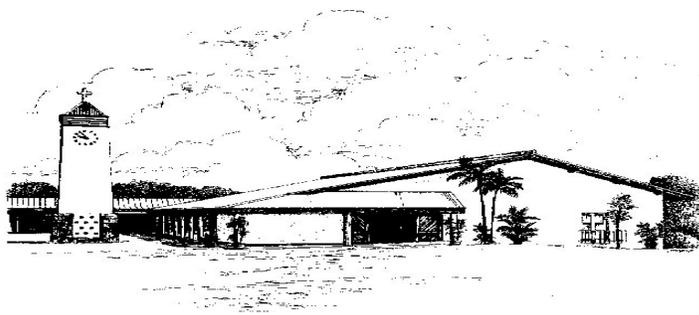


First United Protestant Church-UCC

1350 Waianuenue Avenue
Hilo, HI 96720
808/935-5914
fupchilo@hawaiiantel.net
www.fupchurch.org

Return Service Requested



Welcome to First United Protestant Church Hilo, Hawaii

In this season of Ordinary Time we welcome you and your loved ones (including children) to join us as we grow in faith, hope, and love. We are a part of the United Church of Christ and affiliated with the Hawai'i Conference of the UCC. Our roots in Hawai'i are the congregational church of the early missionaries. First United Protestant Church was organized as The First Foreign Church and Society in 1868.

Sunday Worship Service	10:00 am
Communion	First Sunday of the Month
Kosraean Mid-Week Service	7:30 pm Wednesdays
Kosraean WCA Service	7:00 pm Fridays
Kosraean Sunday Worship Service	1:30 pm Sundays
Children's Ministry offered during worship Service	
Other education, youth programs, and activities offered throughout the week.	
Weekly schedules are listed in the Sunday worship bulletin.	

This is a place to BELONG... We're all in this together. No matter our history, circumstances, or goals, we're all human and all need love and acceptance. That's why the church exists and why you belong.

July 2017

July 2017

Sermon Themes for July.

July 2

Safe Zones

Mark 2.23-3.6

Some people live by the rules and regs of life... do things this way, that way, my way, our way and we'll accept you, love you and welcome you. But what if you don't fit in their tidy boxes of certainty and propriety? What if you're a free spirit, a damaged soul, a psychologically disabled person, a spiritually lost individual... then what? Where do you fit then? There are those who make space and welcome without judgment those who are different from them, who don't fit the "mold". These "safe zone" people somehow redeem the differences to become qualities of usefulness and beauty. Jesus is a person like that with a story to tell.

July 9

Stop, Look, Listen

Psalms 23

Living with the "pedal to the metal" has become the norm for our society. If there's a way to do something faster, we'll find it. We switch lanes on the highway and in the supermarket, just so we can move on to the next thing on our "to do" list faster. It shouldn't be surprising that we end up feeling exhausted, depleted, and irritable when we push ourselves to the edge every day. The Psalmist gives us a different approach to living life with a more leisurely rhythm. With the image of a shepherd watching his sheep, David invites us to slow down and enjoy the journey. The care of our Great Shepherd invites us to a mindfulness that offers healthy joy and relaxed contentment each day.

July 16

Margins

Isaiah 5.8, Gen. 2.1-3, Mark 3.7-16

Margins let us breathe. Margins give us space. Margins provide momentum. Margins are the space between the load you're carrying and your limit. When we operate at 100% of our time, energy and resources, we have no margins left to continue our forward momentum. The gift of the Sabbath is a call to "mind the margins". When we fill our lives so full that we don't have time to sit and breathe, think, meditate, play, write, paint, take a walk, talk with a friend, take a nap, do whatever it is that refreshes our soul, then we're living without margins. And the consequence is we grow irritable, impatient, we're not fun to be around.

July 23

Desert Whispers

I Kings 19.1-13

What kind of noise in our life drowns out the "still small voice" of God? Stillness is not a word that describes contemporary American culture. Silence and solitude can be scary for many people. Noise and activity offer, for some people, an illusion of importance, direction, movement and significance. We look for God in the spectacular, the miraculous, the power of the earthquake, wind and fire. But more often than not, it's when we make room for God by creating a quiet space around us, and within us, that we can sense God's presence more keenly. In the silence, we discover insights and answers that we'd never have found otherwise. It happened to Elijah on Mt. Carmel... it can happen to us whenever we quiet our minds and hearts to "listen".

July 30

Rosebush or Thornbush?

Psalms 100

Are you a thankful person? When you see a rose bush, do you more quickly focus on the beauty and fragrance of the rose or the dangerous pain possible from the sharp thorns? It's easy to be preoccupied with what we think are the negatives of life: What we don't have, What we haven't accomplished, What we wish we were, What we can't do. Focusing on these things will steal us blind and rob us completely of the capacity to be thankful people. David's song of thanksgiving in Psalm 100 teaches us about choosing our attitude. Choice... the ability to determine how we'll respond to all that life gives to us. It means we are responsible for our happiness... and our misery.

Thinking Out Loud...

Are you an optimist or a pessimist? Do you see the glass of water half full or half empty? When faced with a daunting challenge, do you first think of reasons NOT to move ahead? Or do you look for ways to make it work?

We all have a natural preference when it comes to our outlook on life. I admit that I tend to be an optimist. I enjoy dreaming and thinking about the possibilities. Sometimes, this has served me well. Sometimes it gets me into trouble. I value the perspective of people who are grounded in enough reality to ask the difficult questions. It doesn't mean they oppose the dream. They just want more information about getting from "here" to "there". I need these people in my life.

Its so easy to just coast from one week to the next, not rock the boat, not let our imaginations fly...and to settle for the predictable, the known, the security of "the way its always been." Standing still is a good way to get left behind. And I don't want us to settle for the safety of the past because it will delude us into thinking that the future will always be what we have known the past to be.

Churches that don't spend time reflecting, dreaming, discussing and praying about their identity and calling by God are messing with obsolescence. The questions don't always have clear answers, and the details are often very murky... but dreaming and engaging in **holy imagining** is critical to our survival.

As a church, how can we reach out to our neighbors in some meaningful way? Can we provide a safe place for foster kids to connect with their siblings periodically? What ministry or connection might we have with inmates who are being released from prison? How about sponsoring or providing space for support groups – say, for caregivers needing to be supported in their labor of love? Or a group for grieving widows and widowers adjusting to the loss of their spouse? Or a writing group for people who want to explore their ideas, spirituality, and stories in a small group of others who like to write? How about a group for parents who are alienated from their children? We're positioned in close proximity to the primary medical facilities of East Hawaii. Is there a way we can offer a positive spiritual presence to people facing health challenges, and to the staff that works with them daily?

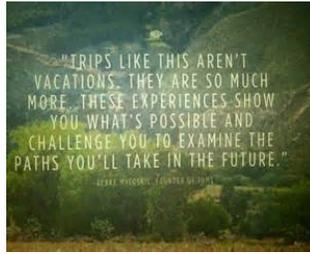
I look at the vacant lot between Kaiser Medical Center and our church and wonder "How can that space be used to bless our community?" I've got ideas. How about you?

Everything begins with a DREAM! If the dream survives our pragmatic questions, doubts and fears, we begin to think of a path forward... a vision, a goal, a destination. And then we begin to find ways to put legs under the dream to give it life, and then if God is behind it, we watch the blessings flow and the Dream takes on a shape and reality.

Pessimists have a hard time DREAMING. But its not impossible, so for the moment, I challenge us all to set aside our doubts and fears... and see what dreams God puts in our hearts. And if you'd like to share your dreams with me... I'd just be totally stoked and crazy happy to listen!



Pastor Ron Kent



Mission Trip to Kosrae Honolulu Congregation and Christian Endeavor

Kosrae Hilo Congregational Church and Christian Endeavor believe that God has entrusted sufficient resources to complete the Great Commission and the Great Commandment. On June 24 – 25, 2017, 27 Kosrae Hilo members strive to use these resources in a responsible, effective manner and committed to do their work for the Lord with integrity, accountability and excellence. In obedience to His Word, they were able to have 13 Kosraeans from Honolulu commit to glorify God and know Him as our Savior and Lord.

We believe that it is God who changes the hearts of people; therefore prayer should be the most consistent, mobilized activity of your Ministry.

You all are stewards of God's gifts and YOUR TIME is one of those gifts. Pastor Nixon and Nipastu Fay express our sincere appreciation to Deacon Danny Dizon, and President/Lay Minister Persteve Esau as you stepped up to the plate as "GENUINE LEADERS" during our absence for the glory of our Lord – Please know ALL who represented the Kosrae Hilo Congregational Church and Christian Endeavor will be thanked in ways that you can not imagine.

To All of YOU, We Thank You So Much,

Pastor Nixon and Nipastu Fay

Mission Photo's in Action



Deacon Danny, Yukiko and Paht Sephine boarding Hawaiian Airlines



Warm Welcome from Kosrae Honolulu Congregation



Deacon Danny, & Frank Alokoa



Kato Deaconesses and Mutan KSA Hilo



More Mango's?

Lay Minister Bobby



WCA President Hanna & Deaconess Tulpe



Lay Minister Joab and Kimie Hack



Papa Joel, Alwina, Michikolani, & Mira Tulensa

*Welcome
to this Sacred
Prayer Corner*

Light a candle
to make your prayers
visible and real.
Behold the Light and Believe!
Written prayer requests will be lifted
in prayer by this Church Ohana.
May all who hold a prayer in their
heart find Comfort and Peace!



Please include the following people and situations in your prayers:

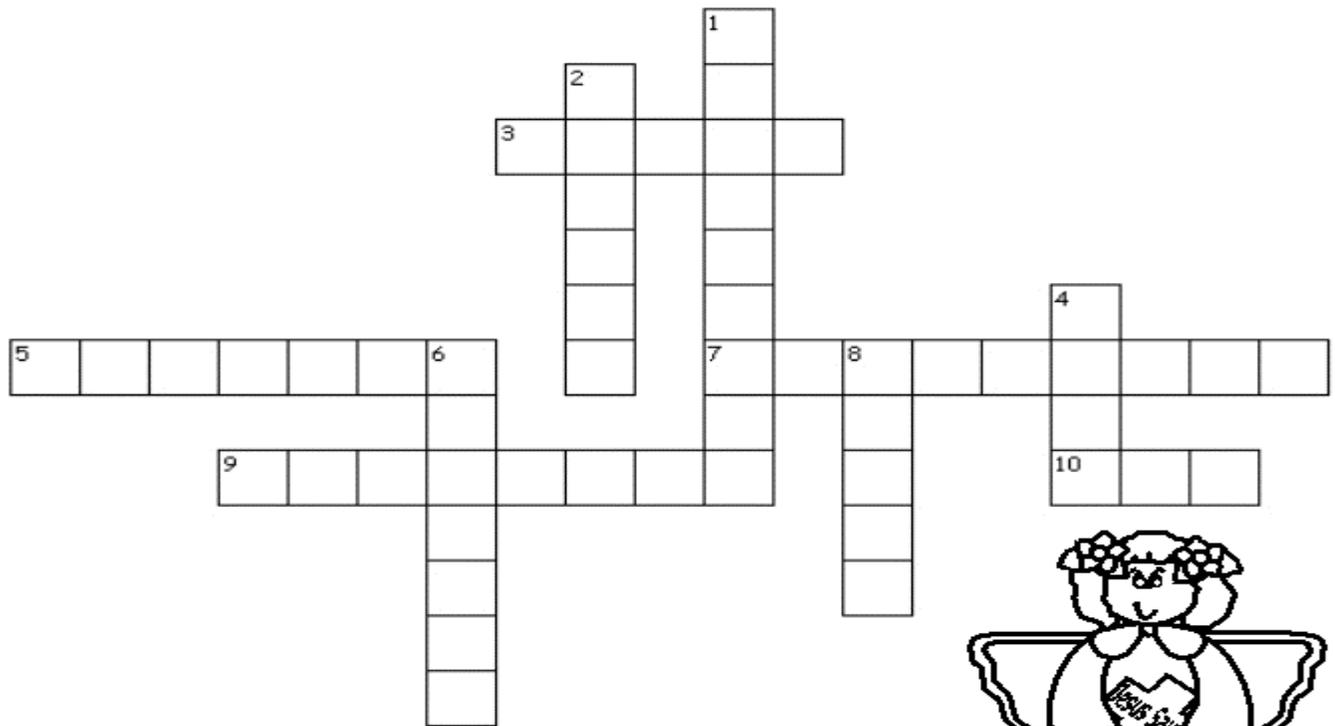
- | | |
|---------------------------------|-------------------------|
| Sheldon Asejo | Agnes Perreira |
| Mike Gardner | Royal Solmerin |
| Maria Valido & the Queja Family | |
| Doris Toma | Lei Semana & Family |
| Michael Russell | Mary Lee Roberts |
| Fay Jack | Chris Semana |
| Froilan Queja | Marlo & Ella Fontanilla |
| Janet Lang | Debbie Sasan & family |

Happy July Birthday to the following Friends and Members



- | | |
|---------------------------------|------------------------------------|
| <i>Phoebe Wyatt (1st)</i> | <i>Karena Solmerin-Asejo (3rd)</i> |
| <i>Rachel Castro (12th)</i> | <i>Jade Iokepa (12th)</i> |
| <i>Barbara Thurston (14th)</i> | <i>Curtis Green (14th)</i> |
| <i>Benjamin Wyatt (15th)</i> | <i>Chad Wasserman (21st)</i> |
| <i>Faye Persson (23rd)</i> | <i>Debra Payao (23rd)</i> |
| <i>McArthur Tumaneng (25th)</i> | <i>Crystal Ha'a (25th)</i> |
| <i>Michael Gordon (26th)</i> | <i>Sheldon Asejo (30th)</i> |
| <i>Erik Wyatt (31st)</i> | |

Angels of the Bible Crossword



Across

3. Angels ____ us we should not do this to angels.
5. Angels continually do this for God.
7. Some people think that angels looks very ____.
9. This is one of the jobs of angels, they do this for the second coming.
10. The one who made the angels.

Down

1. Angels can be visible or ____.
2. This is the place where angels live.
4. Whenever someone becomes a child of God the angels do this and rejoice with God.
6. With God's help the angels ____ us.
8. This word means God's messenger.

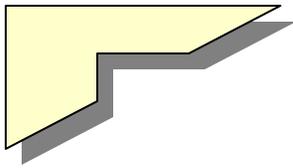
Pineapple Cup cakes

From the kitchen of Dorothy Kataoka

- | | |
|-------------------------------------|-----------------|
| 1 Box yellow cake mix | 2/3C. Salad oil |
| 4 eggs | 2T. cream |
| 1 C. crushed pineapple, juice & all | |

HEAT OVEN TO 350 DEGREES. Blend together the yellow cake mix, salad oil, eggs, and cream. Fold in crushed pineapple. Pour in greased or lined muffin pans. About 2/3 full. Bake for 12 to 15 minutes. Makes 24 to 30 muffins. Sprinkle powdered sugar on top before serving.





COUNCIL KORNER

"Peace begins with a smile"

Mother Teresa

The FUPC Council meets every fourth Sunday of the month. We share with you current events that are happening through the newsletter and by posting the monthly meeting minutes on the Narthex bulletin board.



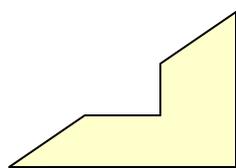
HERE'S WHAT'S HAPPENING IN THE COUNCIL KORNER
A big *Congratulations* goes out to Dusty Cardines for bringing home 2 Silver medals along with 1 Gold medal after competing in the Special Olympic state games on Oahu. Great job Dusty we are so proud of you.



On Sunday, June 11th, we had the opportunity to honor three of our graduates during Sunday worship. Check it out.....Rev. Kent asking our proud graduates what their plans are for their next journey in life.....Where ever your journey takes you, we at FUPC love you and will always be thinking and praying for you.

debbiefupc@gmail.com

God Bless You,
Debbie Sasan
Moderator





SERVANT LEADERSHIP PARTICIPATION

July 2017

USHERS/GREETERS

Gwynn Sosa and Dusty Cardines

COMMUNION PREP

Debbie Sasan

LITURGISTS/LAY READERS

*July 02 Kristel Tumaneng
July 09 June Dela Cruz
July 16 Fay Jack
July 23 Kosraean Fellowship
July 30 Jeremy Agag*

COMMUNION SERVERS

June, Karissa, Royalyn, Kepola

COFFEE HOUR

*July 02 Jane McLean
July 09 Karissa Solmerin
July 16 Gail Kagawa
July 23 Kosraean Fellowship
July 30 Tumaneng Family*

ACOLYTE

Sheycie Asejo