

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!

Bearing Much Fruit

"I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing."

If you've been following the news lately, you're aware that some prominent Christians have had to admit that they have failed morally. Now, before we begin to throw stones at those who have sinned, remember that we are all sinners. Each one of us deserves punishment that comes from our propensity to sin...the punishment that Jesus Christ took on himself at the cross of Calvary. What, then, are we to make of the stories surrounding Josh Duggar (of 19 Kids and Counting) and others who have been advocating one thing, while secretly (now exposed) doing a vastly different thing? How are we to respond?

Because Josh Duggar is a Christian, we are aware of the standard God set for him (and for us). He is to flee sexual immorality of any kind. He is to stay faithful to his wife. He is not to continue in lying, deception, or hurting others. In light of the public exposure of his adultery and sexual addictions, Josh Duggar has had to admit that there were areas of his life that were not bearing any fruit for God. He's had to ask forgiveness, repent, and trust in the mercy and grace of a loving God. What he did was very sad. Yet, there but for the grace of God and some intentional boundaries, go each of us. We, especially the men reading this, should take a hard look at this situation and discern where we are involved in sin, deception, and anything that is not bearing fruit for God. The Holy Spirit invites us to the repent, turning from our sin.

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We should be careful not to over-react to incidents of Christian leaders' sin being exposed publicly, nor should we under-react, thinking that it's no big deal. To God, it IS a big deal because any sin breaks God's heart. On the other hand, we are all sinners in need of God's grace. Jesus has a simple, yet costly, answer for us in John 15: "...abide in me, as I abide in you... Those who abide in me and I in them bear much fruit, because apart from me you can do nothing." Jesus offers us fruit-bearing for the Kingdom, but we can never do that without daily asking Christ to expose every sin, identify the sin of which we aren't aware, and then take us to repentance and reception of forgiveness. Only when we can be honest about our sin, confess it, and turn from it can we stay connected to the vine and bear fruit. Without it, we can do nothing that's any good. Continue to live for Christ. If today you need to repent, then get on your knees and confess and repent. God will do the pruning in you so that fruit-bearing becomes more a reality for you and me.

Blessings,
Pastor Steve

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 in October 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 September Calendar

- 1 1pm: Visitations; 7pm: Staff/Parish Relations Team Meeting
- 2 6pm: Praise Team Rehearsal; 7pm: Trustees Team Meeting
- 3 5:30pm: Connections Open House
- 4/5 Sabbath and Day Off
- 6 8:15am-12pm: Prayer/Worship!
- 7 Office Closed for Labor Day
- 8 1pm: Visitations; 6:30pm: Church Council
- 9 9am: District Pastors' Fall Meeting; 6pm: Praise Team; 7pm: Choir Rehearsal
- 10 10am: Leadership Council Meeting (Syracuse)
- 11/12 Sabbath and Day Off; (9/12) Keryx Training (9am-1:30pm)
- 13 8:15am-12pm: Prayer/Sunday School/Worship!
- 14 Pastors of NY Conference (Houghton); 7pm: Prayer Team
- 15 1pm: Visitations
- 16 12pm: Lunch Bunch; 6pm: Praise Team; 7pm: Choir Rehearsal
- 18/19 Sabbath and Day Off; (9/19) Road Rally
- 20 8:15am-12pm: Prayer/Sunday School/Worship!
3pm: Pastors' Softball Game
- 21 11am: Staff Meeting; 7pm: Prayer Team
- 22 1pm: Visitations; 1pm: Meeting with District Superintendent;
7pm: Worship Team Meeting; 7pm: Band of Brothers
- 23-25 Confessing Movement Board Meeting (Indianapolis)
- 25/26 Sabbath and Day Off
- 27 8:15am-12pm: Prayer/Sunday School/Worship!;
2pm: Keryx Team Meeting
- 28 11am: Staff Meeting; 7pm: Prayer Team
- 29 1pm: Visitations; 7pm: Safe Sanctuaries Team Meeting
- 30 6pm: Praise Team; 7pm: Choir Rehearsal



September Birthdays and *Anniversaries*

- 2 **Shawn/Ann Schnars**
 3 Andrew Foulk, **Brian/Janice Franklin**
 4 Jane Nagel, **Sam/Carm Catanese**
 5 Kim Davis, **Steve/Stacy Taylor**
 6 **Duane/Emily Baker, Jerry/Gloria Scholton**
 7 Kila Kester, **Bert/Roberta Anderson**
 8 Jeanette Osborne
 10 Julie Dilley
 11 Casey McGaffick
 13 Robert Cartwright, **James/Ashley Dempsey**
 15 Peter Komarek, Joan Miktuk, **Jeff/Larissa Enlow**
 16 Alyssa Woods
 17 Roberta Anderson, Jerry Scholton, **Christopher/Carolyn Hughesman**
 18 Aiden Keefer, Andrew Lescynski
 19 Daniel Cartwright, Carrie Munsee
 23 Tony Sali, **Lester/Wyona Wevers**
 24 **Jonathan/Jessica Komarek**
 26 **Todd/Amanda Kolstee**
 28 Charlie Auge, Dave Hinderer, Michael Range
 29 Greg Edwards, **Jack/Linda Sturges**
 30 Arthur Osborne

A look ahead to October

- 1 Matthew Komarek, **Glenn/Melissa Topolski**
 2 Dave Calcaterra, Amy Caldwell
 3 Pam Ireland
 4 Steve Halpainy, **Pat/Joyce Dole**
 5 Kyle Hinsdale, Ariana Range
 6 Krista Odell, **Don/Tabetha Butler**

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 - September

Ushers

Jan and Howie Wheeler
 Deb and Charlie Loveless

Nursery Helpers

September 6

Birth-2: Barb Tordella and Cathy Erhard
 3-4: Adam and Tory Irgang

September 13

Birth-2: Becky and Gracie Cable
 3-4: Stacy Taylor and Kylie Schnars

September 20

Birth-2: Jason and Jolene Ayres
 3-4: Kelly Osborne and Sue Woods

September 27

Birth-2: Buck and Kristine Seekings
 3-4: Jessica Keefer and Cameryn Eggleston

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. If those options are not feasible, please call Tina Akam (450-4572) or Debbie in the office (782-4031, during the week). 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.

How Deep the Father's Love for Us

Stuart Townend

*How deep the Father's love for us, how vast beyond all measure
that He should give His only Son to make a wretch His treasure.*

How great the pain of searing loss.

*The Father turns His face away
as wounds which mark the Chosen One
bring many sons to glory.*

*Behold the Man upon a cross, my sin upon His shoulders.
Ashamed, I hear my mocking voice call out among the scoffers.
It was my sin that held Him there until it was accomplished;
His dying breath has brought me life.
I know that it is finished.*

*I will not boast of anything: no gifts, not power, no wisdom.
But I will boast in Jesus Christ: His death and resurrection.
Why should I gain from His reward?
I cannot give an answer.
But this I know with all my heart:
His wounds have paid my ransom.*

For the last few weeks, this song has been playing over and over in the CD player of my car as I travel throughout my workday. When it is not playing in my car, it is often playing in my head. I love the old hymn-like quality of the song and the meditative lyrics. Stuart Townend penned the song while meditating on the cross - what it cost God to give up His Son, his own sin that placed Jesus there, and his suspicion that had he been living at that time, he would have been one of the above referenced scoffers. Townend states, "It just makes His sacrifice all the more personal, all the more amazing, and all the more humbling." I encourage you to listen to the song and/or meditate on the lyrics as you go about your day, or in the quiet moments of your day.

I give thanks each and every day that His wounds have paid my ransom.

(Be sure not to miss church on September 6th, when two of the many talented singers at PUMC will bring this song to the worship service.)

Julie Nagel, PUMC Music Director

With Sympathy to the Family of...



*June W. Hazen
June 5, 1922 - August 23, 2015
Mother of Rita Lenart
Grandmother of Nicholas and Brittany Lenart
and Jody Hay*

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

Footnotes from the Library

Tabetha Butler, PUMC Librarian

Summer is almost over, so it's time to come in out of the garden and find a good book or DVD! Stop into the library to see these newly added items!

Adult Fiction:

A Life of Joy - Amy Clipston; The Amish Midwife - Mindy Clark; Love Finds You in Sugar Creek, Ohio - Serena Miller; The Bridge of Peace - Cindy Woodsmall; The Search and The Waiting - Suzanne Fisher; The Wicked Step-Twister - Sandy Dengler (Church Choir Mystery); The Missing Hydrangeas - Emily Berger (Church Choir Mystery); The Beiler Sisters Trilogy - Jerry S. Eicher; Network of Deception - Spencer Moses; The Guardian - Robbie Cheuvront; A Talent for Trouble - Jen Turano; Gone South - Meg Mosley; The MacGregor Legacy - Jennifer Taylor (3 books); The Path to Piney Meadows - Gail Sattler; A Sound Among the Trees - Susan Meissner; Quilts of Love Series (6 books) - by several authors; Stitches in Time Series - Barbara Cameron (3 books).

DVD's:

6 Family Frontier Adventures; Birdie & Bogey; Escape; Unconditional; Flywheel; Little Red Wagon; Mandie Double Feature; The Woodcarver; The Lost and Found Family; The Book of Daniel; The Lost Medalion

DVD's for Kids

Liberty's Kids - the Complete Series; Auto-be-Good - Shifting to High Gear; The Super Snoopers; Meteor and Friends; Jay Jay the Jet Plane - Wing Wigglin' Mystery



W.A.M.
(Women and Missions)



WAM's next gathering is
Monday, September 14, at 11:45 am
at the Rowdy Rooster.

Please mark your calendars and plan to join us!

*****MARK YOUR CALENDARS*****

Family Fun Night - September 19th

We will be having a road rally on Saturday, September 19th. We will start at the church at 4pm and travel to an unknown destination for dinner. To get there, you must answer Bible questions to determine which way to turn at each intersection. There will be bonus points along the way, such as counting fence posts or recording the color of something you will pass. It will be a great time because getting there will be half the fun. Be listening for more information during the worship service as we get closer to that day!

SMALL GROUP UPDATES FOR FALL

CHAT Care Group (George and Trudy Anderson)

The CHAT care group will meet the 1st Thursday of every month unless we run into a holiday or church activity. September 3rd at 6pm is the next meeting at our home on Polder Road.

Preparing for Rain (Jon and Becky Cable)

We will be having a picnic on Tuesday, September 8th to get our fall discipleship group started again. We meet the second and fourth Tuesdays of each month at the Cable's from 6:30-8pm. If you are interested in being a part of our small group, contact Jon or Becky at jonbec95@gmail.com or 543-5050. We would love to have you join us.

(PP2A continued)

August 9 - We planted flowers and weeded all around the church. A great way to brighten up the church property in the middle of the summer! And maybe someone drove by and wondered what our church people we up to? Thank you to everyone who got dirty on a Sunday morning!

August 16 - We packed 10 Layettes for Babies (an UNCOR project) - and filled 10 activity bags to be given to children in the emergency room. Thank you to Katie and Stephanie for organizing this. Jan will be delivering the activity bags to WCA emergency room and the Layettes will be sent to the UMCOR drop off location. May these children be blessed knowing God loves them.

August 23 - We filled 20 flood buckets (an UMCOR project). These will be taken to a church in North East, PA for storage and sent to wherever there is a need for clean up. Thank you to Kathy, Cathy and George for organizing, getting donations, doing shopping and delivering the completed buckets! Also, Trudy delivered 3 buckets to Westfield, which were used immediately.

August 30 - We put together items to be sent to a women and children's mission. Thank you to Katie and Stephanie for organizing this endeavor. We know the items will be put to good use.

Thank you so much to the entire congregation for contributing to these mission projects this summer. PUMC was truly in ACTION this summer. What a blessing!

Mark your calendars

(and watch for further information...)

October 4 - Taco in a bag after church

October 15 - Estate planning seminar with Brooks and Brooks, LLP - sponsored by GAV team. Dinner at 6pm followed by program at 7pm.

Propelling Panama to Action Wrap Up

Stacy Taylor

We had an amazing summer at PUMC Mission Central. Here is what we accomplished:

July 5- We walked to streets of Panama, leaving chalk messages proclaiming that God loves you!, you are blessed!, the fruits of the spirit, PUMC loves you - all over Panama! And there were prayers for the community along the way. It was a beautiful morning, and it was a beautiful way to leave a beautiful message of God's love. Thank you to Becky, Jon, Josh and Gracie for leading the way.

July 12- We hosted the community and many volunteer fire persons for a delicious breakfast. This was a great way to say thank you to our brave community servants. Thank you to Jan and Howie for leading the endeavor - and their MANY helpers...

July 19- We heard from Marge and Tina about our God's Groceries food pantry. We learned about some rules and regulations, how we can help, and how it serves our community. Then we filled 30 bags to give to the clients. Thank you!

July 26- We filled over 50 goodie bags for the faculty and staff at Panama Central School, as well as for some local home school groups. What an amazing blessing! This was followed by delivery of these bags right before school started. Prayers for the school for a great school year!

August 2- We filled 24 emergency kits and baked cookies for each home in Hyde Park. These were delivered to each home via walking, wagon and strolling. We pray that these will be a blessing to our local senior members of our community. Thank you Abby, Gracie and Becky for making the cookies, and Pastor Steve for organizing the kits. And thank you to our deliverers!

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SPINACH QUICHE

Jody Marsh, Parish Nurse

Non-stick cooking spray
6 large eggs
1/4 c. heavy cream
1/2 tsp. minced garlic
3/4 tsp. salt
1/4 tsp. black pepper
1/8 tsp. ground nutmeg
1 (10 oz.) bag frozen, chopped spinach, thawed and drained
2 c. shredded Swiss cheese
1 Tbsp. finely diced red bell pepper



Preheat oven to 350 degrees. Spray an 8 inch square baking dish or a 9 inch pie pan with non-stick cooking spray.

Whisk together eggs, heavy cream, garlic, salt, pepper and nutmeg.

Fold the spinach, cheese, and bell pepper into the egg mixture and then pour all into the prepared baking dish.

Bake 40 minutes, or until the top of the quiche is golden brown and a toothpick inserted into it comes out mostly clean. Let cool 5 minutes before serving warm, or serve chilled, if desired.

Serves 8
180 calories; 13g fat; 13g protein; 1g fiber; 1 net carb

Note from Jody: I thought some of you would enjoy a low carb recipe. Low fat versions are what I try to research and use, so this is a little different for me! Of course, you can always switch out the eggs for egg beaters or egg whites, the cheese for a low fat/no fat version, and the heavy cream for low fat/skim milk! And, feel free to add some vegetables like onions...green peppers...mushrooms...etc.!!!

Corner...

Happy Beginning of the School Year, Panama UMC!

The school year is almost here! I pray that God has blessed you and your family over the past month and that you have had a great summer. Here is what is and has been going on in the Youth and Family Ministries here at PUMC.

YOUTH:

I am so excited when the school year comes because that means that Youth Group also is starting! We will once again be having Youth Group meetings on Wednesday nights, from 7pm to 8:30pm. We will be starting the second day of school, which is September 9. We will continue to have tons of fun, learn more about the Bible and our faith, and grow as disciples of Jesus together!

I am also excited to be a part of Impact Campus Fellowship again at Panama Central School and will again be working with both the Jr. High and Sr. High groups. After planning out the fall semester with the St. High leaders, I think God has some great things in store for PCS and our Impact students.

One date to get onto your calendars is our upcoming weekend lock in 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 will also be hosting the youth group from Gerry Free Methodist Church at that lock in as well.

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 and Helper
- 3-4: Becky Cable and Helper
- 5-8: Carl Davis and Howie Wheeler
- 9-12: Pastor Dan and Helper
- Adult: Kyle and Brynne Hinsdale
- Adult: George Anderson
- Adult: Denny and Cindy Furlow
- Sr. Adult: N/A

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FAMILY:

We had a great summer of Family Fellowship Events, so we are looking forward to putting on some great ones in the fall as well. Our next will be our Pumpkin Carving event, but we don't have a date or time yet. More details will follow in next month's Grace Notes, the bulletin, and Church Mail. Stay tuned!

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 September, PUMC!
Pastor Dan <><

Do you enjoy music?



Do you love to sing?

The choir is back to practice on Wednesday nights, now that we are back to fall schedules.

We have such an awesome time making joyful noises together...we hope you will consider joining us!

We hope to see you at practice on September 9th at 7pm!!!

We have a seat saved just for YOU!