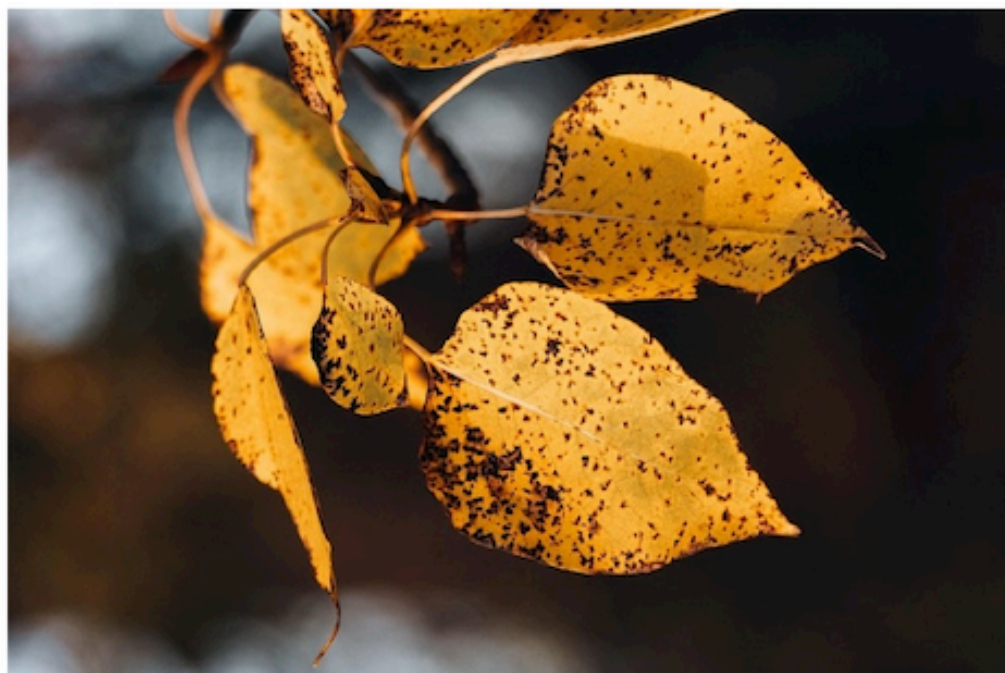


FIRST PRESS

THE NEWSLETTER OF FIRST PRESBYTERIAN CHURCH OF UPLAND



"A SEASON OF GRATITUDE"

"Pray diligently. Stay alert, with your eyes wide open in gratitude"
(Colossians 4:2; The Message).

November begins a season of giving thanks – a season of gratitude. We are grateful for all the saints in the church who have gone before us. We are grateful for the saints who surround us with their faith. We are grateful that we are free to vote. We are grateful for veterans and the end of wars. We give thanks for good harvests and food. We give thanks for the blessings of family and community and church. We give thanks as we pray to our generous God.

(continued on page 2)

PASTOR TINA BLAIR

The Merriam-Webster Dictionary defines “gratitude” as a “feeling of appreciation, of thanks.” It also links this word to the words “indebtedness,” “recognition,” and “tribute.” These synonyms help us to understand that gratitude is more than being thankful. It is also the recognition that we owe thanks to someone. We Christians know that we owe God in Christ our lives filled with abundant grace, now and forever!



The Gospels are full of stories of the gratitude of people who encountered Jesus: lepers who were healed, the blind who were given sight, the demon-possessed who were freed, the bent who were straightened, the hungry who were fed, the sinners who were forgiven, the hopeless who were given hope. Some showed their gratitude in concrete ways, such as the sinful woman who bathed Jesus' feet with her tears and kisses, dried them with her hair, and then anointed them with costly ointment. When hit by the hard judgment of the Pharisee with whom he was dining, Jesus said, “Her sins which were many have been forgiven; hence she has shown great love/gratitude. But the one to whom little is forgiven, loves little” (Luke 7:36-50).

For what are we grateful? Where has Jesus Christ brought light and healing and hope into our lives and into the world? Let's focus on gratitude in our prayers. What are you grateful for in our church? Remember the church in your prayers of gratitude. Continue to pray for this congregation as we continue through our transitions, for Jesus Christ has indeed been walking with us and guiding us!

In what ways will you show your gratitude? Our ministry teams are looking for some additional helpers. Our budget needs additional giving. Everyone you meet needs more appreciation and care. Let's join with the biblical woman in anointing Jesus feet through all that we do!

In gratitude to God,

Pastor Tina

ELEVATE MATT SHOOL



5 PRIORITIES TO PROTECT



PROTECT SLEEP

A phone in the bedroom gives our kids access to far more than an alarm clock. Texts, social media, videos, notifications, and endless scrolling keep kids connected around the clock and cut into the physical and mental rest they need. Give the phone a bedtime and a place to sleep outside the bedroom. **THE BOUNDARY:** Phones charge outside bedrooms at night.



PROTECT CONNECTION

Create phone-free spaces and times when your family can be fully present with one another. Meals, family activities, car rides, or one-on-one conversations are great places to start. And parents, this boundary is for us too. Our kids are watching how often we reach for our phones. **THE BOUNDARY:** Choose specific times and places where everyone puts phones away.



PROTECT RESPONSIBILITY

Phones can easily compete with homework, chores, physical activity, time with God, and other responsibilities. Help your child learn that screens don't automatically get first access to their time and attention. Rather than constantly reminding them to put the phone down, establish clear expectations about what needs to happen first. **THE BOUNDARY:** Responsibilities come before recreational phone use.



PROTECT SAFETY

Giving your child a phone doesn't mean giving them complete privacy online. Stay aware of the apps they use, the people they communicate with, and the content they encounter. Keep the conversation open so your child knows they can come to you when something online feels uncomfortable, confusing, or unsafe. **THE BOUNDARY:** Parents stay appropriately involved and kids know there are no secret digital spaces.



PROTECT SELF-CONTROL

The ultimate goal isn't raising a child who just follows our phone rules. It's raising a young adult who has the wisdom to put the phone down without us standing there telling them to. As kids grow, invite them into the process, and remember their brains are still developing, so putting the phone down is really hard for them. Talk about why your boundaries exist, ask what they are noticing about their own habits, and gradually give them opportunities to practice managing technology responsibly. **THE BOUNDARY:** Practice healthy phone habits together as a family.

CONNECT & REFLECT

Where is the biggest battle?

When does phone use create the most tension in our home?

What is the phone competing with?

Is phone use regularly interfering with sleep, relationships, responsibilities, physical activity, or time with God?

What are we modeling?

Are my own phone habits consistent with what I'm asking of my child?

What boundary is missing?

Which of these five areas needs the most attention in our home right now?

WIN AT HOME

CREATE YOUR FAMILY PHONE PLAN: You don't have to change everything at once. Choose one boundary to start with and add the rest as you're ready.

OUR PHONES WILL GO TO BED AT:

OUR PHONE CHARGING LOCATION WILL BE:

ONE TIME OR PLACE WE WILL MAKE PHONE-FREE:

RESPONSIBILITIES THAT HAPPEN BEFORE RECREATIONAL PHONE USE:

ONE PHONE HABIT WE WILL PRACTICE TOGETHER AS A FAMILY:

PRAY

Technology doesn't have to be something we parent out of fear. Ask God for wisdom to know what boundaries your family needs and for the courage and consistency to lead your kids well. Use the verse and prayer below or pray on your own.

"For God has not given us a spirit of fear, but one of power, love, and sound judgment." - 2 Timothy 1:7 (CSB)

God, give us wisdom as we navigate technology in our home. Help us protect what matters most and teach our kids to make wise choices. Give us self-control with our own devices and help us model what it looks like to be fully present. Above all, help us lead our children toward wisdom, not simply rules. Amen.





From the Trustees of First Presbyterian Church of Upland

Dear Sisters and Brothers in Christ, Grace and peace to you in the name of our Lord Jesus Christ!

At First Presbyterian Church of Upland, we are mindful of why we are here. We gather to worship God, to grow in the love and knowledge of Jesus Christ, and to serve our neighbors. We are here because Christ has called us together as His people in this place and time.

As your Trustees, our responsibility is to prepare and maintain a budget that supports this mission faithfully and wisely. Looking at our profit and loss statement through September 2026, budgeted giving stands at 15% below our budget, a shortfall of approximately \$71,000. While salary expenses are currently well below budget, reflecting our present staffing levels, buildings and grounds have run over by nearly \$20,000. Our year-to-date net remains positive, yet the income shortfall underscores the need for stronger support as we plan for 2027, including preparation for the additional salary of a new pastor whenever they arrive. This preparation is essential if we are to continue staffing and resourcing the ministries that make our church's life and witness so vibrant.

But we approach this moment not with fear, but with faith in God's provision through God's people. The Apostle Paul reminded the church at Corinth: "Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver" (2 Corinthians 9:7). This is not about anxiety but about joy — the joy of participating in the work of Christ together.

That is why this year's stewardship theme remains "Why We Are Here." Each pledge represents not just a financial gift, but a declaration that you believe in this mission, that you belong to this community, and that you want this ministry to flourish into the future.

We invite you to pray about your pledge, to consider what joyful, faithful giving looks like for you, especially as we prepare to support the additional salary of a new pastor whenever they arrive, and to join us in ensuring that our church continues to be a place where God's love is known and shared. Together, we can overcome these shortfalls and strengthen the foundation for years of ministry to come.

With gratitude and hope in Jesus' Name, *Gary Custer, Van Romine, Sue Frazee, Shawn Kathol*

CONNECT SHAWN KATHOL

Find Your Place - Help Others Find Theirs

One of the tasks the Connect Team has taken on is scrubbing through our records of everyone who intersects with the life of the church. We use a software tool called Planning Center to keep these records. At the end of this article is the list of counts of people, categorized by what is called a Membership Type (Planning Center's terminology). As you can see, there are some huge numbers in there - because the computer never forgets a name, even if we do! For example, when the Connect Team started working on these lists just a few months ago, we had hundreds of records with Membership type = unassigned - are these adults? Kids? New visitors? So far, we have been primarily focusing on getting our lists of Members, Regular Attenders, and Visitors to be current and accurate. We're getting closer, but still have more work to do. You'll see huge numbers in the Parent, Youth, and Child categories. Why so many? Any child who came even once to a VBS, Father/daughter dinner, etc., even if it was only once several years ago, is still listed - we haven't even begun the task of scrubbing through all of those records yet. But we'll keep nibbling away at it! Have questions, suggestions, or want to connect? Reach out to us at Connect@FPC-Upland.com or chat with any team member: Shawn Kathol, Diane Hallihan, Donna Strowger, Becky Custer, or Loreto D'Monte.

Membership types and counts (as of 10/19/2026)

- Member (178) - accepted Member - baptized, profession of faith. Per the Book of Order, Members are only added or removed by vote of Session.
- Regular Attender (22) - Regularly attends and is not a Member.
- Friend (5) - Previous Members (no longer active in work/worship - i.e. moved away) but who still want to be in a Parish for regular Deacon contact.
- eFriend (32) - A Friend of the church - this is for people who want to be on our email lists but who are otherwise no longer active in the church. This includes former members who have moved away but still want to be on the distribution list, or friends who occasionally connect with us or register/participate in infrequent activities.
- Visitor (5) - This is a visitor who we caught on a welcome pad; we want to follow up with them and invite them to join us, in which case they would move to Regular Attender, or we make the record inactive in the database. Visitor should be a transitory category requiring follow-up.
- Family (3) - An occasional visitor with family connection, typically from out of town or attends another church. Does not require follow-up contact.
- Spouse of Member (5) - For contact purposes, but not active with the church
- Staff (8) - Employed by the Church
- Member and Staff (3) - Member of the Church and also an employee.
- Staff Spouse (0) - For contact purposes
- Child (580) - little squirts
- Youth (217) - big squirts
- College (2) - really big squirts! Adults who have not become Members, but participate in college ministry activities.
- Parent (397) - Parents of children where the parent is not active in the church, but we have their record active for emergency contact information for the child. It's also an opportunity for outreach.
- Member (Affiliate) (0 > 0) - Member, but can't vote - part of a Parish, but also connected with another church - e.g. snowbirds, away at school, military.
- Unassigned (8) - This is the default when new people are added into the system. Everyone in this category needs to be reviewed and reassigned.
- Inactive Records (683) - People remembered in our system but now inactive (archived), including members (e.g. deceased, left), visitors, children, etc. Note: Inactive records are our church's archive. We never delete records, except for errors and duplicates.

ALL CHURCH FAMILY THANKSGIVING DINNER

Dinner On Saturday, November 21st, we will be having our annual All Church Family Thanksgiving Dinner. Following is a reprint of the article we wrote in 1997 (at another church) that started this event for us.

"We'd like to share some of our thoughts on where the idea for this came from and what it means to us. A few years ago, at our previous church (St. Matthews UMC), the new Senior Pastor brought this tradition with him from yet another church he had served.

Each year, the Advent season seems to get just a little bit busier and the juggling of calendars becomes quite a challenge. For some, the season becomes so busy that we lose track of what we are all about and the meaning of Advent and Christmas. January suddenly appears and we're asking ourselves "What happened to Christmas?".

Thanksgiving is a wonderful American tradition, celebrating the harvest and the newfound fellowship between diverse peoples. It is especially a time when families get together for feast and fellowship. And it is a good time to celebrate with your church family too!

After Thanksgiving Day and the start of Advent, it's hard to find time to do all of the things we want. Our church is a busy place - sometimes we have to choose which events we can attend and which to miss.

We found from our previous church that having a nice Thanksgiving dinner on the weekend before Thanksgiving really helped get the season started in a warm and unrushed way. We'd have a nice Thanksgiving feast, with turkey and all the trimmings. People would bring their favorite Thanksgiving stories and recipes. We remember some who no longer had family, children, or a spouse to be with on Thanksgiving Day and how much they appreciated the opportunity to make those special dishes to share with their church family.

We'll have the hall decorated up nicely - no formal program - just food and friendship, celebrating the breaking of bread (and bird!) in fellowship as the body of Christ. We hope you'll come, bring your families, and share in warmth, love, and Christian fellowship."

So here's how this works. This is a family event, your church family, and so of course, the rest of your (church) family is looking forward to, and expecting to see you here! And that includes inviting extended family, friends, in-laws, out-laws...

The Gather Team, as your "hosts", will take care of decorating and preparing the main course (turkeys and hams) and dessert (pumpkin pie, of course!); the rest of the family (you!) will bring the rest of the meal (salads, potatoes, stuffing, sides, fruit). We suggest that each family bring a dish that serves 12.

Expect to be “caught” by members of the Gather Team bearing clipboards. They’re going to ask you how many people to expect (so we can plan) and what kind of dish you plan to bring, and they’ll give you a slip to stick on your fridge to remind you of the date and what you said you’d bring. We’ll keep track of the balance of types of food being brought, because many ask us what we need more of, and then we can help with suggestions (like less yams and more stuffing!).

Finally, here are some thoughts about potlucks. There are always some people who forget that there is a potluck that day and didn’t bring anything, and there are some who for whatever reason (ability, terror...) don’t cook - and they feel guilty about having nothing to offer at a potluck, and so won’t come. They don’t want to feel like a “freeloader”. But here’s our view - we’re all family. We all have different skills, abilities, financial status, etc., but we’re all family, and we all want to be loved and to learn to love others. So if you can’t, or forgot, to bring food, that’s OK. If you can afford a few bucks to help cover costs, we always leave a basket out. But those things don’t really matter. The only thing you need to bring to a potluck is yourself. We (your church family) want your company, your friendship, and to get to know you better. So the only thing to ever feel guilty about regarding potlucks, is choosing not to show up, because you have deprived the rest of us of the joy of your presence, and you are missed.

So we expect to see you on Saturday, November 21st, at 5pm, for the best FAMILY Thanksgiving dinner you’ve ever had!

The Gather Team



NEW MEMBER'S CLASS

Explore joining this church as a full member by attending the New Members' classes:

After worship, Sunday, November 8, 15, and 22, 11:45 -1:00, in the Garden Room; lunch and childcare provided.

You are not required to join -- come and learn about our history and work for our Lord Jesus Christ!

GATHERED TOGETHER FOR OKTOBERFEST!

The Gather Team hosted a wonderful Oktoberfest celebration on October 17, bringing together about 40 members and guests for an evening of delicious German food, festive decorations, and a lively sing-along to German music. It was especially nice to see church members invite friends and family to join in the fun, along with guests from the wider church community. The evening was a great opportunity to enjoy a meal together, share laughter, and strengthen friendships as we share Christ's love and grow in faith as a church family.

If you weren't able to join us this year, we hope you'll celebrate Oktoberfest with us next year!

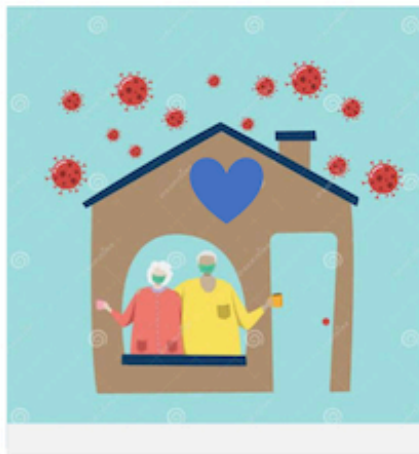
Save the Date! Our annual Thanksgiving Feast is Saturday, November 21! Mark your calendar and plan to join us for good food, fellowship, and a time to give thanks. We look forward to gathering around the table with you!



LADIES IN FELLOWSHIP TOGETHER



Get a lift from LIFT
(Ladies in Fellowship Together)



Home, Safe Home

**Home Safety Expert
Brian Wiesner Shares
Simple Changes to Create
a Safer Home**

**Friday, November 13,
11:00 am – 1:00 pm, Hart Hall**

Doors open 10:45 – Program starts promptly at 11:00

As we age we begin to worry about being able to stay in our own home. Often we get pressure from others, especially children, to move out to a care facility. One way to reassure them that you are safe at home is to change your home to increase its safety. Joining us on November 13 is home safety expert Brian Wiesner to share with us simple home modifications to do just that.

Wiesner has been a presenter for the Foundation for Senior Services and National Care Planning

Council. He is also a mortgage specialist and commonly deals with properties that need health and safety updates when a senior is moving into a new home.

After a few worship songs and a devotion, Wiesner will give his presentation and answer any questions. Then we will enjoy our brown bag lunches and fellowship. Beverages are provided – or you can bring your own.

Help Families in Need Celebrate Thanksgiving

Last year Foothill Family Shelter helped more than 800 families enjoy a Thanksgiving dinner. Your help matters. Please bring your donations to our November 13 event:

- Canned vegetables
- Boxed stuffing
- Canned cranberry sauce
- Canned turkey gravy
- Instant potatoes
- Canned yams
- Cake, cookie, or brownie mix
- Roasting pan
- Roasting bag
- Grocery gift cards

**For more information, contact Carol Diess,
626-482-8862, or sbbmom@aol.com**

*Thank you for
your donations
to support LIFT
programming*



NOVEMBER PRAYER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2-Schreiber	3-Shool	4- Senechal	5- Sindelar	6- Smirl	7- Smith
8	9- Stallings	10- Stewart	11- Subject	12- Sullivan	13- Thomson	14- Ukwu
15	16- Vanvieldt	17- Weaver	18- Webner	19- Whitmore	20- Williams	21- Williamson
22	23- Wilson	24- Zahniser	25- Alford	26- Amason	27- Anguka, J.	28- Anguka, W.
29	30-Azubuike					.

Please pray for healing and restoration for:

Jean Vanvieldt, Bill Howie, Lynn McClelland,
Joni Stallings, David Brinkley, Kay Hester, Iris Joiner,
Terry King

Pray for those who are homebound or in convalescent care:
Beth Brinkley

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

NOVEMBER BIRTHDAYS

03 Madelyn Summerhays
04 Jack Shool
05 Roger Ferguson
08 Shelby Summerhays
10 Benjess Masiya Phiri
12 Dana Shool
12 Paula Riivald
18 William Anguka
23 Brooklyn Pavaella
24 Eric Halsey
26 Iris Joiner
29 Kim Williamson
30 Allen Pavaella

We would also like to extend birthday greetings to any other **November** 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!

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10am Worship with Communion 1pm Radiant Church-Sanc. 2-7pm Palabra Church-HH Korean Baptist Church - UPSTAIRS 9 am to 12:30 pm	2 Personnel 7:30pm AA upstairs	3 3pm Connect 6pm Serve 7pm Gather AA Groups-HH & upstairs Radiant Church GR	4 5pm Elevate	5 6pm Deacons Palabra Church 7-11pm HH	6 6:30-11pm HH Palabra Church Korean Baptist Church - UPSTAIRS 7:30 -9:30 pm	7
8 10am Worship 1pm Radiant Church-Sanc. 2-7pm Palabra Church-HH Korean Baptist Church - UPSTAIRS 9 am to 12:30 pm NEW MEMBERS CLASS 11:45am-1pm GROW	9 7:30pm AA upstairs Office Closed for Veteran's Day	10 6pm Trustees AA Groups-HH & upstairs Radiant Church GR	11 5pm Elevate	12 Palabra Church 7-11pm HH 11:30 am Preschool Board	13 LIFT 11am-2 pm 6:30-11pm HH Palabra Church Korean Baptist Church - UPSTAIRS 7:30 -9:30 pm	14
15 10am Worship 1pm Radiant Church-Sanc. 2-7pm Palabra Church-HH Korean Baptist Church - UPSTAIRS 9 am to 12:30 pm NEW MEMBERS CLASS 11:45am-1pm	16 7:30pm AA upstairs Newsletter Articles Due	17 AA Groups-HH & upstairs Radiant Church GR	18 5pm Elevate Blood Drive	19 Palabra Church 7-11pm HH	20 6:30-11pm HH Palabra Church Korean Baptist Church - UPSTAIRS 7:30 -9:30 pm	21 Thanksgiving Dinner 5-7 pm
22 10 am Worship 1pm Radiant Church-Sanc. 2-7pm Palabra Church-HH Korean Baptist Church - UPSTAIRS 9 am to 12:30 pm NEW MEMBERS CLASS 11:45am-1pm SESSION	23 7:30pm AA upstairs	24 AA Groups-HH & upstairs Radiant Church GR	25 5pm Elevate	26 Palabra Church 7-11pm HH Thanksgiving Office Closed	27 6:30-11pm HH Palabra Church Korean Baptist Church - UPSTAIRS 7:30 -9:30 pm	28
29 10 am Worship 1pm Radiant Church-Sanc. 2-7pm Palabra Church-HH Korean Baptist Church - UPSTAIRS 9 am to 12:30 pm	30 7:30pm AA upstairs					

**FIRST PRESBYTERIAN CHURCH OF UPLAND****GROWING IN CHRIST,
MAKING HIM KNOWN****WELCOMING ALL.****Trustees**

Gary Custer, President
Sue Frazee, Vice President
Van Romine, Treasurer
Shawn Kathol, Secretary
Herb Joiner

Deacons

Norma Lee Beaton
Carol Diess
Loreto D'Monte
Ebie Fogle
Janet Hunt
Kathy Kler
Gerri Mowery
Lisa Murdy
Margaret Pilcher
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
Sue Fredendall
Diane Hallihan
Lisa Murdy
Randy Righetti
Van Romine
Jim Smirl
Donna Strowger
Tony Webner

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