

## **CHURCH STAFF**

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### **PASTOR STEVE'S OFFICE HOURS**

M, T, W: 9am - Noon

### **PASTOR DAN'S OFFICE HOURS**

M, W, F: 9am - Noon

Cornerstone District Office  
Christ First UMC  
663 Lakeview Ave.  
Jamestown, NY 14701

## ***From Pastor Steve's Desk...***

Welcome to Grace Notes! We're so glad you picked up this copy of the Panama United Methodist Church newsletter! Everything you need to know about what is going on at Panama United Methodist Church is in here...enjoy!

### ***Journeying with Eyes Wide Open***

One of the greatest encounters with Jesus in the Bible is the on the road to Emmaus in Luke 24. Two unnamed disciples were walking with a stranger on the road to Emmaus one day after Jesus was crucified and unbelievably walked out of his own grave. The gospel account goes like this:

“Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him.” Luke 24:13-15 (NRSV)

Seven miles. To walk seven miles, it might take 3-4 hours at the average rate of 2 miles per hour. Seven miles is a long time to be walking. Seven miles is a long time to be *talking*! In that seven miles, according to the gospel account, Jesus talked. Luke 24:27 says, “Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.” For seven miles!

Now, I've gone on hikes that were longer than seven miles. One time, I hiked up Mount Marcy in the Adirondack Mountains...a 17 mile round trip. The main difference is that I had my eyes wide open the whole time - physically and spiritually. For the two disciples on the road with the stranger Jesus that day, they may have had their physical eyes open (we hope!), but they were blind to the identity of Jesus. It wasn't until they got to Emmaus, and Jesus revealed his identity, that the disciples were ready to tell others.

*(Continued on page 2)*

(Continued from page 1)

During this journey of Lent, the season leading up to Easter, what's in the way of you fully seeing Jesus on the road with you this seven miles? Is it forgiveness? Or maybe it's salvation questions. Are the relationships in your life creating a barrier to seeing the risen Savior? Sometimes we feel abandoned, or distressed, which causes the seven miles to seem like an eternity. With Jesus fully revealed in our lives, there is triumph over sin and death, and reunion with God!

This Lent, be journeying with eyes wide open. The blessing of that is that you will catch sight of the glory of God in Christ Jesus. Starting with Ash Wednesday worship on 3/5, continuing through Lent, and culminating in Holy Week, our seven mile journey will transform and inspire us to be the church...the people of God gathered for the kingdom breaking into the world.

In His Grip,  
Pastor Steve

### **The Seven-Mile Miracle is coming to Panama UMC**

This year, during Lent (March and April), for seven weeks, Pastor Steve and Pastor Dan will be leading us in a unique, video-driven group Bible study that brings the passion and resurrection of Jesus to life. We will, "...experience the last words of Christ as never before." This experience will prepare our hearts and lives for the celebration of Easter.

Sessions will be offered Sunday evenings and Monday mornings starting March 2 and March 3. The Sunday evening sessions will be 6-7:30pm, and the Monday morning sessions will be 10:30-12noon. Choose whichever session meets your schedule each week.

Books are available on your e-reader device through Kindle or Amazon. See you there!

### **Pastor Steve's March Schedule**

- 1 Day Off
- 2 8am-12pm: Sunday School/Worship; 11:30am: Lunch  
6pm: Seven Mile Miracle Bible Study
- 3 9am: Staff Meeting; 10:30am: Seven Mile Miracle Bible Study; 7pm: Prayer and Praise Team
- 4 1pm: Visitations
- 5 7pm: Ash Wednesday Worship
- 6 Ski Night
- 7/8 Sabbath and Day Off; Musical Rehearsal
- 9 8am-12pm: Sunday School/Worship; 6pm: Seven Mile Miracle Bible Study
- 10 9am: Staff Meeting; 10:30am: Seven Mile Miracle Bible Study; 2:30pm: Dr. Appt.; 7pm: Prayer and Praise Team
- 11 7am: Breakfast Meeting; 1pm: Visitations; 7pm: Band of Brothers Gathering; 7pm: Safe Sanctuaries Meeting
- 12 9am: Dentist Appt.; 6pm: Praise Team Rehearsal; 7pm: Choir Rehearsal
- 13 Musical Rehearsal
- 14 Musical Rehearsal
- 15 Musical Rehearsal
- 16 8am-12pm: Sunday School/Worship; 6pm: Seven Mile Miracle Bible Study
- 17 9am: Staff Meeting; 10:30am: Seven Mile Miracle Bible Study; 7pm: Prayer and Praise Team; Musical Rehearsal
- 18 1pm: Visitations; Musical Rehearsal; 7pm: Church Council
- 19 12pm: Lunch Bunch; Musical Rehearsal
- 20 Musical Rehearsal
- 21/22 Musical at PCS
- 23 8am-12pm: Sunday School/Worship (Bishop Webb);  
6pm: Seven Mile Miracle Bible Study
- 24 9am: Staff Meeting; 10:30am: Seven Mile Miracle Bible Study; 7pm: Prayer and Praise Team
- 25 12pm: Pastors' Gathering (Edwards Chapel); 1pm: Visitations
- 26 12pm: Men's Retreat Meeting; 6pm: Praise Team Rehearsal;  
7pm: Choir Rehearsal
- 27 7pm: Vacation Bible School Planning Meeting
- 28/29 Sabbath/Day Off (3/29-8am: Band of Brothers Breakfast)
- 30 8am-12pm: Sunday School/Worship; 6pm: Seven Mile Miracle Bible Study
- 31 9am: Staff Meeting; 10:30am: Seven Mile Miracle Bible Study; 7pm: Prayer and Praise Team

## March Birthdays and *Anniversaries*

- 1 **Keith/Cindy Miller**, Dylan Peck
- 2 Curtis Wood
- 8 Jennifer Sard
- 9 Sally Baer, Gregory Ireland
- 11 Tammy Thayer, Andrew Tordella
- 12 TC Davis, Rita Lenart
- 13 Lorena Crosby, Nicholas Sard
- 14 Tate Catanese, Susie Davis, Pat Dole, Jerry Ireland
- 16 Steve Holmberg
- 17 Joe Miktuk
- 18 **Dave/Becky Barr**, Stephen Enlow
- 20 Caleb Wood
- 21 John Cartwright, Heather Schneider, Tyce Schneider
- 22 Asher Baehr, Bert Rappole, **Bert/Mary Rappole**
- 24 Adam Kester, Nicole Osborne, Wendy Peck
- 25 Corey Osborne, Linda Roraback
- 26 Duane Baker, Sophia Pedigo, Hunter Waller
- 27 Ken Braun, Emily Lyon
- 28 **Jeff/Brenda Ireland**, Johnathan Miles
- 29 **Dick/Julie Nagel**
- 30 Nicholas Lenart, Steve Wiggers



A look ahead to April...

- 1 Caleb Caldwell, Adyn Hay, Megan Malinoski,  
Rex Marsh
- 2 **Joe/Joanne Miktuk**
- 3 Kylie Schnars, Jean Vanderkooi
- 4 Bill Caldwell, Sam Catanese, Tara Hosier
- 6 Janice Franklin
- 7 Derek Hosier, Kyle Hosier

Please let Pam Ireland or the office know if we need to update/add birthday and/or anniversary information for your family. This is only as up to date and correct as the information we are given.

## Sunday Morning Team

### March

#### Ushers

Buck and Kristine Seekings  
Peter and Paula Komarek

### Nursery Helpers

#### March 2

Birth-2: Dawn and Jenn Sard  
3-4: Jessica Keefer and Katie Braun

#### March 9

Birth-2: Buck and Kristine Seekings  
3-4: Shaun Hummel and Amy Seekings

#### March 16

Birth-2: Julia Nelson and Larissa Enlow  
3-4: Carrie and Alyson Edwards

#### March 23

Birth-2: Carol Hay and Natalie Odell  
3-4: Kristine and Riley Seekings

#### March 30

Birth-2: Sue and Kennadee Woods  
3-4: Kimberly Davis and Becky Cable

### FLOWER CHART

There is still plenty of room on the 2014 Flower Chart! Please feel free to sign up to place flowers in honor of or memory of loved ones. The chart is located on the bulletin board next to the main-level nursery. The cost is \$20 and can be marked as "Flowers" and placed in your weekly offering envelope.



Thank you!

## *Visitation Ministry*

### March 2

David Sturges Hultquist 2242  
Kathy Smith TW 218

Sharon Passarelli  
Thea Kester

### March 9

David Sturges Hultquist 2242  
Kathy Smith TW 218

Jack/Linda Sturges  
Diane Johnson

### March 16

David Sturges Hultquist 2242  
Kathy Smith TW 218

Trudy Anderson  
Julia Nelson

### March 23

David Sturges Hultquist 2242  
Kathy Smith TW 218

Lester/Wyona Wevers  
Eloise Smith

### March 30

David Sturges Hultquist 2242  
Kathy Smith TW 218

Art/Jeanette Osborne  
Bill Peck

**No tapes - just a visit and a bulletin**

## **Friends of Findley Work Weekend at Camp Findley**

This May (16-18), there is an opportunity to serve God with your hands and feet outside the walls of the church. The Friends of Findley are having a work weekend to get the camp ready for the summer season.

The work weekend will be held from Friday through Sunday. Projects will include light construction, cleaning, trails maintenance, and gardening, along with food, fun, fellowship, and getting away from home for a few days at Camp.

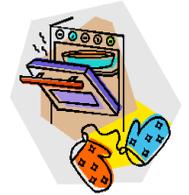
Lodging and food are provided for anyone who comes to work.

See Pastor Steve for details.



## **APPLE PIE BUNDT CAKE**

**Jody Marsh, Parish Nurse**



1 box spice cake mix  
21 oz. can apple pie filling  
3/4 c. fat free egg substitute  
3/4 c. low fat sour cream  
1/4 c. water  
2 Tbsp. applesauce  
1 tsp. vanilla extract  
2 Tbsp. brown sugar  
2 tsp. cinnamon

Heat oven to 350. Spray 10" Bundt pan with cooking spray.

Measure 1 1/2 c. pie filling in a separate bowl and set aside.

Mix 1 Tbsp. of the cake mix with the brown sugar and cinnamon in a small bowl and set aside.

Combine the remaining cake mix, egg substitute, water, sour cream, applesauce, extract, and remaining pie filling.

Beat with mixer for 2 minutes.

Pour half of the batter into the Bundt pan.

Sprinkle the brown sugar mixture evenly over the batter.

Spoon the reserved pie filling over the batter to within 3/4" of the edges.

Top with remaining batter.

Bake for 40-45 minutes. Cool 10 minutes and then remove to wire rack or turn onto plate.



**OPERATION CHRISTMAS CHILD**

**Did you set a one shoebox per month goal for yourself?**  
**How are you doing?**

**Food Pantry**

Remember...there is a sign up sheet on the Missions Table if you are interested in helping with this ministry of the church.

If you have questions, please see Peter Komarek or Tabby Butler.



Mark your calendars!  
Make plans now to participate.

*With Sympathy...*



*...to the family of Norma Catanese  
who passed away on February 2, 2014  
Mother of Linda Nobbs,  
Sam Catanese and Pat Catanese*

*and*

*...to the family of Dana Delahoy  
who passed away on February 22, 2014  
Brother of Janice Franklin  
Uncle of Kristine Seekings and  
Cousin of Cindy Cartwright*

The love and prayers of the PUMC family are with you and your loved ones as you continue through this time of grief and adjustment.

**WOMEN AND MISSIONS (W.A.M.)**

What is an Occupational Therapist and what do they do? Join us at our W.A.M. meeting on March 10th at **12noon\*** (**slight time change**) at the Rowdy Rooster. Katie Braun will be sharing with us about her work as an Occupational Therapist.

Won't you join us?

## Safe Sanctuaries Guidelines

Carol Hay

The “administration” of God’s work can be seen as detached from “real worship” unless you see God’s hand in it. During the message series about the church being alive and well, it was stated over and over that when we do God’s work, it feels right.

For the past few years, our church has been involved in developing *Safe Sanctuaries Guidelines* that outline procedures for keeping children, youth and adults safe from physical and emotional abuse while in the church or attending church activities. In addition to the written *Guidelines*, we have offered training on how to avoid situations that could lead to abusive behaviors and how to deal with detections or disclosures of abuse.

We want to ensure our church is a “safe sanctuary” for all who are part of our church community, but more than that, the *Guidelines* and trainings give us opportunities to get out of our comfort zones and learn more about the people we worship with and they help us become better caretakers of those around us. Those who have attended the trainings have come away with a better understanding of how we need to work together to support others.

Another step in our “safe sanctuaries” process involves paperwork! All adults who work directly with children and youth will be encouraged to complete a form requesting personal information.

The information on the forms will not be made public. The forms will be used to collect information in case of an emergency. The forms also give the church permission to do a background check on new employees or on volunteers new to the community. Other requested information will help to ensure those who need special accommodation in order to participate in church activities will receive that assistance. People who volunteer to be drivers for youth related activities would have their license information in the file so insurance coverage is not jeopardized. There is also a short form for those who are eighteen or younger and help out with children or those who will work with children but in a supervised position.

We have forms for parents to fill out to ensure we have emergency information for children, know their needs, and have good communication with parents when it comes to the safety of children.

*(Continued on page 7)*

*Upon recommendation of the faculty  
and approval by the Board of Trustees*

**DANIEL P. LANDIN**

*is hereby granted the degree of*

*Master of Divinity*

*from Northeastern Seminary in*

*Rochester, NY*

*December 28, 2013*

**CONGRATULATIONS, PASTOR DAN!!!!**

## **BAND OF BROTHERS**

Well, it has been awhile but that doesn’t mean Band of Brothers have been idle.

On January 21st, sixteen of us traveled to Auburn, NY to shop at Bass Pro. I’m not sure if I like the shopping best or the stops we make to eat. On a more serious note, the fellowship that we had was worth more than all the stock at Bass Pro. We had friends from the church that had not been able to go before and this was an opportunity to get to know them. What a blessing!

We’ve been having a men’s breakfast the last two months, with our next breakfast being March 29th. We are also planning a breakfast and trap shoot in the spring, the date to be determined by the weather.

We still meet in the library on the second Tuesday of the month. Watch the bulletin.

I would encourage you, if you have never been to one of the meetings, to please join us. It’s really not that bad - just a bunch of men who love the Lord that get together for fellowship. You never know where God may lead.

Your Brother in Christ Jesus,  
Howie Wheeler

## **DISCIPLESHIP GROUPS**

PUMC Discipleship Groups are in full swing, but it's never too late to join in.

The ladies group, **LoL** (Ladies of Light), is led by **Cindy Furlow**. This group meets at the church on the 2nd and 4th Monday nights at 7:15pm. The current study is entitled "What Happens When Women Say Yes to God" and explores how to recognize God's leading and live in His will and how to receive His blessings and have transforming faith. We'd love to see you.

**Jon and Becky Cable** are hosting a discipleship group at their home. This group is doing a Bible Study that goes with the movie, "**Facing The Giants**" movie. This is a great movie about learning to give God your best and leaving the results up to Him, praising Him whether you win or lose. We all have "Giants" that we face in our lives and this study gives us encouragement when our fear and faith collide. This group meets every other Tuesday from 6:30pm to 8pm at the Cables' home.

**Thea Kester's** discipleship group meets at noon every other Thursday. They have a fellowship lunch at the Rowdy Rooster, then adjourn to the church for their study and prayer time.

The **R.A.D.I.C.A.L.** (Rejoicing As Disciples In Christ's Awesome Love) TLC group will be meeting the first and third Saturdays of each month at 7pm. The location might be different each week so please check with **Carl and Susie Davis** to confirm where it will be that week. Davis' home phone number is 782-4611 or Susie's cell is 640-7043. We are looking at Christian accountability.

The **CHAT** group will meet at **George and Trudy Anderson**'s home. You can give them a call for further details.

We hope you will check out one of these discipleship groups. For additional information, please call Jon and Becky at 543-5050 or email them at jonbec95@gmail.com.

(Continued from page 6)

It is the goal of the Safe Sanctuaries Committee, working with the leaders of the church teams, nursery, Sunday School, and youth, to provide a "safe sanctuary" for all in our church community. This has meant reading the Guidelines and spending time in trainings and now means filling out paperwork. It is hoped that the members of our church community will not view these "administrative" details as too much trouble, but will willingly comply knowing that we are doing God's work. Ensuring a "safe sanctuary" for children, youth and adults means our church is "alive and well" and God's hand is in all we do. Providing a "safe sanctuary" shows we are devout in our personal relationships with God and want everyone to feel the comfort of the church community.

### **SAVE THE DATE, MEN!**

The 2014 Cornerstone Men's Retreat will be  
Friday-Saturday, June 6-7, 2014  
at Camp Mission Meadows.  
More information will be coming, but...  
...mark your calendars today!

### **Mark Your Calendars**

March 2/3 - Seven Mile Miracle Lenten Bible Study

March 5 - Ash Wednesday Service, 7pm

March 15 - Family Fellowship Night: Pool Day  
1-4pm (watch bulletin for details)

March 23 - Bishop Webb will be with us

March 29 - Band of Brothers Breakfast at PUMC