



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 and our community is in here (well, as much as Covid - 19 will allow, at any rate!) Enjoy!

This month's writing from Pastor Steve's Desk is actually written from Carol Hay's desk...and we thank her for filling in for Pastor Steve and sharing from her heart.....

Don't Throw it Out!

By Carol Hay

My houseplants and I enjoy spending time in the sunroom. Apparently, the Spider Plant actually loves its new location. When our older son, John, was a first grader, his teacher gave each student in her classroom a birthday gift of a tiny Spider Plant and instructions for its care. With reminders and a bit of help, our son kept the plant alive for a few months, but as his interest waned, the plant was forgotten by him and left in my care. During this plant's 38 years of life, it has looked healthy and good and at other times it has all but died off.

Years ago, I tried to convince John to take the plant home with him, but the suggestion was met with a look of pure incredulity, so the plant stayed with me. A couple of times, when it was at its worse, I almost threw it out, but then, I'd think back to how a teacher gave it to our son and I'd pay more attention to it - nursing it back to good health. Today, it has leaders shooting off in all directions and many babies of all sizes hanging around.

My life is pretty similar to John's Spider Plant. I was given life, I had what I needed to live, and even when I was at my worse - God didn't throw me out, but with the right attention, He brought me back to flourish. I've had caretakers in my life - people who nourished me with wisdom, repositioned me so I could hear the truth, and poured love into me.

Life isn't a linear pathway - there are times when we thrive and times when we just survive. It's important to be intentional about having this conversation with children, young people and each other. All those happy posts on Facebook are a snapshot in a person's day - not how life is every moment of every day. Some days, the meal isn't gorgeous enough to post a picture. Sometimes, it is a bad hair day. Some days we aren't surrounded by hugging friends. We don't post the bad days so others might wish they had our perfect lives. Oops - nobody has a perfect life. We need to remind each other that we all have bad moments, days or weeks even. But there is help to overcome those things - our strength is in the Lord. Prayer, the words of the Bible, and reaching out to our support systems can bring us back to a healthier life. (Philippians 4:13 - I can do everything through him who gives me strength.)

I wrote the following statement in one of my journals; copied from a speaker, something I read - this is not original from me. "To look around is to be distressed; to look within is to be depressed; to look up is to be blessed." As we learn to be good disciples, we may have spurts of growth and we may have set backs. But we know where to find the strength to overcome distress and depression. Luke 1, verse 37 says, "For nothing is impossible with God."

The Spider Plant is doing well right now - maybe I should post a picture on Facebook. But the next time it takes a turn for the worse - well, that's part of life but I won't take a picture.



SOUPER SUNDAY

Following Worship THIS WEEK,
**February 7th, plan to stop in the
Community Room to get take out
soup and ice cream! The home-
made soup will be served in a
fabulous, covered reusable
souvenir bowl!**
**All donations will help support our
Connections ministry.**

***Be sure to keep updated
on PUMC meetings and
events***

***by checking the online
calendar and
Pastor Steve's weekly
Churchmail.***

***The PUMC website is
www.panamaum.org
Did you know we are also
on Facebook?***

***Check us out at
[www.facebook.com/
panamaum](http://www.facebook.com/panamaum)***

***There is also a February
calendar on the
last page of Grace Notes.***

***You certainly wouldn't
want to
miss the "happenings"
by being uninformed!***



CHURCH NURSERY NEWS.....NEW UPDATE!

Even though we have been worshipping together in person since July 19, we have NOT been offering nursery care.

STARTING FEBRUARY 7, we will be restarting a limited nursery care service during the Sunday morning worship time.

The nursery will be staffed by Safe Sanctuaries Trained volunteer staff, and two people will be present at all times. Please know that all ages are always welcome to join us in the sanctuary, sitting with their family and practicing physical distancing guidelines, of course.

All About Sunday School

Jessica Nelson

Are you looking to learn more about Bible stories? Are you looking for a way to build relationships in the Church? If you answered yes to either one, or both, of these questions, then I invite you to join us for Sunday School.

There are classes for PreK - Adult. We also offer a once a month Family Sunday School class where we hear a Bible story, make a craft to take home, have a yummy snack and spend time learning about God with our families. [Our next Family Sunday School time will be February 14th at 8:45am in the Community Room.](#)

Other classes you could join are on Sunday mornings from 9-10, unless otherwise noted are:

Pre-K - 2; Summer and Kevin Wolcott

Grades 3-5; Howie Wheeler

Grades 6-8; Becky Cable

Grades 9-12; Jess Nelson

Adult Classes:

George Anderson: HUGS (Helping Us Grow Strong)

Class Description: We are in a book study by the author Max Lucado titled, "You'll Get Through This." The study offers each of us Hope for turbulent times we live in.

It parallels Joseph's life and the struggles he faced to some of our own life struggles.

We meet during the Sunday School hour at 9am at the end of the hallway downstairs.

Marge Vollmer: Nursery area and Zoom; Please contact the church for the Zoom information.

Jon Cable: Answer Bible Curriculum; class members will learn why the Bible is to be the ultimate authority by learning about the overall themes of the Bible using the 7 C's: Creation, Corruption, Confusion, Christ, Cross and Consumation.

Cindy and Dennis Furlow: They are meeting at 2pm only on Zoom. They are discussing the Tabernacle (symbolisms of Jesus) through all the temples. Please contact the church for Zoom information,

Stacy Taylor: Wednesday at 3:30 in the Church Gallery and on Zoom.

For more information about Sunday School classes, please contact the Church office or Jess Nelson.

WE LOOK FORWARD TO SEEING
YOU AT SUNDAY SCHOOL!



CRAB and CREAM CHEESE WONTONS

Jody Marsh, Parish Nurse

4 oz. of 1/3 less fat free cream cheese, at room temperature
2 1/2 oz (1/2 c) lump crabmeat, picked over for bits of shell
2 scallions, chopped
2 garlic cloves, finely minced
2 tsp reduced sodium soy sauce
1 lg egg white
5 tbsp Thai sweet chili sauce for dipping

In medium bowl, combine the cream cheese, crab, scallions, garlic, and soy sauce. Mix with a fork until thoroughly combined,

Working with one at a time, place a wonton wrapper on a clean surface, the points facing top and bottom like a diamond. Spoon 1 level tbsp of the crab mixture onto the center of the wrapper. Dip your fingers in a small bowl of water and run it along the edges of the wrapper. Take one corner of the wrapper and fold it up to the opposite corner, forming a triangle. Gently press out any air between wrapper and filling and seal the edges.

Set aside and repeat with the remaining wrappers and filling. Brush both sides of the wontons with egg white.

Preheat the air fryer to 340 degrees. Working in batches, arrange a single layer of the wontons in the air fryer basket. Cook for about 8 minutes, flipping, until golden brown and crispy. Serve hot with the chili sauce for dipping.

.....a continuing PUMC mission project..... Just One 4 Others!

We will continue this ministry for 2021!
Each month we are encouraging you to purchase "ONE" of the items listed above.
These will be offered to our Food Pantry, PCS, Love INC and Jamestown Missions.
If you have questions, please see Jody, our Parish Nurse.

JANUARY - Body Soap
FEBRUARY - Shampoo
MARCH - Conditioner
APRIL - Q-Tips
MAY - Cotton Balls
JUNE - Lotion

JULY - Hand Soap
AUGUST - Toothpaste
SEPTEMBER - Toothbrushes
OCTOBER - Mouthwash
NOVEMBER - Deodorant
DECEMBER - Dental Floss

Please place your donations in Jody's office.

THANK YOU!



NOTES

AND

REMINDERS!



LUNCH BUNCH:

Have you reached _____ the age where you are considered a senior adult? Do you love food? Do you enjoy the company of others? Do you want to get out of the house once in a while? If you said "yes" to one or more of these questions, you could come to PUMC on the 3rd Wednesday of each month for lunch. Lunch Bunch is just that - a group of senior adults gathering for lunch. The prepared meal is served at noon, there is lots of conversation and laughter, and you don't have to cook or clean up!

Mark your calendar for the net Lunch Bunch date - Wednesday, February 17. Join us and bring a friend. If you are new to the activity, please call the office and speak with Debbie Johnson for ore details.

CONNECTIONS

We are always in need of snacks
and we thank you in advance for
your generosity!

GOD'S GROCERIES FOOD PANTRY HOURS:

Monday: 9- 10am
Monday: 6 -7pm

Thursday: 5 -7pm
Call Tina Swineford or
the Church Office
with questions.

WHITE GIFT FUND

Are you aware of a community need?
We have a White Gift Fund with available ministry dollars.
If you know of anyone with a need,
please talk to Pastor Steve.

Cornerstone District Office
Christ First UMC
663 Lakeview Avenue
Jamestown, NY 14701
(716) 665-2423

Be sure to keep updated on PUMC meetings and events by checking the online calendar and Pastor Steve's weekly Churchmail. The PUMC website is www.panamaum.org. Did you know we are also on Facebook? Check us out at www.facebook.com/panamaum There is also a [February 2021 calendar](#) on the last page of Grace Notes.

You certainly wouldn't want to miss the "happenings" by being uninformed.

Panama United Methodist Church Mission Statement

We seek to love the Lord God by introducing people to
His Son Jesus Christ and helping these relationships to grow.



Food Security Team

Bert and Roberta Anderson

The Food Security Team has been established to facilitate the coordination of ministries that address food security in our community. The team is made up of representatives from the Food Pantry, the Lunch Bunch, representatives to the 5 & 2 Ministry, and the Summer Lunch Box program. As a team we will serve through these programs with an emphasis on serving the spiritual needs as well as the nutritional needs of our community and provide opportunities to foster Disciples of Christ.

The Food Pantry has been long established at PUMC. The hours of operation are Mondays (9am to 10am and 6pm to 7pm). Thursday hours are from 5pm to 7pm. We receive the majority of our food from Feed More of Western New York (formerly known as the Food Bank of WNY). We also have benefitted from grants and contributions from our congregation. People served include those who reside in the Panama School District and meet eligibility requirements established by Feed More of WNY. Tina and Craig Swineford oversee this ministry.

The 5 & 2 Ministry is a local organization that provides bags of food to students on Fridays to supplement what food they may get during the weekend. Their website, www.5and2ministry.com, describes their mission in detail. We recently partnered with them as students in kindergarten at Panama Central School now receive these bags of food. There is consideration being given to expanding the program at PCS. We at PUMC support this ministry with volunteers who pack the food for distribution as well as with financial support for the purchase of the food items. It is more efficient to purchase the items in bulk as they do, thus ensuring the continuity and quality of the bags each week. Stacy Taylor, Carol Hay, Roberta Anderson, Jackie Haines and Dawn Sard volunteer each month at 5 & 2 Ministry.

The Lunch Bunch is a ministry that provides the opportunity for fellowship to our community. They meet as scheduled for lunch that is prepared by Kathy Foulk. The group is open to anyone in our community.

The Summer Lunch Box Program is modelled after the 5 & 2 Ministry. PUMC provides bags of food to families in the PCS district to supplement meals over the weekend. The only requirement is to sign up for the program. Last summer we supplemented the program with donations from St. Susan's (Jamestown). We had many who served in this ministry - Carol Hay, Roberta Anderson, Dawn Sard, Krissy Straight, Sherry Joslyn and Stacy Taylor - by packing and distributing the bags. During this time of COVID, we anticipate an increased need for food assistance within our community. As members of the body of Christ we are called to serve those in need. We pray you will partner with us through your time, your talents and your resources.



STRONGER.....TOGETHER.....in PRAYER

With Sympathy to the families of...

Beverly A. (Johnson) Smith

November 26, 1935 - January 25, 2021

Bev married Thomas Smith on June 12, 1955, who survives her.

She is further survived by her children, Rod (Terry) Smith, Trudy (George) Anderson, Todd (Beth) Smith, Tammy (Scott) Dickerson and a foreign exchange son, Dan Ngatia.

Bev is also survived by her 14 grandchildren, 17 great grandchildren and her sisters, Lorraine and Shelby.

Memorials can be made to Chautauqua Hospice and Palliative Care, the Panama Volunteer Fire Department and the North Clymer United Methodist Church.

Kimberly A. (Caldwell) Maxwell

December 21, 1969 - January 26, 2021

Kim is the daughter of Jeffrey Caldwell and the late Sharon Stevenson Caldwell.

She is survived by her father, Jeffrey, her husband, Howard, to whom she was married on September 15, 2007, her daughter Cherish (Matthew Lee) Thomas, 2 grandchildren and 3 brothers, including Bill (Amy) Caldwell.

Memorials can be made to Chautauqua Hospice and Palliative Care, 20 W. Fairmount Ave., Lakewood, NY 14750.

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

CHURCH STAFF

Reverend Steven M. Taylor, Lead Pastor
steven.taylor@panamaum.org

Debbie Johnson, Ministry Coordinator/Admin. Asst.
debbie.johnson@panamaum.org

Julie Nagel, Music Director/Accompanist

Krista Odell, Accompanist

Jody Marsh, Parish Nurse

Jon Cable, Custodian

Sandy Crossley, Connections

Joan Monroy, Connections

Tara Hosier, Connections

Dr. Mark and Diane Abbott, Spain

Blog: www.markabbott007.com

Rev. Paul D. Caseman, Alaska

Pastor Steve's Office Hours
9:00am - Noon: M, T and W

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Church Fax # (716) 782-2326

Church E-mail – contact@panamaum.org

Church website - www.panamaum.org

www.facebook.com/panamaum

February Birthdays and Anniversaries

- 1 Joel Keefer
- 2 Kevin Rowe, Marissa Eckman
- 3 Eric Scolton, Anna VandeVelde
- 4 Willson Baer, Meghan Price, Howie Wheeler
- 5 Jeff Enlow,
- 6 Carl Davis III, Brenda Ireland, Braden Topolski
- 8 Alexandra Baer
- 11 Anna Cartwright
- 12 Devin Ireland, Paige Munson, Richard King
- 13 Trudy Anderson, Emily Bakier
- 14 Marissa Topolski
- 16 Haley Holmberg
- 19 Natalie Odell
- 20 Adam Rupczyk, Diane Johnson
- 21 Wyona Wevers, Leah Irgang
- 24 Corinne Edwards, Joan Hinderer
- 25 Sara Waller
- 26 Bryce Ireland, Emily King, John Elfvin, Mark Akam
- 27 Chase Hartnett, Marcia King
- 28 Zoe Kester
- 29 Briana Johnson

