



The Courier

First United Methodist Church of Canoga Park

22700 Sherman Way, West Hills, CA 91307-2396

Church 818.340.2950

E-mail: crossandflame@att.net

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

Pastor: eshinpau@gmail.com

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

Sunday Worship at 10:00 am

March 2025

Heart to Heart

Here

A Spirituality of Staying In a Culture of Leaving

For centuries, Lent has been a season for Christians to reflect, repent, and seek transformation – both personally and as the church. Fasting and taking on spiritual disciplines have long been part of this journey, traditions that continue today.

This year, I will be leading a Lenten study in our Thursday Bible Study group and during Sunday worship, using Rev. Lydia Sohn's book, *Here: A Spirituality of Staying in a Culture of Leaving*. Over the course of six weeks, we'll explore what it means to cultivate a spirituality of stability in a world that constantly pushes us to chase the next thing.

Lent begins on Ash Wednesday, March 5th, and our theme will center on finding depth and meaning right where we are. Rev. Sohn, a Korean American elder in the Cal-Pac United Methodist Conference, weaves together theological reflection and personal storytelling to offer a counter-cultural message: rather than always longing for something new, what if we stayed – fully present – and discovered the beauty, joy, and fulfillment already around us?

We'll dive into these ideas together in both our weekly worship services and Lenten book study. If you'd like a copy of *Here* to follow along, please reach out to Pastor Elaine, so we can arrange one for you. The cost per book is \$25.

"Everything began in him and finds its purpose in him." Colossians 1:16b"

Pastor Elaine



Pastor

Elaine Shin-Pau

**Music Director/
Accompanist**

Paul Cady

**Administrative
Assistant**

Ebelyn Gaytan

Sunday School Childcare

Veronica Cabrera

Denise Lenore

Teen Ministry

Dante Wilson

Lay Leader

Roger Johnson

Courier Layout

Sharon Mountford

AV Operator

Bernie Godwin

Michael Mosbe



Resident Bishop

Dottie Escobedo-Frank

**North District
Superintendent**

Rev. Garth Gilliam



March Calendar

Weekly Activities

- Sunday Peace Evangelical Church, Hall, 9:00 am
Hindi Urdu Church, Sanctuary, 5:00 pm
- Monday San Fernando Valley Master Chorale, 6:00 pm - 8:30 pm
Virtual prayer meetings: at 7:30 pm on Zoom
Meeting ID: 898 8990 4696 Passcode: 875564
<https://us02web.zoom.us/j/89889904696?pwd=emhFc011Y3NTNzVkRjJEWCTmZndiUT09>
- Tuesday Church of Christ, Fellowship Hall, 6:00-10:00 pm
Men's AA Step Guide, Room # 10, 7:00pm
- Wednesday Men's AA Group (Learning to Live), Parlor, 7:00 - 9:00 pm
- Thursday Wesleyan Bible Study, 11:00 am
Narcotics Anonymous (Recovery Zone), Parlor 7:00 pm
Men's AA Step Guide, Room #10, 7:00 pm
- Friday Church of Christ, Hall & Lounge, 6-10 pm
- Saturday SFV Youth Chorus, Hall & Lounge, 8:30 am - 12:30 pm
Narcotics Anon. (Sharing from the Heart), Parlor, 9:30 am

Other Activities

- Saturday 1 Men's Fellowship Breakfast, 8:30 am
Frank Weiler's Deli, 2116 Victory Blvd., Canoga Park
- Wednesday 5 Ash wednesday – No Service, Ashes To Go
- Thursday 6 Laura Longman Memorial Scholarship Applications are due.
- Sunday 9 Scouting Ministries Sunday
Daylight Savings Time begins – First Sunday in Lent
- Tuesday 11 Administrative Committee Meeting, 6:30 pm, Library
- Saturday 15 Rockchippers, Fellowship Hall, 6:30 pm
- Monday 17 Saint Patrick's Day
San Fernando Valley Master Chorale, 6:00 pm - 8:30 pm
- Saturday 22 Young Ambassadors, Fellowship Hall, 1:00 - 6:30 pm
- Sunday 30 UMCOR Sunday

Coming in April

- Saturday 5 Men's Fellowship Breakfast, 8:30 am
Frank Weiler's Deli, 2116 Victory Blvd., Canoga Park
- Sunday 13 Palm/Passion Sunday
Monday 14 – Saturday 1– Holy Week
- Sunday 20 Easter Day

Ash To Go - Ash Wednesday, March 5th

On Ash Wednesday, March 5th, we will be offering Ash to Go during the day instead of holding an evening service. Pastor Elaine will set up a table marked "Ash to Go" in either our parking lot or along Sherman Way from 12:00 pm to 1:00 pm for those who wish to receive ashes. Drive by~

Additionally, Pastor Elaine will be available to drive to people's homes and offer the imposition of ashes for anyone who would like to receive them. If you have any questions or requests, please email her at eshinpau@gmail.com. We hope this opportunity allows all who wish to participate in Ash Wednesday to do so in a meaningful way.

March Birthdays

- 2 Ainsley Cates
10 Robert Baker
Steve Robertson
Amy Seeger
19 Erick Rodriguez
23 Evelyn Heim
Anita Parrinello
25 Clifford Abernathy
30 Kyle Finley
31 Byron McKibben

March Anniversaries

- 2 Grengs, George & Karen
20 Godwin, Bernie & Cate
29 Johnson, Roger & Nancy

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



March Flowers

- 2 Michael & Michiko Mosbe
9 Open
16 Open
23 Open
30 Roger & Nancy Johnson
In honor of their 45th Anniversary

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.



United
Women
in Faith



UWF Pledges

United Women in Faith members' pledges and special offerings make missions happen! The national organization comprised of Districts and individual units supports both national and international projects and partners. Your Mission Team strives to make sure that our unit supports these worthwhile missions, as well as local missions. We would like to remind all of our members that the collection of annual pledges and special offerings are our only sources of funds which enable us to meet our goals.

Our 2025 budget totals \$2,640. Special offerings are World Thank Offering (\$100 has been budgeted for this) and Prayer and Self Denial (\$100 has been budgeted for this). The budget also includes \$700 for support of local organizations and \$200 for Good Sam Fund. Please consider making your discretionary pledge and special offerings for 2025 today. The dba for the organization has not changed so checks should still be made payable to UMW and either mailed to Chandra Seeger (6625 E Maplegrove, Oak Park, CA 91377) or given to her at church. Thank you and take care.

Special Mission Recognition

On February 16 the Special Mission Recognition was presented to Anita Parrinello. See the story on page 4.

Directory

The UWF 2025 Directory is in the process of being updated. If there are any changes in members addresses, telephone numbers, etc. as well as to our page on Friends To Be Remembered, please advise Shirley Thomson.

Cell Phone 818 456-3470 or
Home Phone 818 38-0414,
or e-mail
sthomson1@socal.rr.com.

*Confirm gatherings
before you go.*

Bookends

Wednesday, March 19 at
1:00 pm in Room 10. The
book to be discussed is
called *Middlesex* by
Jeffrey Eugenides.

Sarah Circle

Thursday, March 13 at
9:15 am for breakfast at
Nico's Restaurant
7166 Shoup Ave.,
West Hills

Faith, Hope & Love

Wednesday, March 12 at
1:00 pm
in the Church Library.
Program TBA



Faith, Hope and Love at Shari Worrell's presentation on the Amish

Special Mission Recognition

Anita Parrinello – February 16 2025

Today, we have the great privilege of celebrating someone truly remarkable, someone whose kindness and compassion light up the lives of everyone she touches, She is the embodiment of what it means to care for others selflessly and wholeheartedly. Her actions consistently remind us that the true measure of a person lies not in their words, but in their deeds.

She has a unique gift – the ability to make everyone feel valued and supported. Whether it is offering a listening ear, lending a helping hand, or simply being present, she has a way of showing genuine care.

She was born less than a mile from this church and lived most of her life near her family in the west valley. She attended Welby Way Elementary school, Hale Junior High School and El Camino real High School.

After High School she worked for several retail stores until her friend recommended her to work for AAA Office in Northridge. She was hired as an insurance service representative for their Insurance Department. When AAA decided to recognize a customer service representative of the year, she was the first in the company to receive this honor.

AAA is where she met Louis with whom she worked for over 10 years. When he left to start his own agency, she joined him, extending her career as a driving force with Allstate Insurance.

She is a wonderful mother of 3 children. A son she had in a previous marriage and 2 stepsons. All three love their Mom and each has a loving and caring relationship with her. She is also an aunt to 10 and a great aunt to 9 and one on the way and has a special relationship with every one of them. They all love their Auntie Nita.



She has 2 older sisters and an older brother. Even though she is the youngest sibling, she is the glue that keeps the family together – the mediator, peacemaker, counselor and loving voice of the reason.

She is a true fan who has built bridges between worlds, galaxies, and teams. She has been a long-time admirer of the magic and wonder of Disney where dreams come true, and imagination knows no bounds. Her love for Disney speaks to her adventurous spirit and her belief in the extraordinary.

Closer to home, her heart beats for the LA Kings, Dodgers, Rams and USC Trojans; sport teams that have inspired her with their resilience and championship spirit. Whether it's hockey on the ice or baseball and football under the California sky, her cheers have been unwavering.

Her caring nature extends beyond just her family and friends – it touches her community. Whether it's through her sending out prayer requests, volunteer work, mentoring, or day-to-day acts of kindness, she consistently demonstrates that true strength lies in compassion.

Anita has been a faithful member of First UMC of Canoga Park since 2007 and has served the church in many areas such as being a member of the Staff Parish Relations Committee, Administrative Committee for many years, head usher, family life committee, liturgist and prayer ministry. She became a member of United Methodist Women now known as United Women in Faith in 2008 and joined the Faith, Hope & Love Circle and a remains an active member.

Shelter Project

Our church continues to serve two local homeless shelters in Chatsworth. On January 21st the Outreach/ Mission Chairperson, Shari Worrell, took over 86 blankets (one for each resident) from the Don Jose de Ortega Chapter, NSDAR. They are donating through our church to help those two shelters we “work” with. Baby supplies were also donated from our church.

On February 1st Shari took over Valentine’s gifts consisting of 25 bears, small stuffed animals, lollipops and Valentine’s Day cards to the family shelter and boxes of candy and Valentine’s Day cards for the TAY (Transitional Aged Youth) shelter. The shelters are always in need of hygiene products (regular sized shampoo, conditioner, deodorant and bars of soap). They also need bath towels/ washcloths and bath mats. Shari is currently working on an Easter project for the youth.

Letter from Hope the Mission

Wow, this is so beautiful! Thank you so much for coming to share the love with the families and young adults we serve at Hope the Mission. Your generosity and kindness truly make a difference, and I can only imagine the joy you brought to everyone.

We are incredibly grateful to you and the First United Methodist Church of Canoga Park for your thoughtful donations and support. What a wonderful touch for Valentine’s Day!

Thank you again for your heart and dedication! Your kindness means so much to all of us here at Hope the Mission.

Blessings,
Hope the Mission

*Serve wholeheartedly, as if you were serving the Lord,
not people. Ephesians 6:7*



Residents of TAY



The Bears waiting to be selected



Shari with happy bear huggers

Administrative Committee Reports

Financial Update

We have a rough draft of our 2025 Budget, but the committee will need to approve a final at the March meeting. Denise Lenore has volunteered to work with the LA County Assessor's office regarding three items:

- 1) questions on our welfare exemption
- 2) a check they sent us for \$2600 and
- 3) help identify the exact amount of property tax we are paying for the Pre-School lease (because it's a for-profit entity).

Whatever that amount is will be invoiced to the pre-school. Mary Mackay did the 2025 paperwork for the welfare exemption (so we don't pay property taxes) adding the new user groups and updating information.

Facility Update

We have given the FH Gym LED light installation to an electrician recommended by one of our user groups. The installation will happen in early March.

After doing a repair on the FH asphalt shingle roof, we had another major wind event instead of rain – more shingles came off, so we decided to complete the mid-section replacement which cost \$9,500 plus the \$1,500 repair done in January. We are good to go!!!

The gardeners dropped some free wood chips, and we will be paying them to spread it in the next few weeks. We've decided to cut the large juniper on the Sherman Way side of the church down to 6' to give more exposure to the white metal cross. We also cleaned the lighted cross above the succulent garden, but the custom neon bulb was rusted out. We are working on a repair.

Two low growing ferns were planted in the dirt area on the north side of the main entrance doors. The large fountain on the corner of Sherman Way and Maynard had to have the pump replaced.

Lastly, we opened the wall inside the women's restroom and found a slow leak. It was the drain/vent line which will be replaced with 3" plastic ABS pipe. Hopefully, that solves a moisture problem we've had in that wall for a few years!

George Grengs

Outreach/Mission

First United Methodist Church - Canoga Park serves the community in many ways:

Fire Recovery Fund – As of 2/16/2025 an estimated 12,000 houses, businesses, schools and other structures have been damaged or destroyed, at least 24 people have died and about 150,000 people were ordered or warned to evacuate. I think each of us knows someone who was affected by the fires (for me, 25% of families who attend my grandsons' schools lost their homes). It is so sad!

It was unanimously voted by the Administrative Committee that we would set up a Fire Recovery Fund. Instead of the Blessing Bags for Lent we will collect monetary donations through Palm Sunday as our Lenten Project this year. Easter is a time of renewal and hope. By helping those who lost their homes we are giving them hope for a better tomorrow while showing God's love for them through our church.

We currently have received \$2,980 in donations for this fund (10 church families and 8 non-church members from 6 states (CA, FL, IL, MA, TX, VA) and one lineage group (NSDAR). Please mail or drop off your donation to the church office by Sunday, April 13th. You may also bring your donations to church on Sunday (hand to the Greeter or place in the offering box). Please put Fire Recovery Fund on the memo line.

Please contact Shari Worrell, at sharikworrell@gmail.com or 310-902-0179 if you have questions.



Do You Shop At Ralphs?

If so, every time you shop a percentage can go to our church.

All you need is:

A Ralph's Rewards Card*

A Ralph's Digital Account**

Twenty of our church families are registered for the program. The church received \$80.01 for the quarter ending November 30th. The next quarter ends February 28th, so the church should receive another check in March.

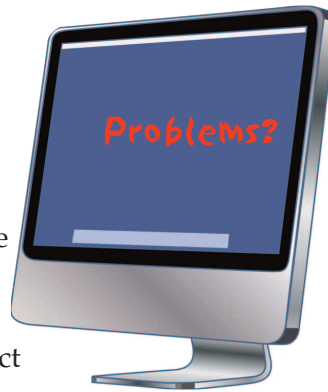
*If you do not have a Ralph's Rewards card you may apply for one at the store or ask for one after worship service.

**A digital account is needed to participate in Kroger Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

If you do not have access to the online sign-up method, please call 1-800-443-4438 for assistance. They will assist you in registering.

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. He doesn't come to your house, he just connects to your computer through the internet 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



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



People lifted on the prayer chain:

Don Heim

Lori and Ken Dimmick

Pat Lakhan

David Burdsall

Tim O'Connor

The McColloch family

Laurie Berger

MaryBeth Godwin

Tammy Cates

The Anderson Family

Lily and Angela

Paula Slatten

Hal Longman

Mia Perez

Stan Westover

Grant Simmons

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





FIRST UNITED METHODIST CHURCH OF CANOGA PARK

22700 Sherman Way
West Hills, CA 91307-2396

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Non-Profit Organization

U.S. Postage

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Canoga Park, CA

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