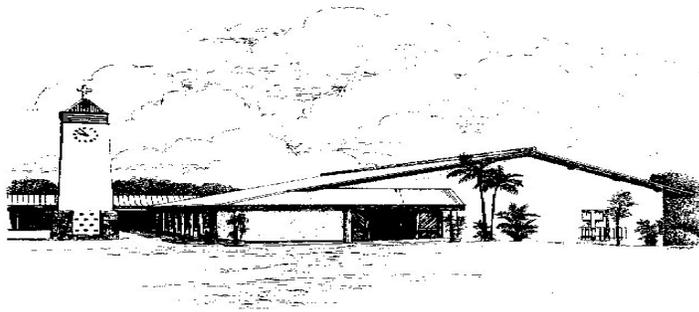


First United Protestant Church-UCC

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 Easter 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.

May 2017

First News – Newsletter of First United Protestant Church, Hilo, HI

May 2017

Sermon Themes for May.

May 7

An Amazing Love Story

Hosea 5.15, 6.1-11

Being loved changes people. Especially when they feel they don't deserve to be loved. This classic story from Hebrew literature teaches us that no sin is so great that God's love is not greater still. God will never stop loving us no matter how badly we may have blown it, no matter how guilty and unworthy we may feel.

May 14, 2017

Mom's Letter

2 Cor. 3.1-3

Imagine that your life is a letter. God has been writing it. What is the message in the letter that is your life? Some of our lives are letters of courage in the face of suffering. Some of us are letters of hope in the face of defeat. Some of us are letters of love conquering hate. Some of us are letters written in the sadness of failure, redeemed by love to a place of beauty. Some of us are letters of loneliness that found intimacy with God and with ourselves in solitude. Some of us are letters of illness, transcending pain to live with a joy that disease can never touch. God has been writing your life. And others are reading it. You are God's letter to the world.

May 21, 2017

The God Factor

Exodus 3.1-15

Moses was an ordinary man hooked up to an extraordinary God who took his debilitating and paralyzing doubts and transformed them into a life of unimaginable significance. Do you ever question whether you have made a difference for living on this earth? It comes down to the choices we make and the risks we're willing to take. Every day, we can choose to make a positive difference in someone's life. Every day, moments ripe with possibilities for healing, loving, caring, and giving come our way. These are the transforming moments that really matter, the kind in which God is present and *that* changes everything!

May 28, 2017

Wanting More... and More

Exodus 16.1-5, 13-30

In gathering the *manna*, the people of God learned about boundaries. There was the boundary of collecting just enough for each day's need. There was the boundary of not keeping any of it overnight. There was the boundary of not collecting any on the seventh day. When they observed the boundaries of provision and rest, they were full and free and happy. When they didn't observe the boundaries, the food that was intended to sustain them grew wormy, stinky and inedible. Keeping Sabbath is a God-designed boundary that liberates us to be content with what we have.

June 4, 2017

Happy Birthday Dear Church!

Acts 2.1-13

The church was born on Pentecost when the Holy Spirit was given to 120 followers of Jesus praying in an upper room of a house in Jerusalem. Hebrew pilgrims were gathered from all the area from miles around, and each was exposed to the love of God in the gospel message of Peter and the others. Many were converted and became Christ-followers. When they went home, they took their new-found faith with them. The church began with a BANG: loud roaring wind, fire and the miracle of communication. I wonder if Peter and the others present that day would recognize our church, or most churches if they could visit us today.

Thinking Out Loud...

Sometimes, its hard to eat healthy. You know how it goes... a busy day, more on the to-do list than can possibly be done in the time available, unexpected interruptions, a phone call that changes our priorities for the next two hours... and then we get hungry. Lunch time!! But there's no time, so we grab and go... a candy bar, can of soda, bag of chips, quick hot dog... just to keep the hunger growls away. Once again, our best intentions to eat healthy, lose weight, watch our calories goes out the window. Thank God for vitamin supplements. They help to provide the necessary nutrients that contribute to our health. They're not as tasty or fun to eat as real food. But when we're running a nutritional deficit, I'm glad they're available. My Grandmother always gave me a spoonful of cod liver oil as a kid. Yucky stuff but she said it was because she loved me and wanted me to be healthy.

Our inner spirit also needs good nourishment in order to be healthy and to stay happy and productive. We can easily grow exhausted by our responsibilities and obligations. Our spirits grow depleted. Vitamins of the Spirit are important. Here are 10 vitamins that will go a long way toward keeping us fit and healthy in mind and spirit. I offer them in no particular order of importance. I'd be interested if you have any "Spirit Vitamins" you'd like to add.

Say "I love you" to someone who needs to hear it from you.

Smile at someone you meet today, even if you don't know them. It might just make their day.

Say "Thank You" to a person for whom you feel gratitude, but don't always say so.

Play. If you need permission, this is it. Why do we stop playing when we grow up? It might momentarily help us to forget the weight of the problems we carry around with us. And every time we laugh, our spirits get re-charged.

Hug someone. You might be surprised at how many people go through a whole day without human touch, especially people who live alone. It takes such a small effort but means so much.

Give and Share.... Yourself, your resources, your time, energy, talent, wisdom, attention. Giving yourself to others invariably returns more than we could have imagined and helps to give us an injection of joy because we were able to help someone in need.

Mend fences, mow the lawn. Its called being responsible to do what you need to do even though you've been putting it off, and avoiding it. You'll feel so much better when you face it, and deal with it. A river only flows forward because it has boundaries and banks, otherwise it becomes a swamp.

Pray. Talk to God. But don't feel like you have to use beautiful words. Or any words at all. Let yourself be humbled before the Mystery of the Sacred Presence in your life. Its all around us, and prayer is a way of paying attention in the moment.

Listen. Be quiet for a little while each day. Quiet enough to hear your heart beat or sounds you might otherwise miss. Start with one minute and add more time as the silence becomes a friend. Concentrate on the silence... and not your unfinished "to do" list.

Take a nap. Rest. Make time to close your eyes, turn off your brain, catch your breath and re-charge through intentional stillness. Don't feel guilty. You have my permission!



Pastor, Ron Kent

Did You Know...

- That you can see the video montage of Ray Stewart prepared for his Memorial Service at the following Youtube address? <https://www.youtube.com/watch?v=9FSW1v1WxPc&feature=youtu.be>
- That Kepola Ishikawa was a member of the Waiakea H.S. team that competed in the U.S. National Academic Decathlon in Madison, WI in April. Her school is in Division 3 and placed 5th in the nation! Way to go Kepola... Congratulations!
- That we'll be honoring graduates in our church family on Sunday, June 11, from grade school through college... we want to celebrate their accomplishments!
- That Dusty Cardines competed in the Special Olympics in April and For Dusty.... He competed in the Special Olympics Area Games (Big Island) and will compete in state level games the first week in June. He specializes in the shot-put (sp??), 100 meter dash, long jump and 4x100 relay. Go Dusty!!
- We're rooting for you!
- That the stained glass portrayal of the Good Samaritan that was part of our former church building downtown. .May be seen at the Homelani Chapel in Hilo? Here's what it looks like:



- This is a picture of our newly refurbished beautiful clock tower. Thank you Shane and Nagamine Painting! Such an improvement!!



*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
Family of Ray Stewart
Royal Solmerin
Doris Toma
Michael Russell
Fay Jack
Froilan Queja
Janet Lang

Agnes Perreira
Mike Gardner
Maria Valido & the Queja Family
Lei Semana & Family
Mary Lee Roberts
Chris Semana
Marlo & Ella Fontanilla

Happy May Birthday to the following Friends and Members



*Michael Russell (1st)
anne Pocsidio (4th)
Geraldine Demasco(19th)
Cori Dela Cruz (30th)*

*Shelcey Asejo (13th)
Faymae Queja (14th)
Isabel Taylor (30th)*

Jo-

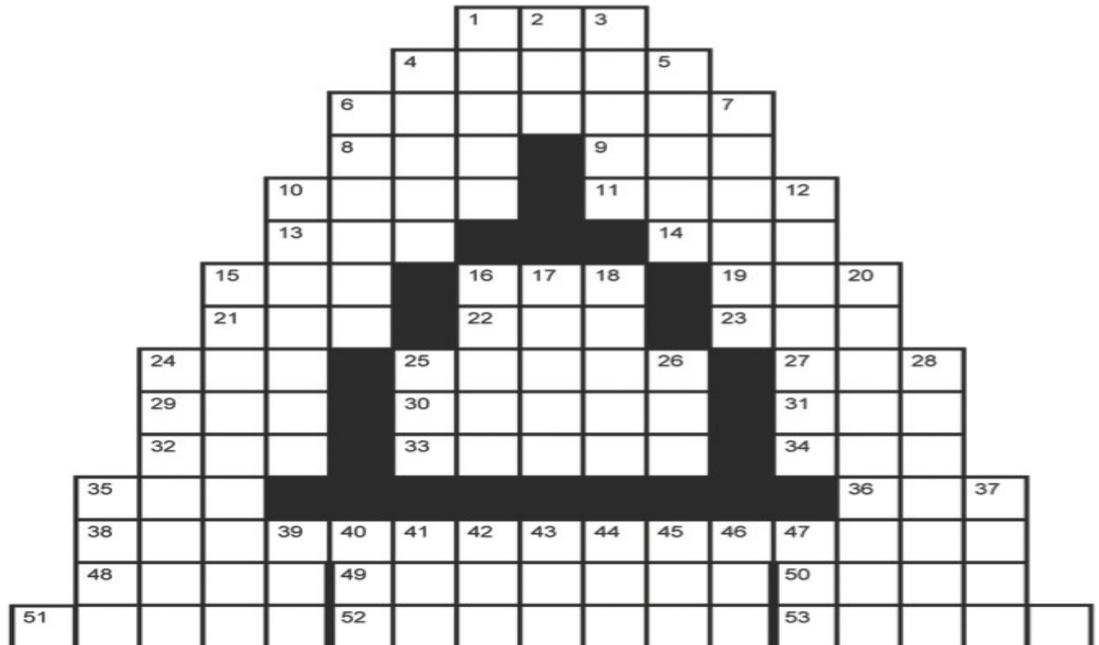
Activity Page

Tablet PURIM
CROSSWORD
Edited by Jonathan Zalman

Puzzle by Daniel Raymon

Across

- 1. "Seinfeld" network
- 4. Schlubs
- 6. Purim attire
- 8. Before, in poetry
- 9. Casablanca's country: Abbr.
- 10. When to celebrate Purim
- 11. *Schmendrik*
- 13. Actor Shepard of TV's "Parenthood"
- 14. Before, in brief
- 15. Musical ability
- 16. Flow's partner
- 19. URL ending
- 21. #2's
- 22. Noise made while listening to the Megillah, which appears in this puzzle 11 more times (backward, forward, up, down, or diagonally)



- 23. From ___ Z
- 24. Peach part
- 25. Standard & _____
- 27. Heavenly body
- 29. Bullfight cheer
- 30. Purim story antagonist whose name elicits 22-Acrosses
- 31. Japanese vegetable
- 32. Like 31 or 33
- 33. "_____ die for"
- 34. Manti ___ of the NFL
- 35. Logical beginning?
- 36. Second-century date
- 38. Megillah's contents

- 48. Garr of "Young Frankenstein"
- 49. Had too much at the Purim feast
- 50. Tiny battery
- 51. Rodeo rope
- 52. Award winner
- 53. "My Cousin _____"

Down

- 1. Brown-_____ (flatterer)
- 2. Droid
- 3. Challah leftover
- 4. Powdered cleaning agent
- 5. _____-Hawley Tariff Act of 1930
- 6. Trees of Lebanon mentioned in the Bible

- 7. Beethoven's third symphony
- 10. Changed with the times
- 12. Obliterate, as the memory of Amalek, according to the Bible
- 15. People like 30-Across
- 16. W.W. II torpedo vessel
- 17. Prosperous periods
- 18. Sacha Baron Cohen character
- 20. Purim story protagonist
- 24. Doggies
- 25. ___ Beta Kappa
- 26. ___-Caps
- 28. Certain data type in computer programming

- 35. Jazz singer James
- 37. Purim story locale, today
- 39. One of many in a yearbook
- 40. "Wow!"
- 41. Jewish rapper Drake's clothing brand
- 42. ___ Griffey, Jr., baseball player recently elected to the Hall of Fame
- 43. Guadalajara gold
- 44. Away's partner
- 45. Sorbonne summer
- 46. "Understand?"
- 47. End of the Aleph-Bet

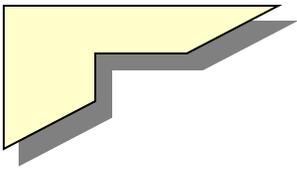
Tofu Lasagna

From the kitchen of Utako Tao

- | | |
|---------------------------------|---|
| 1/4 C butter | 1/2t. salt |
| 3 Cloves garlic, finely chopped | 1 bottle (3c.) spaghetti sauce |
| 1/8t. Pepper | 1 c. mashed tofu |
| 1 1/2 c. wheat germ | 2c. Grated mozzarella cheese |
| 1/4c. Grated Parmesan cheese | 1 pkg lasagna noodles, cooked & drained |
| 1/4 c. chopped parsley | |
| 1/2 lb. fresh mushrooms | |



Melt butter. Add mushrooms, garlic, salt, & pepper, and cook until mushrooms are tender. Stir in sauce and wheat germ. Heat thoroughly. Combine tofu and Parmesan cheese in a bowl. Combine mozzarella and parsley in another bowl. Place 1/3 of the noodles on the bottom of greased pan. (7 1/2 x 11 3/4 inch pan) Spread 1/2 of the tofu mixture on the top, then 1/3 of the sauce and 1/3 of the cheese. Repeat layering. Final layer will be lasagna, sauce and cheese. Bake in 350 oven for 45 minutes.



COUNCIL KORNER

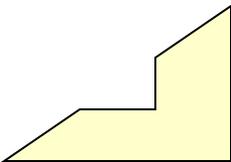
"Nothing is impossible, the word itself says
I'M POSSIBLE"

Audrey Hepburn

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 WELCOME BACK to Chris Oda, our Administrative Assistant. We missed her presence very much. Please continue to keep Chris and her husband Kele in your prayers as they continue THEIR JOURNEY TOWARDS Chris's recovery.
- Thank you to everyone for a great Easter Celebration. From a wonderful worship service, to great food, games, an Easter Egg Hunt for the children and a very special visit from the Easter Bunny.





Easter Egg Decorators... Youth Division... Most Creative... Adult Division... Courtney Sasan... Most Creative... Youth Division... Kepola Ishikawa... Most Beautiful... Children Division... Shelcey Asejo... Most Beautiful... Admiral Tumaneng... Most Creative... Not pictured... Adult Division... Fay Jack... Most Beautiful

WISH LIST.....

Thank you to Mrs. Ruth Bento for her generous donation that will be used to purchase tablecloths in honor of Rev. Kent and Priscilla's birthday.

Brooms & Standing Dust Pan
Outdoor Trash Cans

- Come join us every **second Saturday** of the month for Congregation Appreciation Day formally known as church workday. Bring the family, a friend and if possible a refreshment to share. Next appreciation day will be **May 13, 2017, 9:00 a.m. – 12:00 p.m.** Thank you to the crew that showed up for Church Appreciation Day on Saturday, April 8, 2017.
- The FUPC Pastoral Search Committee has narrowed down their search for a new Pastor. Look for updates on the Narthex bulletin board.

Please feel free to approach/share with me or any of your Council members suggestions, questions or concerns that you would like to address in your church life. You can also contact me at:

debbiefupc@gmail.com

God Bless You,
Debbie Sasan
Moderator

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SERVANT LEADERSHIP PARTICIPATION

June 2017

USHERS/GREETERS

Kristel and Krizha Tumaneng

COMMUNION PREP

Robert Ahia

LITURGISTS/LAY READERS

June 4 Phoebe Wyatt & Tyler Dela Cruz
June 11 Gail Kagawa
June 18 Kosraean Fellowship
June 25 Robert Ahia

COMMUNION SERVERS

June, Karisa, Royalyn, Kepola

COFFEE HOUR

June 4 Rev Nixon & Fay Jack
June 11 June Dela Cruz
June 18 Kosraean Fellowship
June 25 The Agag Family

ACOLYTE

Cori Dela Cruz