

FIRST PRESS

THE NEWSLETTER OF FIRST PRESBYTERIAN CHURCH OF UPLAND



"FOR FREEDOM CHRIST HAS SET US FREE"

This month we will celebrate the wonderful 250th anniversary of the birth of our country as the land of the free. And that will be a joyful celebration indeed! At the same time, we Christians can also remember the even greater freedom we have received by being disciples of our Lord, Jesus Christ. What is it that we are freed **from**, and what is it that we are freed **for**, freed **to do**?

Galatians 5:1

(continued on page 2)

"FOR FREEDOM CHRIST HAS SET US FREE"

PASTOR TINA BLAIR

The Apostle Paul reminds us in his letter to the Galatians that we are freed from the burden of having to be perfect to be with God. We do not have to earn our salvation. Although we work to be good people, we all fail along the paths of life. We fail to do or say the right thing; we forget a responsibility; we hurt another consciously or unconsciously. In today's culture-speak, we cannot earn enough "good karma" to outweigh the "bad karma."

But God has loved human beings so much that God became human in Jesus of Nazareth, living and dying and overcoming evil and death for us. Through God's grace in Jesus, we are forgiven and offered life abundant and eternal.

We are not, however, freed from worry about being perfect in order to live in a way that ignores what is right and good. Instead, we are now free to live a righteous life, as our way of thanking God for his gift to us. Isn't it often true that we do things better when we don't have to do them? At the Olympics this winter, we watched the best ice skaters in the world do better in rehearsal than in competition. Rehearsals were a time for joy – competition often a time of high anxiety. So it is with us – we are now freed to live a good and abundant life with joy, not anxiety.

We are freed from anxiety to live as Jesus commands. His most important, fundamental commandment? He lays it out clearly to his disciples: "This is my commandment, that you love one another as I have loved you" (John 15:12). We are freed from fear and are now free to live out Jesus' love in the world. This freedom provides us with joy, and courage, and wisdom, as we



are guided by the Holy Spirit. This freedom allows us to carry these words of Jesus deep in our hearts: "Peace I leave with you; my peace I give you" (John 14:27).

Let's celebrate all our freedoms!

Pastor Tina

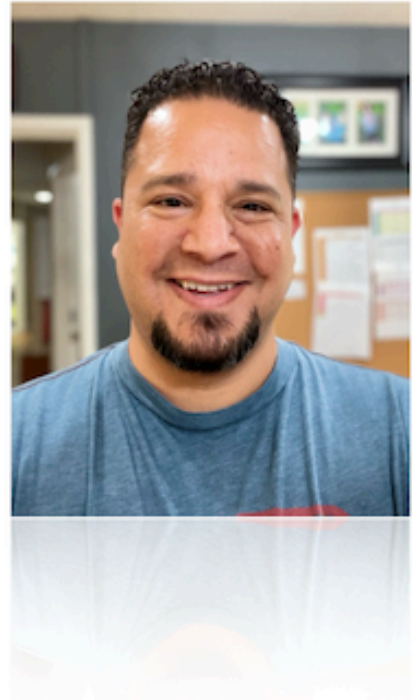


ELEVATE MATT SHOOL

Check out what events are occurring during Elevate's Summer Calendar! If you have a youth who wants to participate, please check the Instagram page for details on how to register for events.

Instagram: [elevate_fpcu](#)

ELEVATE SUMMER CALENDAR



FIRST PRESBYTERIAN UPLAND

ELEVATE

Summer Calendar

2026

JUNE

- THE PROMISED LAND 3
- THE PROMISED LAND 10
- PIZZA PARTY AT RED DEVIL 17
- VACATION BIBLE SCHOOL 24

JULY

- BEACH DAY 1
- I ♥ L.A. 8
- MAIN EVENT 13
- NO ELEVATE 22-29

AUGUST

- POOL PARTY 5
- BOWLING 12
- HANDEL'S ICE CREAM 19
- BACKYARD COOKOUT 26

PIC-COLLAGE

(continued on page 4)



Thank you to Erika Schlegel, who volunteered her time to put on a wonderful production of Rainforest Falls, "Exploring the Nature of God." And also all of the volunteers who helped make VBS possible this year!

We were able to laugh, play, worship & share God's word with one hundred children and teens!





EVENTS GATHER TEAM

Father's Day: Father's Day, June 21st, was our annual make-your-own-sundae Sunday. It was another Gather activity we all look forward to every year!





Thank You

On June 14th, Gather helped to honor and thank our retiring Deacons (Becky Custer, Heather DeCauwer, and Kim Righetti) and Elder (Pam Polchow - not pictured)



PARTY OF 8 SHAWN KATHOL

Attention all singles, married, married with children, not married with children, seniors, everybody else in the "grown-up" category, church members, non-members, not-yet members, and friends!

Register for Party of 8!

Party of 8 is an adults-oriented ministry activity sponsored by the Gather Team. The purpose is for members, friends, and regular visitors to have an opportunity to get to know one another better. As we spend time together, friendships develop, and as these friendships grow, we get closer to our real objective - to love one another, as Jesus loves us. (John 13:34).

Here's how it works. You sign up as either an individual or a couple. A couple can be a married couple, or it can be two individuals who want to stick together as a pair. Every month, a "magic" computer program mixes everybody up and creates groups of people. Typically 8 in a group, but may be less due to odd numbers.

A coordinator is designated for each group. The coordinator's job is to reach out to the group and come up with a date and an activity for the group to do together that month. The activity can be anything the group decides - dinner, picnic, museum visit, etc. It should not be something where you don't really get to talk to each other, like a movie. (Frequently asked - Yes, you must be willing to be a coordinator to sign up). The computer picks the coordinator for each group randomly based on who has been the coordinator the least times in the group, so you won't be tagged to be the coordinator more frequently than anybody else.

Each month, the groups are scrambled again (adding any new people and removing dropouts). The "magic" in the computer is that you won't be in a group with any of the same people again until you have met everybody at least once, which could take a long time!

If you are:

- Worried about the time commitment?
 - Don't be, Not everyone can always make every month work. Sometimes a group just can find a date that works for everybody. If that happens let me know and I'll flag that group as having not met, which puts you back in the mix to see each other in a future grouping. And if you know in advance that you can't make a month or months, also let me know and I'll pull you out of the mix for those months.
- Worried about being a coordinator?
 - It's really easy, you just need to make a call, or easier, send an email or group text to the people in your group to get the conversation started on planning something to do. Also, for all of you non-coordinators in the group that month, if you haven't heard from the coordinator by about the 4th or 5th, go ahead and send a text or email out yourself.

Party of 8 is only the beginning of a process. It is not expected that you will make deep connections with others from this activity alone. But, you will make new friendships - and when you see people in worship and other church activities, you will know the names of more people, you will remember things you talked about, and you'll care more deeply when you hear news (good or bad) about them. From this starting point, we hope you will grow new friendships, perhaps do other things together outside church, and learn to love one another, as Jesus loves us!

The group arrangements for the next month are emailed to everyone on the 25th of the previous month. You can register online using the Church Center app (Under Signups) or the website at: [Party of 8](#), or send an email to Partyof8.FPCU@gmail.com.

JULY PRAYER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1- Stallings	2-Stewart	3- Strowger	4-Subject
5	6- Sullivan	7- Thomson	8- Ukwu	11-Vanvieldt	12- Weaver	13- Webner
12	13- Whitmore	14- Williams	15-Williamson	16- Wilson	17- Zahniser	18- Andong
19	20-Alford	21- Amason	22- Anguka, J.	23- Anguka, W.	24- Argent	25- Azubulke
26	27- Barker	28- Baskin	29- Beaton	30- Borger	31- Bragg	

Please pray for healing and restoration for:

Jean Vanvieldt, Felicia Foreman, Bill Howie, Lynn McClelland,
Joni Stallings, David Brinkley, Kay Hester, Iris Joiner, Bob Summers,
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.

JULY BIRTHDAYS

- 01 Cassie Oshiro
- 03 Ocha Ukwu
- 04 Pat Pilcher
- 06 Richard D'Monte
- 12 LouAnne Carder
- 20 Alanna Roman
- 22 Trevor McMullen
- 25 Derek Pavaella
- 25 Shawn Kathol
- 28 Sue Fredendall
- 29 Jim Smirl

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

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5pm Elevate	2 6pm Deacons	3	4
5 10am Worship with Communion	6 Personnel	7 6pm Serve 7pm Gather AA Groups- HH & upstairs Radiant Church GR	8 5pm Elevate	9	10	11
12 10am Worship	13	14 6pm Trustees AA Groups- HH & upstairs Radiant Church GR	15 Summer Sunset Series	16 6pm Worship	17	18 HH Rented
19 10 am Worship	20	21 AA Groups- HH & upstairs Radiant Church GR	22 No Elevate Summer Sunset Series	23	24	25
26 10 am Worship Folk Music Sunday	27	28 6:30pm Session AA Groups- HH & upstairs Radiant Church GR	29 No Elevate Summer Sunset Series	30	31	



**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

First Presbyterian Church of Upland
869 North Euclid Avenue
Upland, CA 91786

OFFICE: 909.982.8811
PRESCHOOL: 909.982.8616

email: office@fpc-upland.com
website: FPC-UPLAND.COM