is lovely (a big shout out to Karen Grengs who spearheaded the renovation!) and thanks to you for giving so generously

for the work to be done. It is nice living in the Valley where I don't need to run two humidifiers constantly in the house. Where we used to live was so dry and parched, I had to run humidifiers to ease my dry eyes every day.

The church campus is beautifully kept and gives out vibes of peacefulness. It has a spirit of calmness that I feel when I drive into the church parking lot. And everyone I have met has been just so kind, welcoming and loving. That is your identity and the result of your doing what is right over and over for many years.



*Chef Gideon in the kitchen*

Thank you!  
Feeling proud to be your pastor!  
*Rev. Elaine Shin-Paull*



**Pastor**

Elaine Shin-Paull

**Preschool Director**

Wendy Finley

**Music Director/  
Accompanist**

Paul Cady

**Certified Lay Minister**

Grace Leighton

**Administrative  
Assistant**

Sydney Thiroux

**Courier Layout**

Sharon Mountford



**Resident Bishop**

Grant Hagiya

**North District  
Superintendent**

Rev. Melissa Roux  
MacKinnon

# Birthdays & Anniversaries

## August Birthdays

- 1 Grace Leighton
- 4 Grant Simmons
- 5 Lee Smith
- 8 Irene Miller
- 12 Helen Robertson
- 15 Tim O'Connor
- 16 Dean Lottman
- 18 Johnny Ramirez
- 19 Liz Rogers
- 26 MaryBeth Godwin
- 29 Jennifer Alderman

## Anniversaries

- 27 Don and Evelyn Heim

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



## August Flower Calendar

If you would like to bring altar flowers for a Sunday Morning Worship service during the month of August, please call Sydney, in the church office, 818-340-2950, Mary Mackay, 818-731-5872 or sign up on the flower calendar in the parlor.

# August Calendar

## Weekly Activities

- Sunday Peace Evangelical Church, Hall, 9:30 am  
San Fernando Valley Youth Chorus, Hall 1:45 pm  
Hindi Urdu Church, Sanctuary, 5:00 pm
- Monday Harmonettes, Fellowship Hall Lounge, 10:30 - 12:30 pm  
Cub Pack 474, Boy Scout Room, 7:00 - 8:00 pm
- Tuesday Boy Scout Troop 474, Boy Scout room, 6:30 pm
- Wednesday Men's AA Group, Parlor, 7:00 - 9:00 pm
- Thursday Narcotics Anonymous, Parlor 6:00 - 8:30 pm
- Friday Girl Scouts, Scout Room, 6:00 - 7:30, 1st and 3rd Friday
- Saturday Narcotics Anonymous, Parlor 9:30 - noon

## Other Activities

- Saturday 6 Men's Fellowship Breakfast, 8:30 am  
*Weiler's Restaurant on Sherman Way*
- Sunday 7 SFV Youth Chorus Summer Jam Session  
Special session for children age 3 to first grade.  
*See flyer on back cover.*
- Tuesday 9 Boy Scouts Parent Committee Meeting at 7 pm
- Wednesday 10 Boy Scouts Patrol Leaders Council Meeting at 7 pm
- Fri-Sun 19-21 Boy Scouts Beach Campout

## Coming in September

- Saturday 3 Men's Fellowship Breakfast, 8:30 am  
*Weiler's Restaurant on Sherman Way*

## Live Streaming Available

Live streaming of Sunday morning worship services are continuing. There are two different ways that you can access live streaming.

Visit <https://www.umccp.org/videos/> and the livestream will be at the top of the page. The livestream will begin a few minutes before the service starts on Sunday at 10 am.

Subscribe to Grant Simmons' YouTube channel at <https://youtube.com/user/Spetet> and click on the bell icon to be notified when livestreams begin.



*Remember to bring food for the West Valley Food Pantry on Communion Sundays, the first Sunday of every month.*



**UWF Mission Team:**

Thursday, September 1 at 10:00 am via Zoom.

**UWF General Meeting:**

Thursday, September 15 at 9:30 am in the Parlor.

**UWF North District Annual Celebration:**

Saturday, September 24, Virtually,  
Topic will be "Healing and Joy on our Journey with God"

**CAL-PAC Conference 50th Annual Celebration:**

Saturday, October 22. An in-person event is being planned.

**Reading Program:**

Margaret Cates ordered new books for the United Women In Faith Reading Program. One for each of the categories. They are: "The Little Golden book about Ruth Bader Ginsberg" and "Hidden Figures" (Leadership); "The Leavers" is a novel and "The Girl With No Name" (Social Action); "Finding Peace in an Anxious World" a Bonus Book (Spiritual Growth); "Women United For Change – 150 Years in Mission" a Bonus Book (Nurturing For Community); Ahimsa" – (Education for Mission).

Additional Book: Shirley Thomson is donating a book by Shannon Bream entitled "The Women of the Bible Speak" The Wisdom of 16 Women and their Lessons for Today. It will be located on the cart containing the United Women in Faith books.

**Legacy Event**


was held virtually on July 9, which Shirley Thomson attended. 32 participants attended. The Guest Speaker was Kenya Roberts, National Office of United Women in Faith. A prize was given for the largest attending group which was the North District. Funds collected over the years are invested in a Legacy Fund so the organization will continue for years.

*Confirm gatherings before you go.*

**Bookends**  
no meeting

**Sarah Circle**  
Thursday, August 11  
9:30 am  
Breakfast at Weilers Deli,  
22323 Sherman Way  
near Shoup

**Faith, Hope & Love**  
no meeting



Support UMCOR's Ukraine Relief efforts by writing a check to the church with the note that it is for UMCOR, Ukraine Relief, Advance #982450.



## One more from the pastor's desk...

*"It was he who gave some to be evangelists, and some to be pastors, and teachers, to prepare God's people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ...."*

Ephesians 4:11-13(NIV)

During my last time-off, I asked the Lord for His guidance in prayers. God kept putting an impression on my heart saying, "Feed my sheep, feed my sheep...". With this charge from God, I wish to "feed" you with His holy Word during our time together.

At my first leadership meeting here, I've shared three things from Ephesians 4:1-16.

**Church is called to be spiritual.** When we lose that quality, we will be lost.

**We are called to reconcile the entire human race to God.** We are the mediator to restore the relationship between God and His people.

**Church's ministry is not about 'me' but God.**

There are some steps that we can take to deepen our walk to be more spiritual in the Lord.

- a. Talk to God: How about having a real heart to heart conversation with God? Tap into your inner core and share your deepest concerns, fears and thanks. Also, remember to watch for God's answers.
- b. Count your blessings: Name the things that you are thankful for. These days we take so much for granted. We have been given so many gifts that we become desensitized to the fact that they are gifts and can be taken away. Reconnect all the wondrous gifts you've received in your life back to their ultimate Giver.
- c. Learn the Bible: The Bible is the blueprint of creation, God's instruction manual and His love

letter to us. Learn it and deepen your understanding of how He thinks, and His ways.

- d. Trust in God: The people you most love are the people you most trust. And vice versa. Think about something that concerns you, that is creating some fear – financial pressures, results from a medical test, the boy your daughter is dating – and let go of the fear and trust God for things over which we have no control. Trust that God has you in His hands. He is aware of your difficulty. He has the power to help and He wants to help. *"God works for the good of those who love him, who have been called according to his purpose."* Rom. 8:28
- e. Do Good: When we put our faith into action, God shows up. Doing good is a proactive way of living to stay in love with God. Don't wait until your life circumstances enable you, but find ways to do good, in small and big ways that are possible. 3 John 11 b says, *"Whoever does good is from God."*

With this I want to ask you the famous question that John Wesley asked:  
*"How is it with your soul?"*  
*How is it with our soul?*

*Rev. Elaine Shin-Paull*



## Lost & Found

A lovely ring was found in the grass alongside the church walkways on Sunday, May 22nd. Please contact the office if this is yours.

These glasses were found in the church parking lot. Please contact the church office if they are yours.



## Volunteers Needed

There are many opportunities to get involved at church!

### Join our Audio/Video Team!

Speak to Grant or Tom or call the church office. No experience is required!

### Join our Facility Team!

We were blessed to have Stan Westover for many years to help out with the maintenance of the church. We have big shoes to fill. We still have a faithful group of people who regularly do work at the church including Mary Mackay, Margaret Cates, Jeff Leighton, Tim O'Connor, Ken Dimmick, and George Grengs. If anyone has an interest in helping maintain the church campus, please touch base with anyone on this list or contact the church office.

### Join our Liturgist Team!

Pastor Elaine would like to set up a rotation of liturgists. Anyone interested in serving as liturgist on Sunday mornings, is asked to contact Grace Leighton.

Phone 818.267.7567 or Email [jeigh2128@aol.com](mailto:jeigh2128@aol.com).

## Free Senior Meal Program

We prayerfully support those in our community experiencing food insecurity, so the church office would like to share a resource with everyone.

The City of Los Angeles Department of Aging is offering a free senior meal program. To qualify, you must be 60 or older and live in the city of Los Angeles. Those who are eligible can receive up to 14 meals per week delivered to their home.

To find out more information about the program and sign up, call 213.202.5669 or email: [seniormealprogram@lacity.org](mailto:seniormealprogram@lacity.org)

If you need assistance signing up, please contact the church office.



## Preschool News

We just finished summer school, it seems like our summer sessions get shorter and shorter. We will be jumping right into the fall semester on Monday, Aug 15th.

We're hoping more covid restrictions will be lifted this fall.

*Wendy Finley*

## Nursery Attendant

The church is still looking for a nursery attendant to take care of toddlers and young children during church services. Contact the church office if you might know someone who would be the perfect match for the job. A description of the job can be e-mailed to any possible candidates.



You shop. Amazon gives. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the church. Start your shopping at [smile.amazon.com](https://smile.amazon.com). Select Canoga Park First United Methodist Church as your charity. Remember to start at [smile.amazon.com](https://smile.amazon.com) to support the church.

## Financial Update

Things are looking up! We are now working with two new congregations, and it looks as if one will sign a lease in early August. One is looking to use the Fellowship Hall Gym and Lounge on Friday/Tuesday nights, and the other congregation expects to use the same space on Saturday/Wednesday nights. We remain hopeful that additional user groups will ease the financial pressure of keeping up the facilities. If you know of any non-profits looking for space, please put out the word that we have space to rent at reasonable prices!



## The Giant Green Crane

You may have seen this new “resident” of our parking lot and Maynard Street. The enormous crane is here for a couple of weeks updating the T-Mobile network which is served from the tower on the East side of the church property.

The enclosed space where the tower is located is rented to T-Mobile for a very considerable monthly rent, \$2,420. They also pay the church \$400 each month for power usage. That has proven to be a reliable source of income for many years.

## Facilities Update

**Landscaping:** Water reduction projects – The project to cover the lawn area outside the Education Building rooms 7-8 with wood chips should be complete by the end of July. We also have two other areas covered by gravel that have been completed as part of Eagle Scout Projects. At the Parsonage, we will be placing wood chips in the dirt area between the curb and sidewalk. We’re making progress reducing our water consumption!

**Parsonage:** The Parsonage rehab was completed in early July just before Pastor Elaine and family moved in. The updates included inside painting, flooring, new lighting, some updates to the bathrooms, carpet stretching and carpet cleaning. Special thanks to Karen Grengs for overseeing this project!

**Pastor’s Office:** We also completed updates to the Pastor’s office which included new overhead light lenses to improve the lighting, painting the bookcase and walls, and cleaning the carpets. Thanks to Ken Dimmick for installing the new light lenses!

**Fellowship Hall Upstairs Women’s Bathroom:** In mid-July Grace Alcalde, who does our janitorial work, discovered a large leak in the upstairs women’s bathroom. Since the bathroom wasn’t used often, the leak continued for many days until discovered. We have dried it out and will work to replace the flooring. Our thought for the future is to make it into a storage closet. As a result, we will be turning the one remaining upstairs bathroom into a Unisex bathroom.

**Spider web removal:** Our thanks to Dean White and Victor Avalos, leaders of Boy Scout & Cub Scout Troops 747, for cleaning the east side of Fellowship Hall of spider webs and for cleaning the patio area with power equipment. We appreciate their hard work.

*George Grengs*

## Congregational Singing

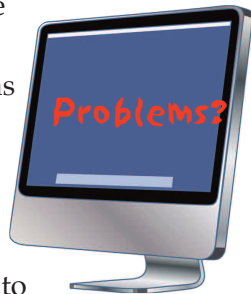
We have been enjoying some much more robust singing in recent weeks. John Wesley would be proud.



*Pastor Elaine's daughter Selina Cho graced us with her heart-felt music in July. Paul has recruited her for the choir when it resumes in September.*

## Edwin's Computer Ministry

If you're having problems with your computer and would like someone to look at it (for free) please contact me. Edwin works in the IT department at Valterra Products, where I work, and has gladly looked at a number of computers for the church and church members. It's done remotely (he doesn't come to your house, he just connects onto your computer through the internet to work on it) on the third Saturday of each month between 9-11am. If you or your computer needs help, please contact me and I'll schedule you in!



*George Grengs, [george@valterra.com](mailto:george@valterra.com)  
or 818.632.7538.*

## Cabinet Still Available



Mel Davis made this wall cabinet for the sanctuary at St. John's church. We have not found a place to use it at our church and now offer it to anyone who could enjoy it. It has a glass hinged door. The cabinet is 30" wide, 15-3/4" high and 6-3/4" deep. If you could use this cabinet, contact Mary Mackay 818.731.5872.



Barbara Dimmick  
Liz Rogers  
Diane Rosales  
Nancy Summer  
Roger Johnson  
Nancy Johnson  
Evelyn Heim  
Bob Baker, Trish's father  
Dana Dreyfuss' sister  
Rosalie  
Paul Cady's niece Lilly  
The Shin-Paull Family  
Lynn & Stan Westover

*Send prayer requests to  
Anita Parrinello  
([luv2bjedi@gmail.com](mailto:luv2bjedi@gmail.com))  
and CC Pastor Elaine  
([eshinpauill@gmail.com](mailto:eshinpauill@gmail.com))*



## Memorial Garden

A peaceful spot for reflection. Take a moment to enjoy the flowers and the sounds of the fountain.



FIRST UNITED METHODIST CHURCH OF CANOGA PARK

22700 Sherman Way  
West Hills, CA 91307-2396

**Return Service Requested**



**Valley Youth Chorus**  
Children and Teens - Grades 2-12  
Kinders - Age 3-1st Grade



**MUSIC**  
**ART**  
**THEATER**  
**DANCE**  
**GAMES**  
**AND MORE!**

**SUMMER JAM** 

 **For more information:**  
**[www.SFVYC.org](http://www.SFVYC.org)**  
**818-895-7071**

The San Fernando Valley Youth Chorus has been offering a unique summer music adventure from 2:00 to 5:00 Sunday afternoons here at our church. Each session is self-contained and offers hands-on experiences in music and art.

The last session, which is only for Kinders (age 3-1st grade), is August 7. Enrollment is \$25. Scholarships are available. Encourage your young people to attend.