

## 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 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!

#### **Growing in Christ...It's not what you think!**

Every year about this time, I take daily walks to the garden behind our house in order to see what is ready for harvest. Harvest is a great time of year because the hard work of tilling, planting, watering, weeding, and nurturing the plants in the garden is largely done. All that is left is to pick the remaining tomatoes, eggplant (my favorite), zucchini (**wow**...too many) and peppers. We didn't grow any winter squash this year because we have just two mouths to feed with the kids off to college. One thing that I often think about when I take that short walk to the garden is, "I hope I have a lot to show for my efforts." Then, when I get to the garden, I realize that it's not about how MANY fruits there are, but really about how well-formed, ripe, blemish-free, and ready to be picked they are. When I bring the basket into the house and clean up the fruit, I am able to confirm that it's QUALITY over QUANTITY.

As the pastor of a vital and healthy church, I often get caught up in the same erroneous train of thought when it comes to the church and the people gathered together to worship, learn, and serve. We get tricked by our culture into thinking that having more people coming to church (quantity) is an indication of a growing and vibrant church. In some ways, it is, for if no one comes to the church or serves in its ministries, then that is ONE indication that something needs attention. Our culture tells us that quantity is everything: money, time, talents, grades, salary, etc. Yet, from God's perspective, it's not about quantity at all. God knows so much more about us than we know about ourselves. He knows our hearts. And for God, the condition of our hearts and our growth as disciples (quality) is way more important than sheer numbers.

Psalm 8:3-4 reminds us, "When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are human beings that you are mindful of them, mortals that you care for them?" This question answers some of the confusion about what it means to have a 'growing' church. God minds us and cares for us, which means that not only does God

(Continued on page 2)

(Continued from page 1)

want us to be fully engaged disciples of Jesus, but wants us to be growing as disciples who are more and more effective.

As we look at all the statistics and analytics about worship attendance and service, we might be tempted to be discouraged. Let me encourage everyone to prioritize regular worship attendance, engagement with a small group or Sunday School, and service to the community in Jesus' Name. But I also encourage you to be growing in spiritual fervor, passion for the Lord, and a desire to serve humbly and with gratitude! Growing isn't what we first think...it's even more!

Blessings,  
Pastor Steve

### ANNOUNCEMENTS



#### **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 16-18, 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 Panama UMC to send 15 people out from this church to Camp Findley for this local mission work camp. See Pastor Steve for details. Questions? Call the Camp office at (716)-769-7146.

#### **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 are new to Panama UMC, this course is for you. If you have not been baptized, and would like to be, this is the course for you.

If you are interested, or have questions, please let Pastor Steve or Debbie Johnson (in the office) know. The first class will be October 11 at 9am (during the Sunday School time).

Baptisms and new members will be welcomed in December during worship. A sign up sheet will be available on the Welcome Table. See you there!

### Pastor Steve's October Schedule



- 1 6pm: CHAT Care Group
- 2/3 Sabbath and Day Off
- 4 8:15am-12pm: Prayer/Worship!/Communion/Lunch after Worship
- 5 11am: Staff Meeting; 7pm: Prayer Team
- 6 1pm: Visitations; 12pm: Pastor's Shepherding Group
- 7 6pm: Praise Team; 7pm: Choir Rehearsal
- 8 7pm: All Staff Meeting
- 9/10 Sabbath and Day Off
- 11 8:15am-12pm: Prayer/Sunday School/Worship!
- 12 11am: Staff Meeting; 6pm: Evangelism and Outreach Team; 7pm: Prayer Team
- 13 1pm: Visitations; 6:30pm: Church Council
- 14 Large Church Pastor's Conference w/ Jorge Acevedo (Casowasco)
- 15 6pm: Growth and Vision Team/Estate Planning Seminar/Dinner
- 16/17 Sabbath and Day Off; Friends of Findley Work Weekend
- 18 8:15am-12pm: Prayer/Sunday School/Worship!
- 19 11pm: Staff Meeting; 7pm: Prayer Team
- 20 1pm: Visitations; 6:30pm: Nominations Team Meeting
- 21 12pm: Lunch Bunch; 8pm: Praise Team; 7pm: Choir Rehearsal
- 22-25 Keryx Prison Ministry
- 26 11am: Staff Meeting; 7pm: Prayer Team
- 27 9am: Boundaries Training at Findley; 7pm: Band of Brothers
- 28 6pm: Praise Team; 7pm: Choir Rehearsal
- 30/31 Sabbath and Day Off; (31) Trunk or Treat at PUMC

#### **\*\*\*MARK YOUR CALENDARS\*\*\***

- October 1 - CHAT at Anderson's
- October 3 - Chautauqua Delivered A Day with Darryl and Tracey Strawberry
- October 15 - Estate Planning Seminar
- October 31 - Boy Scout Pop Can Drive
- November 7 - Regional Church Conference, Hosted by PUMC
- November 14 - Harvest Dinner

## October Birthdays and *Anniversaries*

- 1 Matthew Komarek, *Glenn/Melissa Topolski*
- 2 Charlotte Baehr, Cave Calcaterra, Amy Caldwell
- 3 Pam Ireland
- 4 Steve Halpainy, *Pat/Joyce Dole, Elizabeth/Jason Baehr*
- 5 Kyle Hinsdale, Ariana Range
- 6 Levi Munsee, Krista Odell, *Don/Tabetha Butler*
- 7 Eric Lindahl, Adalynn Wiggers, *Jim/Linda Roraback*
- 9 Rose Hunt, *Joe/Darcey Lyon, Dan/Casey McGaffick*
- 10 Rebecca Wheeler
- 12 Everett King, *Joe/Jean Edwards, Jeff/Jody Hay*
- 13 David Anderson, Jim Roraback
- 14 Pam Cole
- 15 Ricky Eggleston, Stephanie Goodbear
- 17 Lee Crosby, *Buck/Kristine Seekings*
- 18 Carm Catanese, Joyce Edwards, *Hugh/Gladys Wood*
- 19 Mary Rappole, *Adam/Tory Irgang*
- 20 Tammy Hosier, Sue Woods
- 21 Juliet Chapman
- 22 *Neil/Cindy Sturges*
- 23 Charlie Loveless, Kandi Torres
- 24 John Brown, Stacey Furlow
- 25 Betty Crosby, Adam Irgang
- 26 Doug Hosier, Collin Wood
- 28 Allison Halpainy, *Brad/Shirley Osborne*
- 30 Debbie Edwards, Joe Osborne
- 30 Dawn Sard, Melissa Wiggers

A look ahead to November...

- 1 Mike Sard, Cindy Sturges, Joel Wiggers
- 2 Chris Comstock
- 3 Becky Barr, *Tom/Sally Baer*
- 4 Tina Akam
- 5 Chris Blose, Jim Hunt

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

## *SUNDAY MORNING TEAM - October*

### Ushers

Pat and Kristy Catanese  
Howie and Jan Wheeler

### Nursery Helpers

#### October 4

Birth-2: Kathy Foulk and Riley Seekings  
3-4: Dawn Sard and Jennifer Johnson

#### October 11

Birth-2: Carm Catanese and Kristy Catanese  
3-4: Susie Davis and Carolyn Hughesman

#### October 18

Birth-2: Carol Hay and Barb Tordella  
3-4: Barb Trisket and Pam Sali

#### October 25

Birth-2: Tina Akam and Sherry Joslyn  
3-4: Ken and Katie Braun

Thank you for volunteering to take care of our little ones during the worship service. We appreciate you!  
If something comes up and you cannot serve, please trade with someone or find a replacement. You may call Debbie in the Church office (Monday through Friday) by calling 782-4031.  
THANK YOU!!

### Prayer Chain



If you have a concern for which you would like others to pray, please call:  
Susie Davis (782-4611) or Jean Edwards (782-2800).  
This request will be passed down the chain to 20+ others who will pray for your concern.

*Visitation Ministry*

**October 4**

Kathy Smith Tanglewood 235  
Jean Trisket Corry Manor C44

Sharon Passarelli  
Bill Peck

**October 11**

Kathy Smith Tanglewood 235  
Jean Trisket Corry Manor C44

Jack/Linda Sturges  
Trudy Anderson

**October 18**

Kathy Smith Tanglewood 235  
Jean Trisket Corry Manor C44

Thea Kester  
Everett King

**October 25**

Kathy Smith Tanglewood 235  
Jean Trisket Corry Manor C44

Bill Peck  
Sharon Passarelli

**Volunteers are needed...**

We are in need of more volunteers for the visitation ministry. Please talk to Bill Peck if this opportunity to visit some of our PUMC friends/members is appealing to you. You will be blessed!

**Grace Visitation Team**

It is the responsibility of the Grace Visitation Team to check the attendance register to determine those that have not been in church for a period of time and to contact them either by phone, in person, by email or by USPS. We also track new folks as they come in our doors to worship with us. When we get their address from the attendance register, they receive a letter from the Pastor.

It is SO IMPORTANT for the attendance register to be passed down the row every Sunday so we know who is worshipping with us.

Most of all, if you see a visitor, please make an effort to make them feel welcome.

Remember to keep propelling Panama!

**SUNDAY MORNING MISSION OPPORTUNITIES**

**CAMPBELL LABELS** for the Red Bird Mission School in Kentucky (also look for labels on Swanson products, Pepperidge Farm, Prego and V8). To those of you who take the time to cut just the UPC code and logo from the product for us, we thank you.

**PENNIES** for the Domestic Abuse Program offered by the Salvation Army in Jamestown. As you read in the papers and media, you know that Domestic Abuse is on the increase and it is important to help when we can. Please drop your pennies and other small change in the container in the narthex.

**NON-PERISHABLE ITEMS** for God's Groceries - things like toilet paper, soap (all kinds), toothpaste and brushes, shampoo, and anything else that you feel would help those that are having a difficult time making their money go further. The use of the Food Pantry is growing and we thank you for your support.

**Looking for feedback...**

During a recent conversation, the topic of evaluating the effectiveness and necessity of producing a monthly newsletter arose. In the past, our monthly mailing was over 300. Following a change in bulk mailings from the Panama Post Office, Church Council voted to include the newsletter on the website, leave some on the Welcome Table for those who wanted to pick up a hard copy and then send out about 50 via regular mail. We do not know how many read it online. Of the 50 that are on the table each month, there are usually about 20 that are not picked up. For those receiving it in the mail, is it beneficial?

We would like to ask you to send us your feelings regarding the continuance of this dissemination of church information. Do you get needed monthly information from the website, online Church news, bulletins and Sunday morning announcements? Please respond using the church email ([www.panamaum.org](http://www.panamaum.org)), to me (Pam Ireland at [alama-pi@yahoo.com](mailto:alama-pi@yahoo.com)) or put a note in the newsletter mailbox in the hallway.

Thanks so much for your time and honest feedback!



## Safe Sanctuaries Guidelines Summary Panama United Methodist Church

### NURSERY NEWS

Have you checked out our two new nurseries - both on the main floor? Come and see Rooms 107 and 108! A wonderful team of "church ladies" addressed this project with gusto. Thank you, ladies!

We also had a nursery orientation meeting with 18 people in attendance - praise God! Stephanie Landin did a great job leading this informational meeting and encouraging some structured updates. Continue to pray for the little ones in our congregation and for our volunteers who serve them.

And as always, we are looking for people to do nursery coverage and if you are interested in helping out just a couple times a year, please see Stephanie Landin or Susie Davis for further details.

As always, we appreciate your participation.

Blessings,  
~Susie~



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



WAM's next gathering is  
Monday, October 12, at 11:45 am  
at the Rowdy Rooster.

Please mark your calendars and plan to join us!

### PROPELLING PANAMA TO ACTION...

We are still propelling! December is coming fast, and there will be new and exciting ways for you to be in action. Watch for details!!

Our congregation has established Safe Sanctuaries Guidelines in order to provide a safe environment for children, youth and vulnerable adults. Our Guidelines seek to provide an atmosphere where adults are free to teach and love children, youth and vulnerable adults, in a Christ-like manner, and children, youth and vulnerable adults can pursue their journey to know, love and serve God freely without fear.

The Safe Sanctuaries Guidelines includes:

#### Guidelines

- Staff/volunteers must be 18 or at least 5 years older than the oldest minor
- Volunteers must have a relationship with the church prior to supervising children
- Those working with children must complete appropriate information forms
- Supervising Volunteers and employees must consent to a background check
- All employees and volunteers must read and agree to abide by the SSP
- "Two person rule" shall be observed
  - Two persons will be present at each event/activity
  - The presence of an adult "roamer" may be the second person
- Persons convicted of sexual abuse will not work with children
- Training on Child Abuse prevention and detection will be provided

#### Physical Surroundings

- All facilities must be clean and safe and open to view

#### Transportation

- Any event/activity involving transportation requires
  - Written permission forms signed by parents
  - Drivers who are at least 21 years old

#### Response and Reporting Plan

- Adults making good faith reports have immunity from liability
- The Guidelines will be disseminated and explained
- Yearly training programs will be provided on child abuse awareness and response
- Abuse allegations will be reported promptly and involve the Pastor and SPRC Chair
- Confidentiality is necessary to protect the victim and the accused
- The Conference Director of Communications will handle media questions

Anyone interested in reading and/or having a copy of the entire Safe Sanctuaries Guidelines may request a copy from the church office.

**TO REPORT ABUSE:** Contact the NY State Central Registry at 1-800-342-3720 or any Law Enforcement Agency at 911.

Additionally, you may contact CAP at 716-338-9844 to obtain information about resources available in our county to help with advocacy, treatment, and legal help.



(Safe Sanctuaries, continued)

However, all adults in our church community need to be advocates for the safety of children. If you read the *Post Journal* article, one reported statistic was that the number of children in Chautauqua County abused before their 18th birthdays could fill 41 school buses. Having worked in three different school systems in the county, I can confirm that we have too many abused children coming to school and trying to do what is expected of them when their minds are filled with horrors no child should endure. Our lovely community of Panama is not excluded from this misery, I'm sorry to say.

I understand that you may not want to attend a formal training on child abuse, but as a child of God yourself, I also know you don't want children harmed. We all see and hear what's happening in other countries where abuse, sex trafficking, and violence against children are prevalent. But closer to home, children are abused and neglected daily.

My suggestion is to just be aware of the children around you as you walk in your neighborhoods, sit in the park or shop in the stores. We should not interfere in parent - child situations where we don't have facts or know the whole story. But we can smile at a sad child, give a parent an encouraging word to diffuse a tense situation, and certainly, report violence to appropriate authorities. If you have a concern, share it with someone trained to handle these situations. Talk with either of our church pastors if you need guidance.

And a final thought for this article is what we should all consider first when thinking about children - we need to pray for the safety of the children we know, the children who live and go to school near us, and the children we will never know, but who are important to their heavenly Father. Let's use our prayers and our actions to keep more buses from filling up with abused children right here in our own county!

Copies of the Safe Sanctuaries Guidelines are to be provided annually to the church body. Please find a copy of the Guidelines on page 11. In an effort to include them in this issue of Grace Notes, the clarity has been compromised to a point.

If you would like a hard copy, please contact the church office or Carol Hay to obtain a larger print copy.

## CONNECTIONS After School Ministry

Connections After School Ministry is up and running again this year! These children and families are receiving excellent after school care, and are hearing about the love of Jesus from our leaders, Sandy Crossley and Joan Monroy. The PCS Honor Society members are offering tutoring on Mondays and Wednesdays. Tutoring is an excellent opportunity for the high school kids to be involved in the community, and the children love the extra attention and help!

There are a few toy needs to enhance our ministry this year. A list is available on the welcome table. If you are able to donate an item, or wish to contribute money towards an item - it is appreciated!

Thank you for your donations of snacks for Connections. This has been a real blessing to all involved! There are some exciting things ahead for Connections. Stay tuned!

Stacy Taylor, Connections Team



## PUMPKIN BUTTER

Jody Marsh, Parish Nurse

- 3 1/2 cups pumpkin puree
- 3/4 cup apple cider
- 2 tsp. vanilla extract
- 2 tsp. pumpkin spice
- 1 cup brown sugar
- 2-3 cinnamon sticks

Combine in saucepan and simmer for 30-40 minutes.

Corner...

Fall Greetings, Panama UMC!

**YOUTH:** The beginning to the Youth Group year has been awesome! We have had a very encouraging attendance so far. We are averaging around 16 students per week, which is very exciting for me. We have kicked off the year by doing a multi-week study on different passages from the Sermon on the Mount in Matt. 5-7. In upcoming weeks, we'll be talking about mammon, judging others, and entry requirements for the kingdom of heaven.

Impact Campus Fellowship at PCS has been a blast so far, as well. We are hitting the 50 students per week mark between our Jr. and Sr. High groups and we're hopeful for even more growth as the year continues on. We are still getting pizzas from Little Caesar's each week, which the students love. We had a great time at the annual See You At The Pole event, as well. We had 52 people (adults and students) who took a stand for Christ at the public school.

One very important date to get onto your calendars is our upcoming weekend retreat here at PUMC with Infuzion on December 4-5. We will be having the Infuzion youth ministry team come and put on a great weekend of learning, worship, and fun for our Youth Group. We have invited many other area youth groups to come and join us and so far, we already have two confirmed groups coming! Pray for this event. It's going to be awesome.

**SUNDAY SCHOOL:** We have Sunday School classes for all ages here at PUMC! Sunday School runs from 9 - 10am each Sunday. Check out our classes and teachers for the coming year!

- Pre-K: Karen Morton and Stephanie Landin
- K-2: Trudy Anderson
- Grades 3-4: Becky Cable
- Grades 5-7: Carl Davis and Howie Wheeler
- Grades 8-12: Pastor Dan
- Adult: Kyle and Brynne Hinsdale
- Adult: George Anderson
- Adult: Denny and Cindy Furlow
- Senior Adult: Stacy Taylor - meets every other Wednesday

One thing to point out as well: we will be having our first Safe Sanctuaries Fire Drill coming up in the near future. When a date is set, we will make an announcement ahead of time. We

(Continued on page 9)

(Sunday School, continued)

want to make sure that everyone knows what to do and where to go so that we are all safe in the event of a fire.

Please remember to pray for the youth of our church as they are representing Jesus Christ at school and during their extra-curricular activities. Please pray for the Youth Ministry Support Team, Family Ministry Support Team, and the Christian Education Team as they continue to work to provide the best ministry opportunities for our church family.

Have a blessed October, PUMC!

Pastor Dan <><

**SAFE SANCTUARIES**

Carol Hay

“One in four girls will be sexually abused by the time they are 18 years old, while one in six boys will be sexually assaulted in the same timeframe, according to the National Sexual Violence Resource Center.” This is a quote from an article that was in the Jamestown *Post Journal* on September 8. The appearance of the article was timely for me because I had just added on my “to do list” to look up child abuse statistics for this *Grace Notes* article.

The point of the *Post Journal* article was to draw attention to events being planned by several organizations associated with childhood protection systems and child safety in our local communities. My point in writing this article is to encourage all adults in our church community to help protect children not only at church, but in your neighborhoods, at parks, in stores - wherever there are children.

Our *Safe Sanctuaries Committee* has tried to keep the topic of providing a safe environment for children while at church and at church related activities in front of the congregation for the past several years. Staff and volunteers have been trained to work with children so as not to expose themselves to a compromising situation and they know how to handle a child/youth who trusts them with a concern from outside the church.

(Continued on page 10)