

FIRST PRESS

THE NEWSLETTER OF FIRST PRESBYTERIAN CHURCH OF UPLAND



THE FRUITS OF THE SPIRIT

Happy (blessed) are those
who do not follow the advice of the wicked
or take the path that sinners tread
or sit in the seat of scoffers,
² but their delight is in the law of the Lord,
and on his law they meditate day and night.
³ They are like trees planted by streams of water,
which yield their fruit in its season,
and their leaves do not wither.
In all that they do, they prosper.

Psalm 1:1-3

(continued on page 2)

THE FRUITS OF THE SPIRIT PASTOR TINA BLAIR

A flourishing tree is an important image in the Bible for a person of faith. The Psalms and Proverbs especially love to use this metaphor. Other verses include these:

But I am like a green olive tree in the house of God. I trust in the steadfast love of God forever and ever.
Psalm 52:8

The righteous flourish like the palm tree and grow like a cedar in Lebanon. Psalm 92:12

She is a tree of life to those who lay hold of her; those who hold her fast are called happy (blessed).

Proverbs 3:18.

The fruit of the righteous is a tree of life, and the wise capture souls. Proverbs 11:30.

In June, we are going to continue celebrating Pentecost and the gift of the Holy Spirit, poured out on us as a result of Christ's resurrection from death and his ascension to heaven. In this way, Christ can be present with us always, in every time, place and circumstance. In return, filled with the comfort and power of the Spirit, we can be healthy, green trees, planted deeply in the living water that is Christ. We are given breath and life through our oxygen, the Breath of God, the Holy Spirit. We stay green and strong, producing good fruit

The Apostle Paul has a list of some of these fruits of the Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control (Galatians 5:22-23). Matt will be preaching on these in his sermons this month. I love this list (can you memorize it?) because it reminds us of what we are to bring to our lives and our times.



One of my favorites is "joy." Joy is different from happiness or contentment, although it carries some of those feelings. Joy is deeper – it gives you a feeling that you have been touched by eternity and by God. Joy can make you ache with longing because it usually does not last – but you remember it with hope. You know that this is what God wants for us and promises us in eternity. Joy is a gift from God, given at odd times. It can come to you in prayer, or at a beautiful spot in nature, or in an ordinary event.

Joy is found 226 times in the Bible. Jesus used the word "joy" many times in the Gospel of John, as did the Apostle Paul in his letters. Before his arrest, Jesus said, "I have said these things to you so that my joy may be in you and that your joy may be complete" John 15:11. He continued, "Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy" John 16:20.

Let us be trees of faith, healthy and green, producing the fruit of the Spirit. May this summer offer you much happiness and relaxation, with God moments of joy.

ELEVATE MATT SHOOL

Dads, Daughters, and a Willingness to Learn and Grow

Author: Gordon Bals | April 6, 2023 Source: RootedMinistry.com

Raising three daughters to adulthood helped me realize: the first thing a dad needs to know about parenting girls is that he has a lot to learn.

So much of New Testament relational advice revolves around humility and submission to the Lord. There are only 4 imperative commands to mothers, fathers, and children in the New Testament, and two of them are to fathers: “Fathers don’t stir up anger in your children,” (Eph. 6:4), and “Fathers, do not exasperate your children, so that they won’t become discouraged” (Col 3:21). In my experience, these words are spot on. Fathers often lack awareness of how they impact their children relationally. Dads need reminders to be willing to learn and grow.



Learning Relational Involvement

Men don’t often “get” the way children develop emotionally, nor do they have the patience to be relationally involved. I wanted my girls to mature with little relational involvement from me. Dads can be like relational “paratroopers,” popping in and out, offering sound bites of correction and direction. Instead, dads should be infantrymen like the Lord. He is “a father to his children, tender and compassionate” (Psalm 103:13, NLT), boots-on-the-ground with us. For a daughter, tender and compassionate relational involvement from her dad provides nourishment for her to develop strength in a fallen world. Bearing your daughter’s burdens, which are often relational and emotional, means learning to listen, to understand, and to speak into those burdens without always solving them. A good dad is willing to learn how to do that and it takes practice.

Cultivating Redemptive Anger

In addition to tender and compassionate involvement, a father must develop relational strength for his daughter. Men grow relational strength by cultivating redemptive anger. Few men do anger well, nor do men realize how much women feel their physical vulnerability in the presence of men who are angry. In general, women are physically weaker than men, and men can use this advantage selfishly or unselfishly.

Instead of using that anger to shame your daughter or demand she do what you think is best, it can provide impetus for you to move toward her and interact with her in a way that provides nourishment for her to choose what is good.

The best of anger is directed at the work of evil in this world. Most men have a hard time developing redemptive anger that becomes strength to stand against evil with patience and fortitude. Relationally, it is easier for a dad to pull away from his daughter in anger at himself or to bark orders in frustration at his daughter. A dad’s self-directed anger is fueled by his self-righteousness, especially in moments where he doesn’t know how to help his child. Growing redemptive anger takes ongoing repentance and endurance.

(continued on page 4)

The more damaging, dangerous, or sinful the situation your daughter faces, the angrier you can become. Whatever the worst behavior or situation you imagine your daughter could be caught in (drugs, bullying, sexual brokenness, etc.) your anger is connected to something bigger in that moment. As a dad you will hold the moments of innocence and beauty you have experienced with your daughter along with the hope you have for her deep in your soul. When evil is crouching at the door of her life, your deep connection to who she is and the hope you have for her will be under trial. You will be tempted to react with anger. In those moments you should hate the encroachment of evil but must prayerfully use your anger against the evil (not your daughter) in the way you interact with and treat her.

Developing Relational Strength and Resilience

A dad who guides his daughter with relational strength to stand up to evil with confidence is a man who has moved from self-righteous anger to gospel strength. His daughter will rest in his presence.

Finally, dads must learn to guide their daughters toward resilience. Early in my counseling development I worked for a wise female psychiatrist who had survived the concentration camps in Germany. She spent a lifetime thinking about children and their development. One day in passing she said, “I think children develop their conscience and self-esteem from their dad, and their ability to relate from their mom.” I heard that 30 years ago and my observations since then have confirmed it. Girls grow confidence to stand for what is good through relational connection with their dad.

Learning to bear your daughter’s burdens and developing more tenderness and strength that helps them trust you is important. However, there is a tension between bearing her burdens and assuming responsibility for them. There is a weight that is your daughter’s alone to carry. As a dad it is hard to know when to step in and help and when to refrain. A popular term for parents today is “lawnmower parents.” Such parents do everything to smooth out the path in front of their children, but sometimes being a good dad involves choosing not to make things easier for them.

Your daughter must learn to be both interdependent and resilient. She will have to develop humility and trust to receive your help, and confidence and faith to become resilient. We don’t grow that kind of character and discernment without making mistakes and having support. She will choose to fight through loneliness and discouragement with more self-determination if she experiences you as being with her along the way, knowing she can make mistakes and still have your support. Stepping out from a secure base is easier than stepping out from a wobbly base. However, she still must learn to step.

Leaning into Our Heavenly Father

There will be difficulties your daughter must face, and honoring her dignity will mean letting her struggle through them. Your faith in the Lord will be under trial in those moments as you refrain from interfering and attempt to hold on to a future good that seems a little fuzzy in the moment.

Becoming a relationally involved dad is not easy. It happens only as you find relational nourishment from the Lord. There is nothing in this world we want to get right as much as being a parent, and there is nothing we will get wrong more often. You need help. There is only one way to grow into tender, compassionate, and redemptively strong involvement with your daughter, and that is by leaning into a Dad who loves you the same way.



TRUSTEES GARY CUSTER



Much like the North American Kestrel, which is found freely soaring from coast to coast and from Alaska, Canada and South to Mexico and Cuba, our congregation will be anxious to drive, sail and fly to new places over the upcoming vacation months. We all need those times when we get away from our “common life.

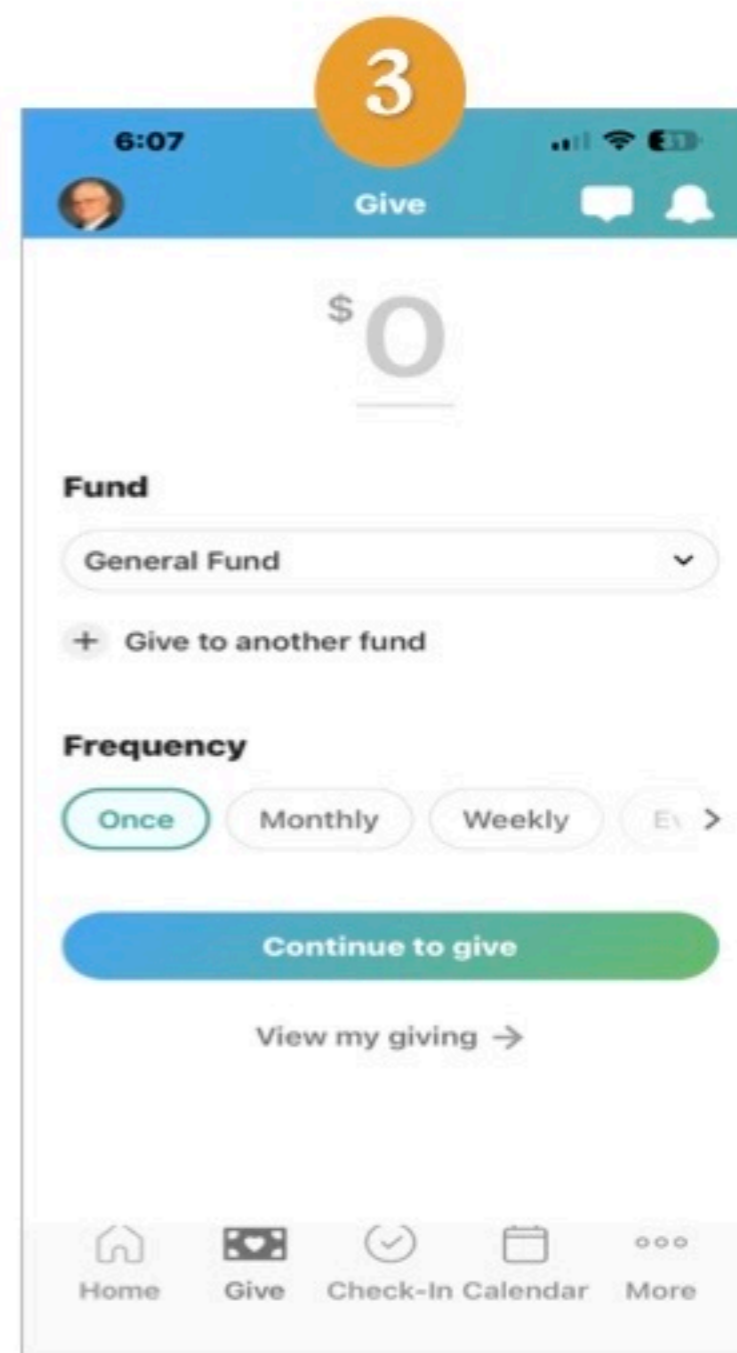
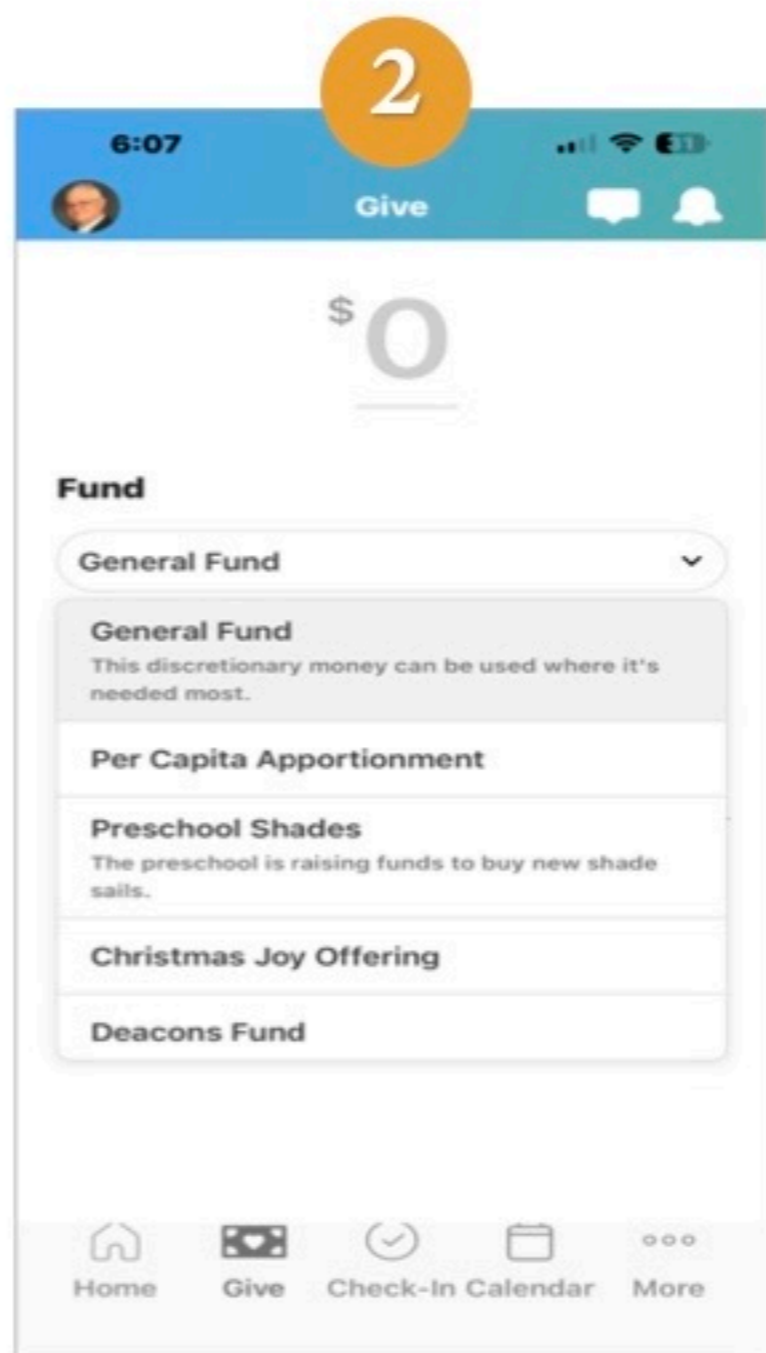
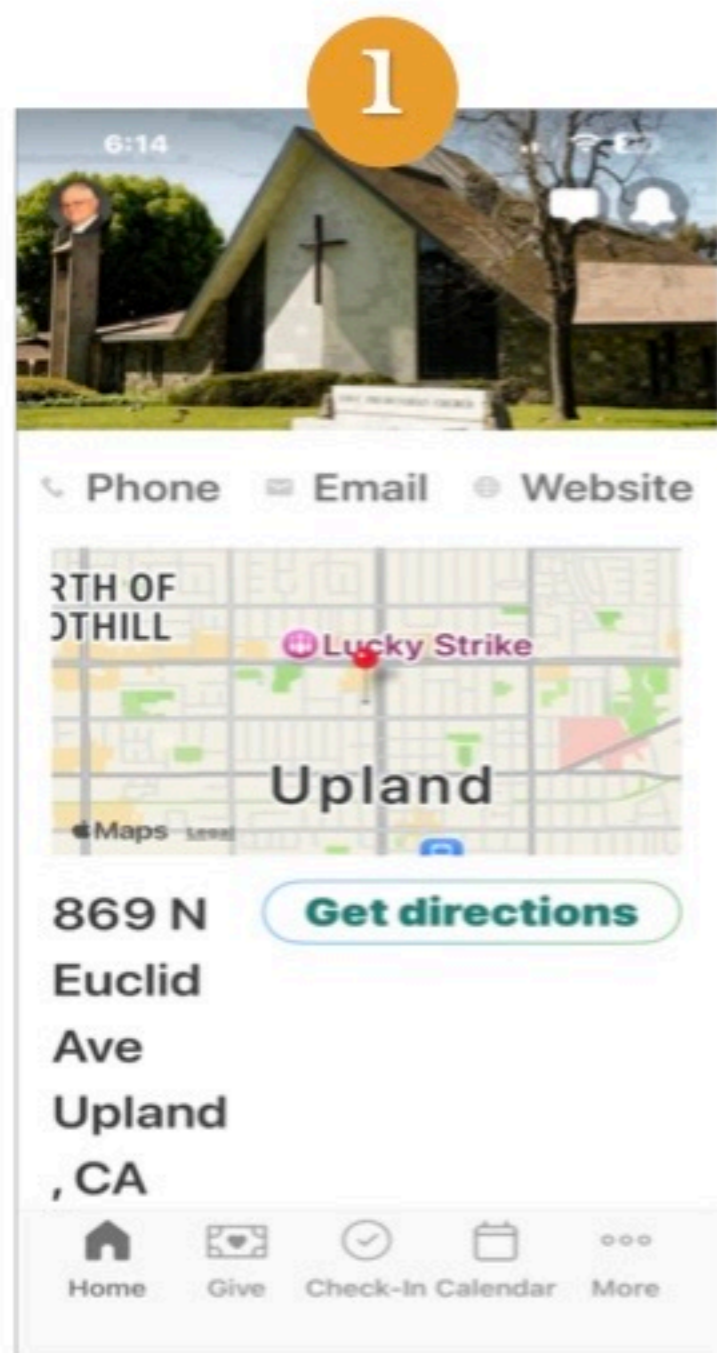
FPCU is a place where we can all meet, share our experiences and most importantly worship together. In order to pay the bills that never stop coming in for the church utilities, repairs, activities, etc., this is a good time to consider ways to pay our tithes and offerings: Place it in the offering plate, send it in the

mail, or use the Church Center to give online. Please follow me through the online giving process,

Picture 1 is the Church Center app opened. To proceed to online giving, tap “Give” at the bottom. Picture 2 is the giving app. Touch the “\$0”, tap the numbers at the bottom to enter the amount you want to give. **Hint:** If it is your first time giving, enter a small amount until you feel comfortable with it. Tap “General Fund” to open the funds available to give to. Presently, there are 13 funds. You can give to more than one fund each time, by tapping “continue to give”. **Please note,** General Fund allows us to use the money where it is needed most.

Picture 3 allows you to choose the frequency that the fund will be paid. I recommend you choose “once” until familiar with the app. Tap “Give” and your tithe or offering is electronically on its way.

If you need help, please ask **Matt Shool, Shawn Kathol or Van Romine.**



EVENTS GATHER TEAM

Father's Day: Get ready to pig out at our annual 'Make Your Own Ice Cream Sundae' Extravaganza on **Sunday, June 21st!**



Cinco De Mayo: On May 3rd we celebrated Cinco de Mayo with an exquisito Mexican brunch. Gather provided a taco/tostada bar and individuals provided Mexican casseroles, side dishes and desserts. We were all too busy eating to take pictures. The flan was delicioso!



Mother's Day: On May 10th we celebrated Mother's Day with cake!



Get a lift from LIFT

(Ladies in Fellowship Together)

**It's Summer!
Time to Sing!
The Baldy Mountain
Ramblers Will Lead Us
in a Sing-Along of
Favorite Folk Songs**



**Friday, June 12, 11am -1 pm, Hart Hall
Doors open 10:45 – Program starts promptly at 11:00**

Doug Thomson and his Baldy Mountain Ramblers will be joining us at our June meeting to entertain us with their dulcimers, banjo, and guitar and leading us in a summer sing-along of such folk song favorites as *Country Roads*, *Sloop John B*, and *All I have to Do is Dream*. Don't worry, they will be providing the lyrics.

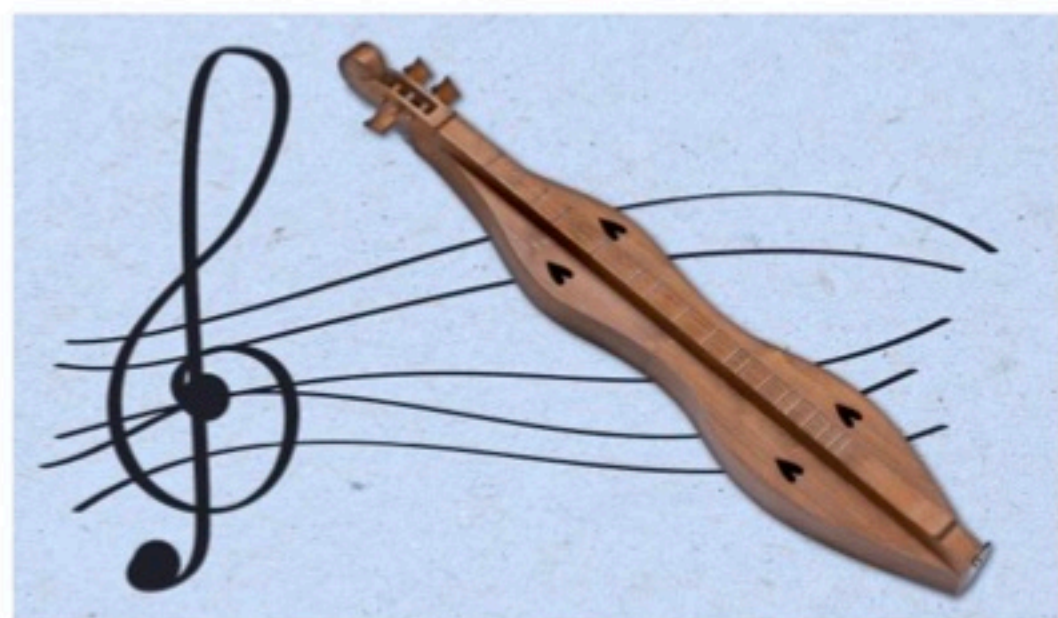
Doug will again play the mountain dulcimer (on the right in the photo). He is joined (right to left) by Janet Hunt, also on the mountain dulcimer, Jeff Warhol on the guitar and banjo, and Doug Hunt on banjo dulcimer.

Please note: This is our last meeting till the second Friday of September 2026.

Following a time of worship and a devotion, the Baldy Mountain Ramblers will delight us with their music for a fun summer kickoff. After that, lunch will be provided. Let's spend time planning some summer fun with each other!

Lunch Will Be Provided!

**Please sign up after church service May 31 or June 7, or contact
Carol Diess by June 10, 626-482-8862 or sbbmom@aol.com**



Ready for Summer Reading?

Bring your books to share – put your name and phone number in the books if you want them returned.

Help us feed the hungry!

Bring your contributions for the Foothill Family Shelter.
Personal care items are also needed.

Thank you for your generous donations to support LIFT

HANDBELL HAPPENINGS SARAH RICHARDSON

Both of our bell choirs, Bells of Joy (beginners), and Praise Ringers, have had a busy season with ringing in worship, ringing at a retirement home at Christmas, and at a bell festival in Oceanside last month. These groups ended the season with a meal and fellowship in our coffee shop.

We recently welcomed a community choir, Arise Joy Ringers and Singers, who performed a wonderful patriotic concert here in our sanctuary. This was in celebration of the 250th anniversary of the United States of America.

We will be taking a break for the summer, but look forward to starting up again in the fall. Please contact me if you are interested in learning to ring bells. We would love to have you.



Arise Joy Ringers and Singers in Patriotic Concert

Some of our beginning Ringers enjoying fellowship at end of ringing season.



Praise Ringers gathering at end of season



Praise Ringers enjoying a meal at end of season.

William Anguka looking handsome in his Army uniform carrying one of six flags representing our nation's military.



First Presbyterian Church of Upland Financial Summary				
SUMMARY	Income/Expense April 2026		Year to Date	
Opening Checkbook Bal.	\$	48,634.64	\$	17,218.61
Added Voided Checks	\$	-	\$	-
Income for Budget Accts.	\$	35,489.95	\$	173,603.02
Security Deposit Received	\$	-	\$	2,200.00
Transfer To/From Reserves	\$	-	\$	-
Expenses for Budget Accts.	\$	(42,673.48)	\$	(154,280.52)
Income for Non-Budget Accts.	\$	850.00	\$	4,010.00
Disbursements for Non-Budget Accts.	\$	(962.58)	\$	(1,412.58)
Partial Payment to Uncertainties Acct.				
Checkbook Balance as of 4/30/2026	\$	41,338.53	\$	41,338.53
Note: (1) To Achieve \$6k Checkbook balance				
	Collected / Expended April 2026	Monthly Budgeted	Collected / Expended Year to Date	Amount Budgeted to Date
Pledge Income & Loose Offerings	\$ 19,766.02	\$ 31,255.00	\$ 129,110.37	\$ 125,020.00
Budgeted Expenses	\$ 42,673.48	\$ 46,544.00	\$ 154,280.52	\$ 186,176.00

<h1>JUNE</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Personnel	2 6pm Serve 7pm Gather AA Groups- HH & upstairs Radiant Church GR	3	4 6pm Deacons	5	6
7 10am Worship with Communion	8	9 5pm Worship 6pm Trustees AA Groups- HH & upstairs	10 5pm Elevate 7pm Choir	11 12:30pm Preschool Board Mtg.	12 11am LIFT	13
14 10am Worship	15	16 AA Groups- HH & upstairs	17 5pm Elevate 7pm Choir	18	19	20 Newsletter Articles Are Due
21 10 am Worship Father's Day	22 VBS	23 VBS	24 VBS	25 VBS	26 VBS	27
28 10 am Worship VBS Sunday	29	30 AA Groups- HH & upstairs Radiant Church GR 9-2pm Blood Drive HH				

JUNE PRAYER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1- Murdy	2- Ogot	3- Oji	4- Olson	5- Pavalella	6- Phillips
7	8- Pilcher	9- Polchow	10- Richardson	11- Righetti	12- Rihs	13- Riivald
14	15- Roberts	16- Romine	17-Ruggles	18-Rumisek	19-Runner	20- Russell,D.
21	22- Russell, L.	23- Schreiber	24- Shool	25- Senechal	26- Sindelar	27-Smirl
28	29- Smith, David	30-Smith, Dean				

Please pray for healing and restoration for:

Jean Vanvieldt, Felicia Foreman, Bill Howie, Lynn McClelland,
Joni Stallings, David Brinkley, Kay Hester, Iris Joiner, Marie Swenson, Bob Summers,
Terry King, Jerry Wilson

Pray for those who are homebound or in convalescent care:

John Dooley, Beth Brinkley, Dick Davidson

Please call Gael in the office if we need to update any information. Thank you. 909-982-8811.

JUNE BIRTHDAYS

08 Joanna Anguka
09 Mike Van Beek
10 Geri Mowery
11 Maria Basile
13 Blanca Hernandez
19 Ted Powl
20 Dick Zahniser
22 Mark Basile
23 Bob Haas
24 Donna Strowger
24 Lisa Murdy

26 Bob Whitmore
27 Marjorie Brown
28 Joan Sullivan
28 Nancy Mulligan
29 Rachel Cowles
30 Les Alford

We would also like to extend birthday greetings to any other **June** babies not on our list. If you know of a member's birthday that needs to be added, please call Gael in the church office @ 982-8811. Thank you, and

HAPPY BIRTHDAY TO ALL OF YOU!



**GROWING IN CHRIST,
MAKING HIM KNOWN**

Trustees

Gary Custer, President
Sue Frazee, Vice President
Van Romine, Treasurer
Shawn Kathol, Secretary
Paul Sindelar

Deacons

Becky Custer
Heather Decauwer
Carol Diess
Loreto D'Monte
Ebie Fogle
Lisa Murdy
Constance Phillips
Kim Righetti
Sue Sindelar
Ocha Ukwu

Staff

Tina Blair, Bridge Pastor
Matt Shool, Youth Ministries
Jannina Guzman, Office Manager
Gael Lecce, Receptionist

Misty Wren, Preschool Director
Nadina Rearte, Director's Assistant

Elders

William Anguka
Gary Custer
Frank Fogle
Sue Frazee
Diane Hallihan
Pam Polchow
Randy Righetti
Van Romine
Jim Smirl
Donna Strowger
Tony Webner

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