

**CHURCH STAFF**

Reverend Steven M. Taylor, Pastor  
Kathy Peck, Program Coordinator/Secretary  
Tory and Adam Irgang, Youth Leaders  
Jody Marsh, Parish Nurse  
Julie Nagel, Music Director/Accompanist  
Krista Odell, Accompanist  
Art Osborne, Custodian  
Bert and Roberta Anderson in Haiti  
Dr. Mark and Diane Abbott in Spain  
Rev. Paul D. Caseman in Alaska

**PASTOR’S OFFICE HOURS**

Monday - 9 a.m. - noon  
Tuesday - 9 a.m. - noon  
Wednesday - 9 a.m. - noon

**Mailing Address for Andersons in Haiti:**

Bert & Roberta Anderson  
c/o Agape Flight PAP #26035  
100 Airport Avenue  
Venice, FL 34285

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

***From Pastor Steve’s Desk...***

Welcome to *GraceNotes!* Explore and find news and events of what God is doing through His people in Panama and around the world. Come serve, love, laugh, and experience at Panama UMC...

As I am writing this, I find myself at the end of an incredible month of ministry in many different places, including the church, Camp Findley, and the community. As I reflect on these things, I am overwhelmed with joy and humility by the incredible mercy and grace of Jesus Christ, the love of God through Him, and the presence of the Holy Spirit. It may be that I’m at Family Bible Camp right now, and the great Bible teaching, preaching, and worship is filling me, but God is moving!

Last month, I put a challenge out there for us to PRAY for God’s vision to be opened up to us as we walk with bold humility into His future for us. Dr. Bob Tuttle said something that spoke to that for me. He said, “God cares more about your ministry and your church than you ever could! God cares more about your kids and your family than you do!” I know that you are faithfully joining me in praying for God’s vision. As you do, remember that whatever is unveiled in our midst is not from our minds alone – not a creation from our ‘smartness’, but from the mind of God that we agree to work THROUGH us and IN us to open the world the life-transforming power of God in our everyday stuff! Isn’t that amazing? Isn’t it amazing that God wants to invade our lives everyday to guide us to the specific plans He wants us to follow?!?! Continue to bring your requests to the God who loves you and hears you. Even when the words are hard to find, the Holy Spirit prays for you!

I want to thank everyone who has been praying for, serving in, and present to the ministries we have been offering in Jesus’ name this summer. We’re excited to have 9 people walking down the road to learn more about the church, some to profess membership in the church, and some to be baptized (and they are talking full immersion)! I absolutely love spending time together as a church family, serving the Lord and engaging in fellowship. That’s the church at work in the world. That’s the heaven-on-earth that we have that gives us a taste of eternity. Keep going! Don’t back off or back down. And as we serve and worship together, God’s vision will become clear as we persevere and are obedient. People will be introduced to a saving relationship with Jesus Christ! Praise God!

*Shalom,  
Pastor Steve*

## Sunday Morning Worship Team

### August

#### Lay Readers

8/7 - Tim Dills  
8/14 - Mary Rappole  
8/21 - Jan Wheeler  
8/28 - Sam Catanese

#### Ushers

Fred and Shelly Croscut  
Doug and Carol Hay

#### Nursery Helpers

8/7 - Karen Morton and Lauren Tordella  
8/14 - Kelly and Sarah Osborne  
8/21 - Jennifer and Claire Apthorpe  
8/28 - Barb and Lauren Tordella

### September

#### Lay Readers

9/4 - Tory Irgang  
9/11 - Craig Vollmer  
9/18 - Brynne Hinsdale  
9/25 - Joel Keefer

#### Ushers

Bill Peck, Art Osborne  
Everett Bensink, Lee Crosby

#### Nursery Helpers

9/4 - Carol Hay and Sarah Osborne  
9/11 - Stacy and Abby Taylor  
9/18 - Thea Kester and Corinne Edwards  
9/25 - Julia Nelson and Abby Taylor

### Pastor Steve's August Schedule



2 Out of Office  
3 6 p.m.-Praise Team; 7:30 p.m.-Trustee Meeting  
4 7 p.m.-Sunday School Teachers' Meeting  
5/6 Sabbath/Day Off; Campfire for Christ  
7 8 a.m.-12 p.m.-Worship(Outdoors-10:15 a.m. only)/  
Communion  
8/9 Out of Office Days/Mini-vacation  
10 6 p.m.-Praise Team Rehearsal; 7:30 p.m.-Finance Team  
Meeting  
11-13 Ramp Mission - Band of Brothers  
14 8 a.m.-12 p.m.-Worship/New Members' Course/Worship  
14-16 Out of Office-Connecticut  
16 6 p.m.-NCD Team Meeting  
17 7:30 p.m.-Church Council Meeting  
19/20 Sabbath/Day Off  
21 8 a.m.-12 p.m.-Worship/New Members Course/Worship  
23 1 p.m.-Visitations; 7 p.m.-Pre-marital Counseling  
24 6 p.m.-Praise Team Rehearsal  
25 7 p.m.-Grace Visitation  
27 8 a.m.-Men's Breakfast  
28 8 a.m.-12 p.m.-Worship/New Members Course/Worship  
30 1 p.m.-Visitations  
31 9 a.m.-Service at Camp Findley; 6 p.m.-Praise Team  
Rehearsal

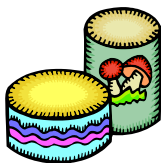
**DON'T FORGET RED RIBBON SUNDAY**  
**MISSION PROJECTS**

**CAMPBELL LABELS** for the Red Bird Mission School in Kentucky (also look for labels on Swanson products, Pepperidge Farm, Prego, and V8). 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 box 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 who are having a difficult time making their money go further. The use of the Food Pantry is growing. Thanks for your help!



A Grace Notes note from Pam...

Now that you've had some time to "adjust" to not having monthly postal delivery of Grace Notes, I'd like to ask for your thoughts. I do send out a few but for the most part, you are either picking up copies from the welcome table or you are reading it on our website.

Please send comments, suggestions and thoughts (good and bad) to [jireland4@stny.rr.com](mailto:jireland4@stny.rr.com).

*Visitation Ministry*

**August 7**

Gerrie Simmons LSS A116  
 Phyllis Patterson H Green 327  
 Kathy Smith TW 218  
 Van Luther TW 208

Sharon Passarelli  
 Everett King  
 Barbara Hart  
 Barbara Hart

**August 14**

Gerrie Simmons LSS A116  
 Phyllis Patterson H Green 327  
 Kathy Smith TW 218  
 Van Luther TW 208

Art & Jeanette Osborne  
 Jean Edwards  
 Diane Johnson  
 Diane Johnson

**August 21**

Gerrie Simmons LSS A116  
 Phyllis Patterson H Green 327  
 Kathy Smith TW 218  
 Van Luther TW 208

Thea Kester  
 Lester & Wyona Wevers  
 Rachel Reardon  
 Rachel Reardon

**August 28**

Gerrie Simmons LSS A116  
 Phyllis Patterson H Green 327  
 Kathy Smith TW 218  
 Van Luther TW 208

Julia Nelson  
 Eloise Smith  
 Bill Peck  
 Bill Peck

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

*Prayer Chain*

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





*With Sympathy...*

*Family of Doug Swanson*

Son of Jackie Swanson

*Family of Josephine (Josie) Crist*

Wife of Bruce, Mother of Paul, Pam, and Peter

*Family of Clifton (Kippy) Stratton*

Father of Rod, Grandfather of Tina and Ryan

*Family of Leslie Michael*

Brother of Gladys Wood

*Family of Daniel D. Butler*

Brother of Don Butler, Uncle of Michael, Peter and Molly

We, your church family, will continue to lift you up in our prayers and surround you with our love and support during this time of sadness.

Ariana Belva Seekings,  
infant daughter of Buck and Kristine Seekings,  
was welcomed  
into Christian Baptism  
in July 2011.

We pray God's richest blessings upon  
this child and her family. We will  
continue to encourage Ariana as she  
grows and experiences God's love.



PANAMA UMC GOLF OUTING

Twenty-one golfers, including some "brand new" ones, joined for an afternoon of golf at Timber Creek Golf Course in Blockville on July 23. Good fun...good fellowship...good food. Hope YOU can join us next time!

**BAND OF BROTHERS**

It is hard to believe that our summer is nearly half way by. I don't know if it is just me, it seems the older I get, the faster the seasons go by.

The men's group has been trying to stay in touch through the summer with our monthly breakfast. We will be back on schedule in September. Keep watch in the Grace Notes calendar for the dates. The next breakfast will be August 27 at 8 a.m.

The men's group has been approached to help a neighbor. There is a need to build a wheelchair ramp. We will be meeting with Charlie Hodges soon to set a time and date. When we get the times set for this project, if you would like to help in any way, let Kathy know at the church office and we will get in touch with you. Please be in prayer about this project. This will be a wonderful opportunity for us to be the hands and feet of our Lord Jesus in our home town.

If you know of someone that needs help around their home or a ride or anything that we can help with, please let me know.

Your Brother in Christ Jesus Our Lord,  
Howie Wheeler



**Women and Missions (WAM)**

The next luncheon meeting of *Women and Missions* is Monday, August 8 at 11:45 a.m. at the Rowdy Rooster. Please join us when we gather informally, have lunch, and share together as women who care about those in our own neighborhoods and those around the world, as well.



*Wedding Congratulations  
Mr. and Mrs. Andrew and Wendy (Babcock) Lescynski  
were united in marriage on  
Saturday, July 30, 2011.*

*Our prayers for a lifetime of love and laughter  
are with you both as you begin this next  
exciting chapter in your lives together.*

**Because of your faithfulness...**

Because of your faithful giving, we have received a total of \$15,768.65 during the month of June for the general fund. Additional monies received were designated as follows:

Plate cash and donations	579.17
Missions	822.00
Camping Scholarships	30.00
Food Pantry	162.04
White Gift	310.00
Music Ministry	120.40
Campfire for Christ	25.00
Anderson Support	30.00
Funeral Dinner Donation	200.00
Crossmen	30.00

Balance in Trustees' Capital Fund Account - \$17,021.72.

We thank you for your faithful giving in support of the ministries of the Panama United Methodist Church.

**BABY**



**NEWS**

**CONGRATULATIONS!!!!**

*It's a boy.....*

Wyatt Grier Braun  
July 7, 2011  
Proud Parents  
Ken and Katie Braun

*It's a girl.....*

McKenna Paige Kolstee  
July 20, 2011  
8lb. 6 oz.; 21 1/2 inches  
Proud Parents  
Todd and Amanda (Trisket) Kolstee  
Grandparents  
Ed and Barb Trisket  
Jim and Sheryl Kolstee  
Great Grandmother  
Jean Trisket

## CAMPFIRE FOR CHRIST

Grab your tents and get your lawn chairs ready. Campfire for Christ is quickly approaching. Join us on August 5, 6, and 7 for a time of fun, food, praise, and worship with your Christian friends.



**FRIDAY:** 6:30-7 p.m.-Dish to pass; hot dogs, burgers, beverage and ice cream provided  
7-7:30 p.m.-Praise and Worship led by Findley Lake Praise Band  
7:30 p.m.-Rev. Joe Pascoe from LVUMC  
End the evening with a campfire, fellowship, Testimonies, and S'MORES!

**SATURDAY:** 8-10 a.m.-Breakfast provided by the E and O Team  
Tent Contest Voting  
11 a.m.-Rev. Joe Pascoe-morning speaker  
Tent Contest winners announced  
1-3 p.m.-Chicken BBQ (\$7.00)  
Saturday afternoon-movies and games  
Saturday evening-leftovers and more campfire and fellowship

**SUNDAY:** 10:15 a.m.-Morning worship outside in the pavilion (weather permitting)  
\*\*\* ONLY ONE SERVICE TODAY\*\*\*

**WE HOPE TO SEE YOU THERE!**

## God's Groceries



**REMINDER:** A signup sheet is on the Welcome Table to volunteer to help in God's Groceries. We have expanded our hours and can use your help. This is a wonderful opportunity to serve the Lord and your community. Thanks in advance!

### SUMMER WORSHIP TIMES REMINDER

Beginning at 8 a.m., you, who are "Early Risers," can sing praise music and hear God's Word in this informal and energized worship service led by Pastor Steve, Stacy, Ben, and Abby.

The 9 a.m. hour will be filled with prayer time and a new member's class (which began July 24).

At 10:15 a.m., come worship the Lord with songs, prayers, scripture, and God's Word in our faithfully blended worship style.

We hope you will be especially blessed this summer with these worship opportunities.

Sunday School will resume in September. Watch for the September issue of Grace Notes which will include news from our Christian Education Department..



**Nursery Note...**There is nursery care available during Sunday morning worship for children up to kindergarten age. Two nursery helpers are available to care for your child/children so that you can get the most out of the worship experience.

If any adult or youth (7th grade and above) is interested in participating in this ministry, please let Tina Shaver know. Thanks!

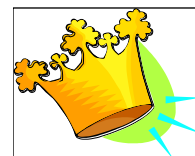
August Birthdays and *Anniversaries*

- 1 Renee Senske
- 2 Jenna Nagel, Bryce Hinsdale
- 4 Ray Cartwright
- 5 Barb Emory
- 6 Len Rowe, Amelia Sprague, *Wayne/Barb Emory, Rex/  
Jody Marsh*
- 7 Tabetha Butler
- 8 Jake Chapman, *Lee/Stephonie Kester*
- 9 Sara Hopkins, Janet Osborne, *Jon/Julie Dilley*
- 10 Phil Johnson, Marshall Peterson, Nicole Hess,  
*George/Donna Peterson, Don/Linda Wood*
- 11 Connor Range, *Mike/Dawn Sard*
- 13 George Peterson, Joe Sturges
- 14 Patricia Dole, Phyllis Patterson
- 17 *John/Pam Brown*
- 18 Dawn Comstock
- 19 Gerrit Hinsdale, Eleanor King, Jon Rowe,  
*Bill/Kathy Peck*
- 20 *Chris/Mary Ann Blose, Jerry/Pam Ireland*
- 21 Emily Baer, *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, Mark Stow,  
*Ken/Katie Braun*
- 26 Anna Malinoski
- 27 Kelly Osborne
- 28 Pat Sobolewski, *Phil/Shelly Johnson*
- 29 Elizabeth Baehr, Willa May Rupczyk, Glenn Topolski
- 30 Meredith Rupczyk



**Vacation Bible School: Shake it Up Café**

**Thank you hardly seems enough to say to all of the many people who helped out in any way during our 2011 “Shake it Up!” VBS. If we thanked individual people, we would surely leave someone out and therefore, we would just like to say... if you contributed in any way, THANK YOU...THANK YOU...THANK YOU! You know who you are! The children were certainly blessed, as were the adults in attendance.**



**Royal Family Kids Camp**

The Royal Family Kids’ camping staff wants to thank you all for your prayers as we prepare to be in ministry together to some very special children the week of August 7. Please pray for health and safety for all the children and adults; but more importantly that the children will be shown the love of our Lord and Savior through the Bible stories, dramas, and music. Also pray that when they leave, they know that Jesus will always love them no matter what!

Thank you!  
Susie Davis and RFKC Staff

## MUSIC AND MENTAL HEALTH

*Julie Nagel, Music Director*

While most of us enjoy listening to music – and some of us will even admit to singing in the shower! – did you know that listening to music has mental health benefits? Here are just a few of those benefits:

Music can improve a person's mood and reduce the effects of depression. Music has been shown to have an effect on serotonin levels. Higher serotonin levels in the brain help control memory, learning, mood, and sleep.

Music calms, relaxes, and can help a person fall asleep. Music has also been shown to lower cortisol levels, which, in addition to boosting the immune system, also reduces stress.

When we experience a pleasurable response while listening to music, our brain reacts in distinct and specific ways to release the “feel good” chemical – dopamine.

How about some other incentives to increase our exposure to music?

Listening to music can help energize a person who is feeling fatigued and improve productivity.

Listening to music can help improve concentration and attention.

Listening to music can help manage pain. Music distracts, provides a sense of control, releases endorphins that counteract pain, and relaxes a person by slowing their breathing and heart rate. It can reduce blood pressure and increase the production of immune-boosting hormones.

Listening to music enhances higher brain function (reading and literacy skills, mathematics, emotional intelligence, and memory).

*Now on to a recent study on the benefits of singing...*

Professor Stephen Clift, of the Sidney de Haan Research Centre for Arts and Health at Canterbury Christ Church University in England, has been conducting scientific research on the physical and psychological benefits of singing. One of his first studies has supported the premise that singing in harmony with others is beneficial, with outcomes including increased happiness and reduced

stress levels. It has also found that singing, playing an instrument, or writing music can help people recover from mental illness. How does singing and making music improve physical and psychological well-being?

Making music alone and in groups fulfills three fundamental human needs: autonomy, competence, and relating to others.

Making music is “the ultimate flow experience.” The experience of this flow is experienced and maintained when playing an instrument or singing with others – and this is true whether you are a beginning musician or an expert musician!

Finding something you enjoy doing, and being given the opportunity to do it regularly, is one of the most enduringly positive experiences we can have.

That being said, consider how you can boost your mental and physical health simply by increasing your exposure to music. Tuning into your favorite radio station, dusting off those record albums, (8-track tapes, anyone?) and yes, singing praises to God in the shower, can help to make your day go better!!!

P.S. The Celebration Choir will be back in September...experiment with what I have discussed above by joining us and watching your mental health improve!!!

And...just a few examples of what I watch and listen to in order to boost my mood – found on [youtube.com/music](https://www.youtube.com/music):

“Better Day” Gaither Vocal Band

“More Than Wonderful” Sandi Patty and Larnelle Harris

“It Is Well With My Soul” 4Him

“I Will Rise” Chris Tomlin

“Give Me Jesus” Fernando Ortega

“Why Me, Lord” Kris Kristofferson (was one of my mom's favorite songs)

***“The people the Lord has rescued will come back singing as they enter Zion. Happiness will be a crown they will always wear. They will celebrate and shout because all sorrows and worries will be gone far away.” Isaiah 35:10***