

## **CHURCH STAFF**

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Krista Odell, Accompanist  
Jody Marsh, Parish Nurse  
Art Osborne, Custodian  
Dr. Mark and Diane Abbott, Spain  
Blog: [www.markabbott007.com](http://www.markabbott007.com)  
Rev. Paul D. Caseman, Alaska

### **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 this edition of 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!

### **What I Learned at Family Bible Camp**

Last month, I wrote about some of the challenges facing the church. When I say "church", I don't just mean Panama United Methodist Church (UMC) or the UMC. I mean the broad spectrum of people that make up the world-wide church of Jesus Christ. Despite these challenges, God is not finished with us yet. Dr. Tim Dwyer, who led our Bible teaching time every morning at Family Bible Camp (at Camp Findley) reminded us that, "The Church will outlast the universe!" With that perspective, how can we do anything but press on?

Along with Dr. Dwyer, we were blessed to hear the teaching of Dr. Wendy Deichmann who is the President of United Theological Seminary. United is one of the fastest-growing seminaries in the nation right now, due to a focused mission to "...recruit and educate faithful leaders for the mission of Jesus Christ in the World." Dr. Deichmann taught us each day about different aspects of Christian leadership and how that gets applied in the Church and the world. She reminded us that even when leadership fails, God is at work and can redeem and use those situations for His glory.

Our evening preacher was our own Bishop Mark Webb, who preached here in Panama in March of this year. Bishop Webb was very well received each night and gave us so much food for thought and prayer. Speaking of prayer, Bishop Webb challenged everyone in attendance all week to make prayer a critical aspect of ministry. Sometimes, as a pastor, I get discouraged that more people in the church aren't coming together for prayer on Monday nights and Sunday mornings. As I listened to Bishop Webb preach, I was convicted that whatever I wish for the church, I must model in my own life. I still want more people to gather to pray, but I also want to be more a man of prayer than ever before in my life. I encourage EVERYONE to join me in seeking out ways to bring the church together for prayer, starting with you and me.

The other thing I learned at Family Bible Camp is that the church exists for one reason. It's not to take care of its members and their families (as a poll revealed 89% of the church thinks). The main

(Continued on page 2)

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purpose and mission of the church is two-fold. We are called and equipped by God to help followers of Jesus go DEEPER in their faith with Jesus, AND, we exist to give people who don't know Jesus the chance to meet Him and receive salvation.

I learned way more at Family Bible Camp than what can be boiled down in a simple newsletter article, but I know that the Holy Spirit is at work. As we pray more, go deeper in our faith together, and give others the opportunity to come to know Jesus as Lord and Savior, we are fulfilling much of what God expects from the church. This month...this week...today, even, get on your knees and begin to pray for the church, its leaders, and the people who are growing in faith. Pray for those who don't yet know Jesus as Lord and Savior. Then get out there and tell people about Him!

In His Grip,  
Pastor Steve

### **SUMMER WORSHIP TIMES**

***July 6th through August 31st  
9:15am***

***No Sunday School for July and August***

### **DISCOVERY COURSE FOR NEW MEMBERS AND BAPTISMS**

In October and November, Pastor Steve will be leading a new members and baptism course for anyone interested. The course will be six weeks and will discover the basics of the Christian faith, what it means to grow in Christ, and your place in the ministry of the Church of Jesus Christ here at Panama UMC. If you have not been baptized and would like to be, this course is for you. If you are interested, or have questions, please let Pastor Steve or Debbie in the church office know.

The first class will be October 5th at 9am (during the Sunday School time). Baptisms and new members will be welcomed on December 7th during worship.

A sign-up sheet will be available on the Welcome Table. See you there!

### **Pastor Steve's August Schedule**

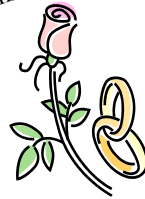
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- 1/2 Sabbath and Day Off; 6pm (8/2): Community Campfire
  - 3 8am-11am: Outdoor Worship/Communion
  - 4/5 Out of Office
  - 5 6pm: Pre-marital Session
  - 7 7pm: Worship Team
  - 8/9 Sabbath and Day Off; 3pm (8/9): Golf Outing
  - 10 8am-11am: Worship; 4pm: Ben's Graduation Party
  - 11 11am: Staff Meeting; 7pm: Prayer Team
  - 12 6:45am: Breakfast Meeting; 1pm: Visitations; 7pm: Band of Brothers
  - 13 6pm: Praise Team Rehearsal
  - 14 7pm: Christian Education Team Meeting
  - 15/16 Sabbath and Day Off
  - 17 8am-11am: Worship
  - 18/19 Take Ben to College
  - 22/23 Sabbath and Day Off
  - 24 8am-11am: Worship; 5pm: Picnic
  - 24-28 Clergy for Action Retreat (Warsaw)
  - 30 Day Off
  - 31 8am-11am: Outdoor Worship
  
  - 9/1 Labor Day (Office Closed)

## August Birthdays and *Anniversaries*

- 1 **Dan/Stephanie Landin**
- 2 Bowen Bailey, Bryce Hinsdale, Jenna Nagel
- 4 Ray Cartwright, Harrison Osborne
- 5 Barb Emory
- 6 Amelia Sprague, **Wayne/Barb Emory, Rex/Jody Marsh**
- 7 Tabetha Butler
- 8 **Lee/Stephonie Kester**
- 9 Janet Osborne, **Jon/Julie Dilley**
- 10 **George/Donna Peterson, Don/Linda Wood**
- 11 Connor Range, **Corey/Nicole Osborne, Mike/Dawn Sard**
- 13 George Peterson, Joe Sturges
- 14 Patricia Dole
- 16 Matthew Kolstee
- 17 **John/Pam Brown**
- 18 Dawn Comstock
- 19 Gerrit Hinsdale, Eleanor King, **Bill/Kathy Peck**
- 20 **Chris/Mary Ann Blose, Jerry/Pam Ireland**
- 21 **Dan/Pat Sobolewski**
- 22 George Anderson, Kellen Reardon, Barb Tordella,  
**Bill/Amy Caldwell, Shawn/Julie Chapman,**  
**Bryan/Shelly Rupczyk**
- 23 Bill Peck, **Doug/Carol Hay**
- 24 Wendy Trisket, **Peter/Paula Komarek**
- 25 Cole Gleason, Nathan Gleason, **Ken/Katie Braun**
- 27 Kelly Osborne
- 28 Pat Sobolewski, **Phil/Shelly Johnson**
- 29 Elizabeth Baehr, Willa Rupczyk, Glenn Topolski
- 30 Meredith Rupczyk



Happy Anniversary!!



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 - August

### Ushers

George and Trudy Anderson  
Pat and Kristy Catanese

### Nursery Helpers

#### August 3

Birth-2: Tena Dills and Carolyn Hughesman  
3-4: Carm Catanese and Carrie Munsee

#### August 10

Birth-2: Sherry Joslyn and Thea Kester  
3-4: Buck and Kristine Seekings

#### August 17

Birth-2: Jason and Jolene Ayers  
3-4: Marge and Graham Vollmer

#### August 24

Birth-2: Adam and Tory Irgang  
3-4: Kim and Susie Davis

#### August 31

Birth-2: Cathy Erhard and Natalie Odell  
3-4: Stephanie Landin and Tina Shaver

Thank you for volunteering to take care of our little ones during the worship service.  
We appreciate you!

### Nursery Note

If something comes up and you cannot serve in the nursery, please trade with someone or find a replacement. If those options are not feasible, please call  
Tina Shaver (640-6218) or Debbie in the office (782-4031) as soon as possible.

**THANK YOU!!**

## *Visitation Ministry*

### August 3

David Sturges Hultquist 2242	Trudy Anderson
Kathy Smith TW 218	Diane Johnson

### August 10

David Sturges Hultquist 2242	Thea Kester
Kathy Smith TW 218	Everett King

### August 17

David Sturges Hultquist 2242	Julia Nelson
Kathy Smith TW 218	Eloise Smith

### August 24

David Sturges Hultquist 2242	Art/Jeanette Osborne
Kathy Smith TW 218	Bill Peck

### August 31

David Sturges Hultquist 2242	Lester/Wyona Wevers
Kathy Smith TW 218	Sharon Passarelli

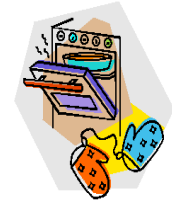
**No CDs or DVDs - just a visit and a bulletin**

### **W.A.M. (*Women and Missions*)**

The August meeting of W.A.M. will be at the Rowdy Rooster on Monday, August 11th, at 11:45am. We hope you will be able to join us for this time of fellowship.

## ***Corkscrew Chicken and Broccoli Alfredo*** **Jody Marsh, Parish Nurse**

8 oz. (3 c. dry) rotini or bowties  
5 c. broccoli florets  
1 c. low-fat milk  
1 1/2 Tbsp. cornstarch  
1 c. reduced sodium chicken broth  
1/4 c. light cream cheese  
1/2 tsp. garlic powder  
1/4 tsp. pepper  
1/2 c. grated Parmesan cheese  
2 c. shredded, cooked, boneless, skinless chicken breast



Cook the pasta and set aside.

Place the broccoli in a large microwave-safe dish. Add 3 Tbsp. water, cover, and microwave for 4 minutes or until crisp and tender.

In a medium saucepan, whisk the milk and cornstarch until smooth. Whisk in the broth and place over low heat. Add the cream cheese, garlic powder, and pepper. Bring to a low simmer and cook until the sauce thickens, about 4 minutes. Whisk in the Parmesan cheese and cook for 1 or 2 more minutes, or until the sauce is smooth.

Toss the cooked pasta, broccoli, and chicken together in a large serving dish. Pour the sauce on top and toss gently to combine.

Nutrition: Serving size 1 1/2 cups; Calories-330; Carbs-36g; Total fat-7g; Protein-27g; Fiber-4g

**OPERATION CHRISTMAS CHILD**

*Offerings for VBS 2014 were designated for Operation Christmas Child. The total for the week was \$457.06. Isn't that awesome?*

*November will be here before you know it!  
Are your boxes ready?*

**July Tithes and Offerings**

Envelope Checks/Cash - \$19,777.00

Plate Cash - \$453.10

Trustees - \$1605.00

Sunday School - \$100.00

Missions - \$685.92

Flowers - \$60.00

Food Pantry - \$480.00

White Gift - \$144.00

VBS Offering - Operation Christmas Child - \$457.06

VBS Donations - \$150.00

Memorials - \$25.00

Delahoy Luncheon Donation - \$300.00

Camp - \$60.00

Building Rent - \$150.00

T-shirt sales - \$65.00

Family Life Center - \$40.00

Connections Tuition - \$3.50

Thank you for your continued support of the budget and ministries of Panama UMC.

**REMINDER....Saturday, August 9th**



PUMC Golf Outing  
Timbercreek (in Blockville)  
3pm

Everyone is welcome to play. Experience is not necessary. Just come and enjoy the fun! Please bring a dish to pass. We will have burgers and dogs after golf. There will be some pretty cool awards for everyone.  
*(More information is available on the Welcome Table.)*

**Friends of Findley Work Weekend**  
**At Camp Findley**

We've been to Red Bird. We've been to Haiti. We've been lots of places in Jesus' name. Here's an opportunity to go over the hill to Camp Findley, to be the hands and feet of Jesus.

This October (17-19), there is an opportunity to serve God outside the walls of the church, and nearby. The Friends of Findley are having a work weekend to get the camp ready for the winter retreat season. The work weekend will be held from Friday through Sunday, but you can come anytime.

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.

We would like to challenge the PUMC to send 15 people out from this church to Camp Findley for this local mission work camp. See Pastor Steve for details. Registration materials will be available in September on the Camp Findley website.

### **Vacation Bible School**

A HUGE THANK YOU - to all who helped and donated to Vacation Bible School. We had 83 kids on Thursday night, and we served about 120 for Monday night supper. VBS was a huge success and I am grateful to all who helped prepare dinners, plan activities and spend time all week.

Thank you!  
Stacy

(Editor's Note...and a special thank you to Stacy for her leadership, energy and commitment to making this year's VBS so awesome!)

Discover God's Love at **Southern Treasure Island**



### **CAMP**

While many of our campers have already enjoyed their week at camp, below is the list of our final group and their chosen camp. If you would like to send a camper a note, please use

the following address:

Camper's Name and Name of the Camp  
Camp Findley  
2334 Sunnyside Road  
Clymer, NY 14724

**August 3 - August 8**

Building Up: Natalie Odell

Breaking Ground: Gracie Cable

Defenders of Faith: Josh Cable

*Thank you for your continued support  
of our efforts to send our kids to camp.*

### **Panama UMC Discipleship Group Information**

**Preparing for Rain** (Jon and Becky Cable)

Every other Tuesday  
[jonbec95@gmail.com](mailto:jonbec95@gmail.com)  
716-543-5050

**C.H.A.T** (George and Trudy Anderson)

One Saturday a month  
[gaanderson@windstream.net](mailto:gaanderson@windstream.net)  
716-782-3252

**R.A.D.I.C.A.L** (Carl and Susie Davis)

1st and 3rd Saturday of each month  
[appleoakstreefarm@yahoo.com](mailto:appleoakstreefarm@yahoo.com) or  
[suesue5@windstream.net](mailto:suesue5@windstream.net)  
716-782-4611

**Ladies of Light** (Cindy Furlow)

2nd and 4th Monday of each month  
[cfurlow@chautauquamachine.com](mailto:cfurlow@chautauquamachine.com)  
716-782-2775

**Band of Brothers** (Howie Wheeler)

2nd Tuesday of the month  
[wheelerhoward55@gmail.com](mailto:wheelerhoward55@gmail.com)  
716-763-0879

Kyle and Brynne Hinsdale

One Saturday a month  
[kbhinsdale@windstream.net](mailto:kbhinsdale@windstream.net)  
716-355-4382

Thea Kester

Every other Thursday at 12pm at Rowdy Rooster  
[rtkester@windstream.net](mailto:rtkester@windstream.net)  
716-782-4620

Discipleship (Small Group) Note  
Jon and Becky Cable



August 2014

During the month of August, we will be hearing testimonies from a few people during the Mission Moment of the service, regarding what small group ministry has meant to them. We are hoping to build some excitement for the upcoming small group season which will go into full swing in September. We are wanting to communicate to everyone how important being in a small group, or discipleship group, is, and giving all interested people a chance to hear about and join a group.

It's been said that life change happens best in small groups. It doesn't mean that it can't happen in worship or in a Sunday School class, but it happens best in the safety and comfort of a home, surrounded by 8-10 other people who love and care for you, studying the word of God, and just doing life together. We have seen it happen and have experienced it in our own lives.

Please consider joining one of the discipleship groups. The leaders (and their contact information) are listed on the following page.

If you are looking to know Christ and to make Him known, if you are looking to be transformed to be more like Christ and less like the world, if you are looking for encouragement and support in your walk with Christ, then one of the discipleship groups is for you.

If you have any questions about discipleship groups at PUMC, contact Jon and Becky Cable at 543-5050 or at [jonbec95@gmail.com](mailto:jonbec95@gmail.com). You could also call the church office at 782-4031 or at [debbie.johnson@panamaum.org](mailto:debbie.johnson@panamaum.org).

Dear Friends at PUMC,

As Grace Notes is being put together, we are preparing for our return to Haiti. *(They are actually on the plane and in the air as I type this!)* We are excited to return to work with the Haitian staff and friends again. It has been a challenging year for us, but with your prayers and support, and with His grace, we are ready to serve again.

We hope to forward updates and photos after we are in country awhile. There are many photo opportunities when school resumes in September (the kids are so much fun to photograph!).

Please consider participating in a short term mission team. When you speak to church members who have been to Haiti, they will tell you that it is hard to describe, "You just have to go!" We are only an email away for answering questions. Don't hesitate to contact us at

**[villageofhopehaiti@gmail.com](mailto:villageofhopehaiti@gmail.com)**

We appreciate your ongoing support for our work in Haiti. Village of Hope Lazarus Project is unusual for the method they use for supporting missionaries. They do not require long term missionaries to raise their own financial support as most other sending organizations do. Instead, they provide a stipend. In return, we ask for support that will go to the ministries we serve - the Village of Hope School and the Health Center. Funding for missionaries and the guest house comes from room and board from short term teams and from undesignated giving. If you wish to help financially, donations may be made through the church by indicating on your envelope that the donation is for VOH, and either specify for a particular ministry or undesignated.

Again, our thanks to PUMC for your commitment to serving Christ, here, and in Haiti.

Blessings,

Bert and Roberta

## **Music and Your Spiritual Journey**

By Julie Nagel, PUMC Music Director

In 1993, Tricia Yearwood's song, "The Song Remembers When", was playing on country and popular radio. Tricia begins the song with these words: "I was standing at the counter...I was waitin' for my change...when I heard that old familiar music start...It was like a lighted match...had been tossed into my soul...it was like a dam had broken in my heart." She goes on to sing about a sort of musical déjà vu experience - "and though I have forgotten all about it, the song remembers when."

It has been said that "music is what feelings sound like." I can reflect upon experiences and memories in my own life that are correlated with songs of a particular time period - some are sad; some are happy. Hearing those songs incites sad or happy feelings and I find myself reliving those experiences or revisiting those memories all over again.

Music has always been a significant component of my life - likely because my mother loved and adored all kinds of music. Music was a fixture of my childhood, akin to an undercurrent that runs underneath the earth that you are seldom aware of, but is always there. The radio (or a record album) was continuously playing in my childhood home, as my mom bustled about in her daily household routines. During our teenage years, it was not unusual for my sisters and me to arrive home from school to our Journey or Bee Gees albums playing at a high volume on the stereo - and Mom dancing with her broom. She loved all genres of music - from Beethoven to Elvis to Eddie Arnold - to Andrae Crouch's "My Tribute", which I requested the organist play at her funeral. I thank God every day for the love of music that my mother instilled in me.

For many of us, music is a significant component of our faith and spiritual practices. The lyrics of our favorite hymns and praise songs are maps that reflect our spiritual journeys. There are times when we may have been "lost" and music served as a GPS to help us find our way again. There are times when we have experienced happiness, contentment, and have felt ourselves grow spiritually, and music has been a guiding force behind those experiences. A song that you identify with during an integral time in your life may not be one

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(continued from page 8)

heard on Christian radio, but may have a deep spiritual impact. Several months ago, I was invited to sit on a bar stool of a "clubhouse" on the property of a 57 year old terminally ill man who had a long history of alcohol abuse and a self-described "wild life-style". As we listened to classic rock guitarist and musician Joe Walsh sing "One day at a Time" on the stereo system that he rigged to synchronize with disco-like lights, he talked about the impact that song had upon his life, and how he often played it to remind himself of how it had helped him to turn his life around. This man was also a very intelligent man, as well as a Christian who had a depth of Biblical knowledge and faith that rivaled many well-educated scholars. He died a few months after that encounter; when I play that song now, I am transplanted back to that moment in time and I am thankful for it.

How has music shaped your life and spiritual journey? Even if you don't think of yourself as "musical", I believe you will be surprised at what comes to mind. Spend some time this week thinking about and listening to the music in your life. And take a few moments of than our wonderful God and Creator for the gift that music brings to our lives.



### **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. At this time, we are in need of volunteers to fill the Monday evening time slots (6-7pm).

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