



The Courier

First United Methodist Church of Canoga Park

22700 Sherman Way, West Hills, CA 91307-2396

Church 818.340.2950

E-mail: firstumccp@gmail.com 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

September 2023

Heart to Heart

At the Bishop's Convocation in August, guest speaker Rev. Dr. Kirk Jones shared three profound insights to nourish our souls, addressing all the clergy present. Rev. Jones discussed how our society valorizes "busyness" and views "productivity" as the yardstick for success. To be truly effective and fully present in our moments, he encouraged us to embrace three principles:

1. **Be Still** - God's message is clear: "Be still and know that I am God..." Even Jesus himself understood the value of stillness. He took time to rest, retreat from the crowds, enjoy solitude, and engage in meaningful conversations, such as his dialogue with the Samaritan woman by the well. We must learn to cultivate stillness, for it enables us to be fully present with others.

2. **Awareness** - Being aware of our own energy is crucial to live our lives fully awake. How attuned are you to your energy? Jesus, amidst a throng of people, recognized the energy shift when a woman touched his garment (Matthew 9:20). He was aware of his energy, and so should we be.

3. **Playfulness** - Jesus, too, had a playful spirit. He employed mud to heal a blind man and, upon seeing the inviting Galilee Sea, decided to walk on its waters. Playfulness is a cornerstone of our well-being. By enjoying moments of joy with family and friends, we find peace, which in turn fosters clarity and creativity.

In the hustle and bustle of our lives, it's vital that we take the time to breathe and nourish our souls. I trust that these insights, as much as they've enriched me, will be a source of nourishment for you as well. May you find peace in stillness, awareness, and playfulness.

Shalom,
Pastor Elaine



Pastor

Elaine Shin-Paull

**Music Director/
Accompanist**

Paul Cady

**Administrative
Assistant**

Irma Hart

Courier Layout
Sharon Mountford

AV Operator
Bernie Godwin



Resident Bishop
Dottie Escobedo-Frank

**North District
Superintendent**

Rev. Melissa Roux
MacKinnon

Birthdays & Anniversaries

September Birthdays

- 2 Donald Heim
- 10 Rebecca Roe
- 17 Flo Lamb
Sydney Thiroux
- 18 Dominic Bautista
Marion
Henry-Karponsov
- 29 Ginger Huston
- 30 George Grengs

Anniversaries

- 7 Byron & Mary McKibben

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



September

- 3 Irma Santos
- 10 Roger & Nancy Johnson
- 17 Open
- 24 Open

If you would like to provide altar flowers on a given Sunday, in honor or memory of someone, please contact Mary Mackay, 818-731-5872.

September Calendar

Weekly Activities

- Sunday Peace Evangelical Church, Hall, 9:30 am
Hindi Urdu Church, Sanctuary, 5:00 pm
- Monday San Fernando Valley Master Chorale, 5:30 - 8:30 pm
Boy Scout Troop 474, Boy Scout room, 7:00 pm
Virtual prayer meetings: Mondays at 7:30 pm on Zoom.
[https://us02web.zoom.us/j/85466860517?](https://us02web.zoom.us/j/85466860517?pwd=QURDc0FVUUU1uZjJBWU9DYUUhJVzVYUT09)
Meeting ID: 854 6686 0517.....Passcode: 229523
- Tuesday Church of Christ, Hall & Lounge, 6:00-10:00 pm
- Wednesday Men's AA Group, Parlor, 7:00 - 9:00 pm
- Thursday Narcotics Anonymous, Parlor 6:00 - 8:30 pm
- Friday Church of Christ, Hall & Lounge, 6-10 pm
- Saturday Narcotics Anonymous, Parlor 9:30 - noon

Other Activities

- Saturday 2 Men's Fellowship Breakfast, 8:30 am
Weiler's Restaurant on Sherman Way
- Monday 21 Monthly social meeting, 11:00 am, Parlor
- Saturday 22 Church of Christ, special meeting,
Hall & Lounge, 8:00 am-noon
- Sunday 23 The Chosen Bible Study Season II with Roger Johnson
begins at 11:30 am for 8 weeks

Coming in October

- Saturday 7 Men's Fellowship Breakfast, 8:30 am
Weiler's Restaurant on Sherman Way



September 2023 Special Days

Some of the special days celebrated in September are:

Labor Day — September 4, 2023

National Grandparents Day — September 10, 2023

Patriot Day — September 11, 2023

First day of Autumn — September 23, 2023



UWF Mission Team:

August 31st via Zoom

Future Meeting:

North District UWF Annual Celebration
will be held Saturday, September 23, 2023 in person.
Location to be announced.

Cal-Pac UWF Conference Annual Celebration

will be held October 21, 2023 in person
Location to be announced.

Frequently Asked Questions on United Women in Faith

“Why are we taking a new operating name.” Many members are asking why was the name of the organization changed from United Methodist Women to United Women in Faith. The name United Methodist Women was adopted in 1972, signaling a change not only in the life of the church but in the lives of women and how they could organize for mission. Over the past 60 years, we have experienced vast changes in how women live their lives and choose to engage the world in faith as well as great changes in the life of the church.

It is time to adopt a name that reflects how women are living and engaging their faith in today’s realities.

Our new name is part of an overall move to refresh our organization that includes a new look, new feel and new and improved programs. We will be able to better nurture our current members while welcoming into our sisterhood new women who want to put their love into action. The new operating name is also welcoming to women whose local churches may choose to align with another denomination or who are already members of other denominations.

Are we still a part of the United Methodist Church?

Yes! We are still the only official women’s organization of The United Methodist Church and our corporate name will remain United Methodist Women.

*Confirm gatherings
before you go.*

Bookends

Thursday, September 28 at
Noon in Room 10.
The book *Never Lie* by
Freida McFadden
will be reviewed by
Diane Rosales.

Sarah Circle

Thursday, September 14,
9:30 am
Breakfast at Weiler’s Deli,
22323 Sherman Way,
near Shoup

Faith, Hope & Love

Wednesday, September 20
at 6:30 pm
in the Church Library.
Trish Simmons will
present the program and
devotion



Remember to bring food
for the
West Valley Food Pantry
on Communion Sundays



Financial Update

Appeal: As of mid-August, we are making progress against our fundraising goal of \$50,000 to replace the reserve funds used during Covid and enable us to re-pipe the gas lines to the sanctuary. The gas re-pipe is scheduled for September 18th at which time the Appeal will end. For all of you who have contributed – we thank you! For anyone who has been out of town or hasn't got around to it, we prayerfully ask for your participation. We'll announce the totals raised on Sunday, September 17th.

Facilities Update

We continue to experience one-time expenses beyond our budget. As we began preparing the Education Buildings for new user groups, we discovered the yard area and back buildings have a serious flea infestation which has been an issue in the past. The quotes to address the fleas, bugs, and animal removal/securing all openings under the Yellow House have been an eye opener. The two we have received to date are for \$2000 & \$3600. We will continue to quote the problem and hope to find something in the \$1500 range but at this point that's just a hope.

We have submitted a request for credit from the LADWP regarding the two major water leaks we have recently experienced. Hopefully, we get some good news on this front!

George Grengs
george.grengs@outlook.com

User Groups

The SFV Master Chorale will begin using our Parlor this month. We continue to work with the Bonsai Club and a small self-help group about possible future use of our facilities. SFV Youth Chorus has requested new dates that we are quoting/scheduling. The Boy Scouts will be moving out of the large upstairs room in the Fellowship Hall to a smaller upstairs room on the Sherman Way side of the building. They've accumulated a lot of stuff over the years and will need to decide whether to move it to the new room, store it elsewhere, sell it, or trash it! It will be a big job, but the BS leadership is ready for the project! We thank them for the move which will free up a large room we plan to rent to a qualified non-profit on an exclusive basis. The rental process will begin sometime in October.



*Margaret Cates welcomes her new grandson
Noah James Palmerlee with sister Ayla*

Sunday School Attendant



My name is Kaley Mosquera and I am the Primary Caregiver at First United Methodist Church. I am 19 years old and currently a college student at Los Angeles Pierce College. I am majoring in Kinesiology to pursue a career as a Physical Education Teacher as well as having a job as a Personal Trainer. I enjoy working with kids because it brings a smile on my face to see them learning as well as having fun! Along with that I have a strong passion with fitness and enjoy all the health benefits that come with it.



We give thanks to our members who were able to come and lend their hands packing up over 120 boxes of books and toys.

They all went to Hope of the Valley

Thanks everyone!

What Is An AED

The AED can help save a life when caring for a non-breathing child aged 8 or older who weighs more than 55 pounds, or for an adult during cardiac arrest.

If no one with experience using the AED is available, calling 911 is always best.

Our church facilities have 4 Automated External Defibrillators;

- 1 in the Sanctuary hallway and
- 1 in the Fellowship Hallway

The key to open these AED's is attached on the bottom of the unit in a magnetic box.

The other 2 AED's are in Room # 2 of the Education Building. The key for these is in a cupboard above the sink in Room # 2.

Written instructions are also posted on the nearby bulletin boards and in the Room # 2 cupboard.



Who are United Methodists?

The United Methodist Church is a global denomination that opens hearts, opens minds and opens doors through active engagement with our world. The mission of The United Methodist Church is to make disciples of Jesus Christ for the transformation of the world.

A United Methodist is someone who joins in that mission by putting faith and love into action. We believe that God loves all people, and that we share in expressing that love. So the United Methodist tradition emphasizes God's grace and in serving others. We believe that Jesus Christ is the fullest expression of God's love—showing us the fullness of God's care through Jesus' teachings, death and resurrection.

John Wesley started the Methodist movement in 18th-century England. His teachings on practical divinity (living out our faith) and appeals to reason and experience form important aspects of United Methodist practice today.

We invite you to learn more about our rich theological heritage.

from www.umc.org/rethinkchurch

Rev. Elaine Shin-Paull

First United Methodist Church of Canoga Park

www.umccp.org

www.elainepaull.com

"When our differences are not accepted as our uniqueness and beauty, it causes divisions. But when we value our differences, we can celebrate all life and cherish it like jewels."

Prayer Group

The group meets every Monday from 7:30 pm to 8:00 pm via Zoom. Drop in anytime you can and join us.

"And my God shall supply all your needs according to His riches in glory by Christ Jesus."

Phil. 4:19

Monthly Social

The first Monthly Social on July 17th got us off to a good start. We started with an icebreaker playing a guessing game called "Who Am I?" and ended with learning about ourselves and each other by taking an MBTI personality quiz.

It was super fun learning about ourselves and others. Here are two pictures from the first Social. We hope you can join us for the September Social on Monday the 11th at 11:00 am!



Sunday Fellowship Time

Each Sunday following worship, refreshments are provided by a team of volunteers. If you would like to help in providing refreshments on a given Sunday, let the team for that week know. (This schedule is posted on the refrigerator in the kitchen).

A "Donation Jar" is also being provided for your donations to help with the cost of supplies. We are an "Equal Opportunity Kitchen" – everyone is welcome to be a part!

Mary Mackay, Coordinator

“The Chosen”



A Bible study looking at the new media sensation, “The Chosen” Season II will be conducted after Worship Services each Sunday beginning September 24 and running for eight weeks to November 12, 2023. The theme of Season II, entitled “Blessed are the Chosen”, is the Sermon on the Mount. Sessions will be lead by Roger Johnson and include a short study

guide each week with Scripture references and some discussion questions for preparation. Each meeting will run for about 90 minutes and include some introductory remarks, the video presentation, and subsequent discussion.

“The Chosen” is a wonderful way to capture the heart, the emotions, and the essence of the characters in the Scriptures. One of the purposes of “The Chosen” is to create characters with personality and depth of life so that you can read the Scriptures and understand why biblical characters may have behaved in the way that they did. Each episode of “The Chosen” is a story which contains Scriptures and provides us with a possibility of how things may have taken place in Jesus’ time. They dramatize and bring life and depth to the Scriptures. We expect that the drama, containing Scripture, will leave us strengthened and encouraged in our faith.

The purpose of our study is to help us understand how the Scriptures are woven into each story so that we can learn from the lives of the characters and the teachings of Scripture. We will prepare for each episode with a summary of the main characters, a summary of the content of each episode, and the applicable Scriptures. Being prepared in that way, we hope to glean a greater understanding of what is actually happening as we watch. The questions will not require a ‘scholarly background’ but they are intended to stimulate our understanding, discussion and help us in the application of the Scripture lessons in our lives today.

All are welcome to join us. We encourage you to register to attend so that we can e-mail preparation material to you during the week before each meeting and so that we have a room to fit our class size. Please register by adding your name and email address to the signup sheet on the bulletin board in the parlor.



Family of Margaret Cates’ neighbor, Don
Denise Lenore’s roommate
Kathy
Lori Dimmick’s friend
Cathie Puma
Paul Cady’s Great nephew
Ty and wife Caitlyn and baby girl
Selena Cho
Brenda Jones’ friend Nadine and family of Elaine
Mosman
Mary Beth Godwin’s daughter
Shirley Thomson
Laurie Berger
Jessica Williams
Jonathan Arnold’s sister
Michaela Owens
Sig Rhodes
Kaley Mosquera
Irma Hart
Herb Lucas
Geri Allen
Sharon Mountford
Dave Perry
Dana Dreyfuss
Jennifer Ervin
Karen Grengs
Sydney Thiroux

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





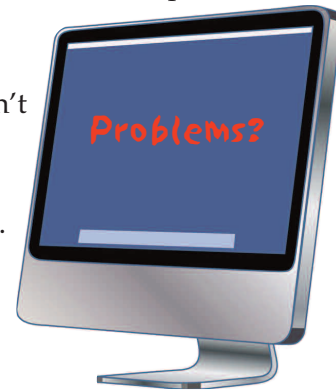
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Return Service Requested

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 used to work and has gladly looked at several 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. Joe Dedinas was the last member that had great success improving his ability to connect with others. If you or your computer need help, please give me a call and I'll schedule you in!



George Grengs, george.grengs@outlook.com or 818.632.7538.