

# aboutfirst news

August, 2018 First United Methodist Church, Cedar Falls

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issue 215, August, 2018

First United Methodist Church  
718 Clay Street  
Cedar Falls, Iowa, 50613  
aboutfirst.com

Announcements and editorial content for publication may be submitted to the First UMC media office by the 20th of each preceding month. Email to: [chris.congdon@aboutfirst.com](mailto:chris.congdon@aboutfirst.com)

### Gratitude in All Places

Ephesians 5:20. "always giving thanks to God the Father for everything."

Who lives with that kind of thanksgiving all the time? Do you?

Every life knows dark days when Gratitude<sup>1</sup> is the last person you want to drop by. It has nothing to do with not liking him. It's just that there is a time and place for everything. As good hearted and friendly as Gratitude is, there are times when his presence is out of place. Ephesians goes too far in teaching to invite Gratitude "always and everywhere." There are times and places that he just doesn't fit.

Take Death, for instance. Grief? Yes. Anger? Hurt? Doubt? Sadness? Yes, all appropriate guests at the time of death, but not Gratitude. Let him come by later, when the crying is done, and the wound has begun to heal. But not now, not when Death is visiting upon you. Truth is in celebrating one we love there come those moments of gratitude and we give thanks.

Ephesians is right. It is not only possible, but even necessary, that we should "always and for everything" give thanks. The presence of Gratitude transforms even the darkest nights into glorious day. For a Christian there is nowhere we go that Gratitude doesn't belong.

*O Eternal One,  
it would be easier for me to pray  
if I were clear  
and of a single mind and pure heart,  
if I could be done hiding from myself  
and from you, even in my prayers.  
but I am who I am,  
mixture of motives and excuses,  
blur of memories  
quiver of hopes,  
knot of fear,  
tangle of confusion,  
and restless with love  
for love...  
Come, find me, Lord.  
Be with me exactly as I am.  
Help me find me, Lord.  
Help me accept what I am  
so I can begin to be yours.*



**there is nowhere we  
go that Gratitude  
doesn't belong.**

Ted Loder, Guerillas of Grace

May God's grace and gratitude find you wherever life's journey takes you.

Blessings,  
Scott  
Pastor Scott Kober

<sup>1</sup> This personification of Gratitude was first presented to me in a sermon by Wil Willimon.



## Worship on the Green - August 26

Our annual worship party picnic is scheduled for August 26. We'll have one worship service outdoors on the lawn. The Transformation Praise Team will lead us in music, and the scouts will grill burgers. Bring your lawnchairs and be ready to worship in the great outdoors.

## Rural Life offering - August 12

You may contribute to the Rural Life offering by using the special offering envelopes in your bulletin on August 12. The Rural Life offering reminds us of the rural heritage of The United Methodist Church. This offering is used to support rural life and rural ministry in Iowa.

## Big Year Ahead for Chancel Choir

### rehearsals begin August 22

Our Chancel Choir fills our sanctuary with worship and song through classical choral music, traditional gospel songs, and popular Christian arrangements. In the past year, the Chancel Choir has brought their music ministry to all three Sunday morning worship services and has collaborated with the Transformation Band. This year, there are plans for a Christmas Cantata!

If you love to sing, we'd love to have your voice in the choir. You are welcome to be as committed as you are able - if you can't come every Sunday or make it to every rehearsal, that's OK - come when you can.

We rehearse on Wednesday nights at 7:30, beginning August 22. Dr. Ted Bonebrake is our choir director, Bryan Houts and Doug Shaffer accompany on piano and organ. If you have any questions regarding the choir, call us in the church office and we'll connect you with Ted.



## Altar Flowers

The altar flower calendar for 2018 is at the Welcome Center. Sign up now to recognize a special date or to honor a loved one with flowers for the altar. Have the flowers delivered to the church on Friday, please.

**Q** How Many Methodists Does It Take to Pull-Off a Sunday Morning?

**A** All of Them!  
There's a role for all of us to play as we gather together on Sunday morning, and what a joy it is to know that each one of us can have a positive impact on the worship experience. We have ongoing needs for greeters, tech operators, coffee servers, bus drivers, worship leaders, scripture readers and more. **Here are areas where we especially need help:**

### Welcome Center Hosts

We are looking for individuals to be present at the Welcome Center.

- 2nd Sunday, 9:30-11:00
- 4th Sunday, 11:00-12:15

It is important to have members present in case we have guests joining us. Please let Jenna Engel know if you are interested.

### Needed this fall:

- Sunday School Teacher: K-2nd
- Food Servers for Wed night meal
- BLAST leaders, Wed night

If you can help with any of the above, please contact Jenna Engel to secure your spot on the volunteer calendar

### Share your musical talent

We have openings for special music at several Sunday morning services. Contact Doug Shaffer if you would like to share your gift of music. 319-610-4249 [musicman52151@gmail.com](mailto:musicman52151@gmail.com)

### Prayer Team

Everyone is invited to join the prayer team any Sunday morning as we lift up worship in the chapel at 8:00 a.m. Contact one of the prayer team members if you have any questions: Jim Larson, Genny Van Dorn, Debbie Dance and Jan Hoover

## It's Bigger Than You

The new church directory book is a great opportunity for you to get a professionally-shot portrait of you and your family. But it's bigger than just that.

Our ministry leaders often need to put a face with a name, and a complete church directory is invaluable for that. It really is **the best tool we have** for committee leaders, pastors, church staff and each other to connect on a who's-who basis. So even if you are not interested in having your own copy of the directory, please participate for the rest us who need to know who you are.

Your photo session will take about an hour and you'll get a free print of your portrait and a copy of the new church directory book. There are no other strings attached. You'll have an opportunity to purchase additional portraits for your friends and family.

## Two Photo Dates Added

Our directory won't be complete without YOU. The photographers will be back August 1-4, and two additional opportunities have been added - Tuesday August 14 and Wednesday, August 15! To schedule your appointment, visit our website ([www.aboutfirst.com](http://www.aboutfirst.com)) and scroll down to the "schedule your portrait" block. If Lisa is in the church office she can sign you up. Or, sign up Sunday at the Welcome Center.

## Photo Session Hosts Needed

We need people to meet and greet folks as they come to get their photos taken. The directory hosts will confirm name spellings and contact information. Two hosts per shift are best, and the shifts are about 3 hours long. It's a great way to meet people! You may sign up at the table outside the chapel, or use the tear-off sheet in the Sunday bulletin.

## God is my Shepherd...I won't be wanting!

I was born and raised in Iowa. I have lived in eastern Iowa all of my life. When I tell non-Iowans that I am indeed an Iowan, they make some assumptions about me. They assume I have been raised on a farm and know the ins and outs of how to grow corn and produce hogs. While that is true of many Iowans, I have always lived in the metropolitan areas of Iowa. I know very little about farming when it comes to tending flocks of animals or nurturing seeds to their highest yield potential.

Jesus lived in a time in which people survived off the animals they raised and the plants they tended. Jesus would speak in the common language to illustrate his teaching. "Farm talk" was the language of the masses. Jesus likened many of his teachings and parables to sowing good seeds, and tending to his flock. Because that is not the familiar speak of the masses today, some of Jesus' teaching can be lost on us if we do not familiarize ourselves with his context.

Though I know very little about tending flocks...Jesus likened his priestly ministry to that very practice. He tells us in John 10:11, *"I AM the good shepherd and I lay down my life for my sheep. My sheep know my voice and follow me."* I have always taken great comfort in the 23rd psalm where the psalmist says, *"The LORD is my shepherd, I shall not be wanting."*

This imagery gives us confidence to know that God is our caretaker and our provider. God is our protector and our defender. God is our guide and our friend. Most importantly, God is willing to save us by laying down his life for us in Jesus. If God is watching over us and fulfilling our every need, we shall not be wanting. So many of us go through life merely existing and not truly living out the excitement of this good news. If we are without want, we are left to relish in this relationship we have with the good shepherd that watches over us.

This does not say that life is without difficulty. The 23rd psalm goes on to say, *"Even though I walk through the darkest valley..."* It informs us that trouble and hardship will come. However, the Good shepherd continues to be with us in times of difficulty for it concludes, *"You are with me."* In the difficulties of life, we can still want for nothing because we are given the faith to know that God will provide our needs and companion us on the journey.

You do not have to be a farmer to understand that as part of Jesus' flock you are being tended to by the Good Shepherd. Take heart in knowing that God is with us because God has promised to do it. Remember that this shepherd laid down his life for you. You are valued, loved, and cared for right where you are today. If Jesus is your shepherd, you will truly want for nothing. That is a good life lesson straight from the farm that this city slicker can stake his life in. I think you can too.

Be Bold, Be Strong,  
Pastor Matt



***You are valued, loved  
and cared for right  
where you are, today.***

## Rummage Sale Sets a Record

Last year's rummage sale set a record by raising over \$10,000 for the missions and projects of our church. It was a big, big deal. And this year, we crushed that record! As of the printing of this newsletter, the final numbers are not known, but we do know that we raised more than \$15,000 dollars this year. The sale was HUGE! The proceeds will be split between our Wee Care ministry, Community Meals, and our church trustees who will use the funds to replace one of the food-prep surfaces in the main kitchen with stainless steel.



### Here's a note from Maxine Kehret, our rummage sale chair:

As I write this the Rummage Sale has not occurred yet, but there is a deadline of July 20th to get news printed for the August newsletter!!

I am once again anticipating success in the upcoming sale. And, that being said, it is entirely due to all of you reading this! Without the support of wonderful donations, and giving of your time to make this happen, there would not be the ability to give monetary support to this year's chosen recipients. The Rummage Sale Committee has chosen for the proceeds to be split into thirds and to keep it within the walls of our Church for the missions we do. So one third is to go to Wee Care Ministry; one third to Community Meals; and one third to the Trustees with the stipulation that it be used to replace the cracked Formica counter top in the kitchen with a much more sanitary stainless steel counter top. This will hopefully prevent a possible fine for the First Kids Preschool and Child Care Center who undergo inspections of their facilities by the Iowa Department of Inspections and Appeals. This includes the main kitchen that they use daily.

The continued dedication of the Rummage Sale volunteers is so much appreciated! The following individuals coordinated their own areas and called upon most of you to help with the sale: Mary Shepard, Carol Dick, Mark Canby, Craig & Kris Rash, Paul Klotz, Bill Mincks, Jan Hoover, Carl & Anna Campbell, Jim Schwab, Jan Hoover, Annette Pease, Marcia Simpson, Donna Allee, Arlene Fleming, Lorna Ericson, Donna Hoffman and Hearts to Hands UMW Circle chaired by Karen Page. My greatest appreciation to Jim and Stephanie Buchs for their prior experience coordinating the sale and continued support with this year's sale. Also, enough cannot be said about the continued support of the Church Staff!! The custodians, John & Emily spent much time in the set-up and clean-up before, during, and after the sale. Lisa and Chris Congdon were invaluable at assisting with distributing information along to you during the summer months through paper bulletins, newsletters, and electronic news. Debbie Dance was a great resource to make sure our monetary proceeds are correct and will reach their intended destination. And, finally the continued support of our Pastors was also greatly appreciated!

Thank you "everyone" for another successful sale!!

Maxine Kehret

## Come On Over to Our Place - House Meetings Coming!

You will be invited to attend a house meeting in the next two months. Pastor Scott will be attending each meeting making a presentation and as a continuance of his effort to listen and learn more about our congregation. So, what is a house meeting?

A house meeting is a gathering of 10 to 15 people held in a home, at the church, or other community meeting space. It is a venue for discovering common issues, sharing personal stories, and reflection. It is co-led by trained leader facilitators. Notes capturing the issues are either taken by one of the co-facilitators during the meeting, or after the meeting when debriefing.

A house meeting may be used as a follow-up to a series of one-to-one conversations in which a common theme surfaced. The house meeting then becomes an opportunity for individuals experiencing the same pressure to hear others' stories, thereby decreasing isolation and creating the opportunity for collective planning and action. The house meeting is a primary tool in building institutional capacity and relational power to address the pressures that affect our families and our institutions.

So, stay tuned in the coming days for your invitation!

## The Quiet Ministries That Make a Real Difference

### Crafter's Corner

Our Crafter's Corner group meets every month and anyone can come. Enjoy the company of others while working on your project, or join us in turning old plastic grocery sacks into sleeping mats for area homeless people. The ground is a cold, hard surface to sleep on, and it is amazing how much it helps to have one of these simple mats for insulation and cushioning. Find out when the crafters meet on the Events page of this newsletter.

### Foster Quilts

Our First Quilters, who meet every Tuesday morning, make quilts which are given to foster kids in the Cedar Valley. As these children move from home to home in the foster care system, they often don't have much to call their own, but these quilts are theirs to keep, and a reminder that they always have a home here as a child of God.

### AA Meeting Space

This might be one of the most "under-the-radar", yet most-important of our ministries. It requires only that we unlock some classroom doors. Our church provides space for three Alcoholics Anonymous groups to meet every week. Opening our doors is a small gesture of welcome that we can offer as these groups work together doing the heavy lifting to wrestle their lives back from addiction.

## Securing Your Legacy – Ensuring Our Future

You can secure your legacy as a sustainer of our church when you support our church Endowment Funds. Endowment funds are different from our general budget giving. Endowment funds include:

- Bequests and gifts received outside of the regular Sunday offerings and general budget support
- Fund given for a specific purpose or ministry area
- Funds invested on a long-term basis to provide the church with ongoing income

Our Endowment Funds are managed by the Endowment Committee of the church with the assistance of the Iowa United Methodist Foundation. In managing the Endowment Funds, the committee's goal is to be great stewards of your gifts, honoring your intentions, and balancing the wants and needs of today's ministry with the "big picture" of our mission and purpose of making disciples for Jesus Christ.

Building our Endowment Funds will make our church less dependent upon the weekly offering collections to cover our expenses and our special one-time needs. Having a planned giving program not only strengthens the future of our church but is a way for you to say that you believe in the future of our church. An Endowment Fund program is truly a gift that keeps on giving.

Contributions to our Endowment Funds can be made in any amount, at any time. You may specify that your contributions be used for a specific purpose, or invested long-term to provide income for years to come.

The church Endowment Funds are also a wonderful way to include First UMC in your estate planning, and allow you to leave a legacy of continuing support to your family of faith.

Committee members are: Mike Butler (Chair), Alan Bernard, Richard Congdon, Jim Noelting, Jim Kenyon, Harriett McMahill, Jean Richardson, Susan Whitson, and Pastor Scott Kober.

## News From "The Connection"

Does First UMC give you a feeling that you're connected to something big? "Connectional" is a word we use to describe the structure of the global United Methodist Church. Each local church is connected to every other local church through a network of districts, jurisdictions and conferences. It's a structure that allows churches to function locally, while still being "connected" to the ideas and resources of a global faith community.

If you'd like to know more about how the United Methodist Church is working around our state, our nation and the world, check the news updates on the following websites. We think you'll be encouraged and inspired to know that you're a member of an organization that promotes the Gospel, justice and works for the peace of Christ worldwide.

For Iowa UMC news: [iaumc.org](http://iaumc.org)

For global UMC news: [umc.org](http://umc.org)



## Worship:

### Share your musical talent

We have openings for special music at several Sunday morning services. Contact Doug Shaffer if you would like to share your gift of music. Contact: [musicman52151@gmail.com](mailto:musicman52151@gmail.com)

### Prayer Team

Everyone is invited to join the prayer team any Sunday morning as we lift up worship in the chapel at 8:00 a.m. Contact one of the prayer team members if you have any questions: Jim Larson, Genny Van Dorn, Debbie Dance and Jan Hoover

### Altar Flowers

The altar flower calendar for 2018 is at the Welcome Center. Sign up now to recognize a special date or to honor a loved one with flowers for the altar. Have the flowers delivered to the church on Friday, please.

## Outreach & Missions:

### Community Meal - Every Month

This is a great ministry of feeding and fellowship and you can be a part of it. Once a month - the fourth Tuesday - we plan, prepare, and serve the meal. Meals are served from 4:30-6:00, and the prep work begins early afternoon. If you would like to help with meal preparation or serving, contact Stephanie Buchs. We can use donations of desserts, too. We welcome new faces. There are opportunities for everyone.

Remember, while our team only serves on the fourth Tuesday, other churches are here cooking and serving every other Tuesday of the month. You're always welcome to come and eat - the community meal is completely free and open to everyone.

### Food Bank Work Night - Every Month

A crew from our church helps at the Food Bank the first Tuesday of each month. Expect to be there from 6:00 to no later than 8:00pm. They love to see the Methodists come to work. Would you like to be on the reminder email or do you want to know more? Contact Lisa in the church office. [lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com)

### Ongoing Wish Lists

For those who like to shop, we have an opportunity for you! There are several in-church groups that can always use supplies to support their ministries. For your convenience, we have compiled the wish lists for Wee Care, UMCOR School Kits, FirstKids Daycare & Preschool, and Sunday School all on one sheet. And, we have also compiled a list of items that you may have at home that could be repurposed for another use by Lincoln School, our Cardmakers, and River Hills School.

Pick up the Wish Lists sheet on the literature rack outside the church office, or at the donation collection site in the little hallway near the drinking fountain on the main level of the church.

Some people might think of these ministry opportunities as the “little things”, but little isn't the right word.

These are the needs of the church that are on-going in our weekly and monthly cycles of ministry.

These are the support roles that need to be filled and the easy contributions that we all can make to enhance the worship experience for others and to ensure that our ministries are well-equipped and well-staffed.

How can you help?

# 8 Events

## August 7 - Food Bank Work Crew

Here's a fun and easy way to help the food insecure in our community.....

Mark your calendar for Tuesday, August 7 to help at the Food Bank at 1605 Lafayette Street in Waterloo. Often we fill grocery bags with kid friendly food for the Backpack program. Sometimes we get selected for other much needed jobs. It's always a good time and a great bunch of people. You can carpool with friends or get yourself to the Food Bank and come into the Volunteer Entrance. The Methodists and friends will be there from 6:00 to no later than 8:00pm.

## August 7 - Grief Support Session

It is not only okay to talk about a loved one who has died, it is essential for healing to occur. Telling your story and sharing feelings helps keep your loved one's memory alive and helps you heal. Monthly support sessions are sponsored by the First UMC Grief Support Team and provide a safe, confidential setting. Our next meeting will be Tuesday, August 7th from 2:00 to 3:30 in the parlor. Please call Carol through the church office with questions. No reservations are required.

## August 16 - First Friends Potluck

**Where:** Gathering Place

**When:** noon - 2:00pm

Everyone is welcome! Spend some time enjoying good food, card games, dominos, cribbage, etc. Fellowship is an important part of the gathering. Check us out! Come and get better acquainted with others in the church. Couples and singles are welcome. Bring a dish to share and your own table service. We meet on the third Thursday of every month from noon until 2 pm in the Gathering Place.

## August 26 - Threehouse Block Party

**Where:** Threehouse

**When:** 5:00-7:00

Let's show our support for our local campus ministry. Threehouse (The UNI Wesley Foundation) welcomes us to their Nineteenth Annual Block Party on Sunday, August 26 from 5:00-7:00. Delicious food and activities including games and live music will make it quite the party. Everyone is invited to come and to eat and visit with the students. The party takes place on the corner of College and 25th Street, right next to their building.

We have offered to provide hamburger buns, chips, and a dessert or two to make the party a success. Donations of cash can be helpful for purchasing charcoal and other picnic supplies, too. Sign up on the Threehouse clipboard on the Welcome Center.

If you want to know more about this important campus ministry, contact them at 266-4071 or email [wesley@cfu.net](mailto:wesley@cfu.net). They would love the opportunity to share information about their campus ministry!

## August 27 - LifeServe Blood Drive

**Where:** Gathering Place

**When:** 12:30-6:00

We are hosting the next blood drive on Monday, August 27 from 12:30-6:00. Donors, cookie bakers, and hosts are needed. They have quite a few appointments slots to fill. Sign up to donate at [www.lifeservebloodcenter.org](http://www.lifeservebloodcenter.org). Use the sign-up sheet at the Welcome Center to let Lisa know if you can donate cookies or chat and serve cookies to the donors for an hour or so.

## August 28 - Crafter's Corner

**Where:** Parlor

**When:** 6:00 - 8:00 pm

This is a laid back and hands-on group for all skill levels. Bring your own craft project to work on or give your time and talent to make sleep mats for the homeless, handmade gifts for those in need, or prayer shawls for those in need. Thank you to all who have donated craft items - we are well stocked and need to use up what we have. Please contact Crystal Wilken at [crystalwilken@gmail.com](mailto:crystalwilken@gmail.com) with any questions.

## Zumba Every Thursday!

You can always Zumba with us on Thursdays at 5:30 pm in our Fellowship Hall! A free-will contribution of a couple of bucks is appreciated. Contact [mary.friedrich@cfu.net](mailto:mary.friedrich@cfu.net) if you have questions. Come and dance...it's never too late to join us on this fun fitness adventure!



## Recurring Weekly:

### Sunday

8:00 prayer in the chapel  
 8:30 Transformation Worship  
 8:30 Traditional Service, sanctuary  
 9:30 Fellowship time, Gathering Place  
 9:30 Frederika UMC worship  
 9:45 Sunday School for some adults  
 10:00 Traditional Service, sanctuary  
 10:30 Washington Chapel Worship

### Tuesday

7:00 Men's Breakfast, CF Family Restaurant  
 9:30 Tuesday Bible Study, chapel  
 9:30 Quilters/Stitchers, 059  
 4:30-6:00 Community Meal, Fellowship Hall  
 7:00-9:00 AA, 055

### Wednesday

9:00 Women Connected by Prayer, parlor  
 6:30 WOW AA, 055

### Thursday

5:30-6:30 Zumba, Fellowship Hall

## Also Scheduled....

### WEDNESDAY August 1

9:00 Women Connected by Prayer, PANERA  
 2:00-9:00 Life Touch photography  
 6:30 FUSION Design meeting, theater

### THURSDAY August 2

2:00-9:00 Life Touch photography  
 5:30-6:30 Zumba, Fellowship Hall  
 6:30 Trustees, 057  
 6:30 Rummage Sale follow-up, PARLOR

### FRIDAY August 3

2:00-9:00 Life Touch photography

### SATURDAY August 4

10:00-5:00 Life Touch photography

### MONDAY August 6

9:30 UMW Board meeting, library  
 6:30 Stephen Ministry supervision

### TUESDAY August 7

2:00-3:30 Grief support, parlor  
 4:00 Endowment meeting, library  
 6:30 House meeting planning, parlor or GP  
 6:30 Education Committee, library or parlor

### WEDNESDAY August 8

6:00-8:00 Safe Sanctuary training, 027

### THURSDAY August 9

6:30 SPRC, 057

### SATURDAY August 11

10:30 Funeral & lunch for Oliver Larkin

### SUNDAY August 12

1-4 Reentry training at Kimball Ave UMC

### MONDAY August 13

6:00 HOME Team, library

### TUESDAY August 14

2:00-9:00 Life Touch photography

### WEDNESDAY August 15

9:30 MOMs group, Gathering Place/nursery  
 2:00-9:00 Life Touch photography  
 6:30 Fun and Fellowship, parlor  
 6:30 Finance Committee, 057

### THURSDAY August 16

7:45-5:00 Mental Health First Aid training  
 Noon-3:00 1st Friends potluck, Gather place

### SUNDAY August 19

9:30 Lisa Congdon at Frederika

### MONDAY August 20

Newsletter deadline  
 6:30 Ad Council, library

### WEDNESDAY August 22

7:30 Chancel Choir rehearsal, choir room

### SUNDAY August 26

9:30 Chris Werling at Frederika  
 10:00 Worship on the Green  
 one service only

### MONDAY August 27

12:30-6:00 Blood Drive, Gathering Place

### TUESDAY August 28

6:00-8:00 Crafter's Corner, parlor

### WEDNESDAY August 29

7:30 Chancel Choir rehearsal, choir room

### FRIDAY August 31

noon - newsletter mailing crew



## Miss A Sermon?

If you miss a Sunday message from Pator Steve or Pastor Matt, you'll find it on our youtube channel.

Go to our website at [aboutfirst.com](http://aboutfirst.com) and scroll until you see "sermons". You'll find a [direct link](#) to our youtube channel with all of our sermons and videos.

## Adult Sunday School This Summer

The Pathfinders Sunday School class will be meeting on Sundays throughout the summer beginning June 3 at 9:45 a.m. in the chapel by our main entrance. All who wish to join us are welcome.

## Tuesday Bible Study

The Tuesday morning Bible Study always welcomes new friends. This group meets in the chapel at 9:30 on Tuesday mornings. Bring your Bible – whichever one you prefer – and be prepared to read through and discuss the Bible. They are working their way through Job and will continue on from there. No homework or study guide is required, just read along with this group of women and offer your insight. Shirley Bolin and Linda Berneking are the contacts for this group.

## Daily Devotions are Easy To Get Started

Read “The Upper Room” every day – it takes just a minute or two. You’ll find a verse of scripture and a real-life lesson to think about. “The Upper Room” is available in print form from the literature rack outside the church office, or online from our church website.

The Upper Room magazine’s mission is to provide a model of practical Christianity, to help people feel invited and welcomed into God’s presence to:

- listen to scripture as God’s personal message, linking their stories to God’s story;
- commune with God in prayer;
- see their daily choices and small acts of obedience as part of God’s work;
- realize our connection through Christ as a universal family of believers;
- encounter the living Christ and be transformed into Christ’s likeness.

## Confirmation Class Beginning at First UMC

Begins with Parent & Student meeting on September 16th at 6pm

Confirmation is for all youth 7th and 8th grade and older

Confirmation is the process by which young people “graduate” into full membership of the church. It is a spiritual process and a practical one, too, as our young people explore their personal faith and their place in our United Methodist denomination. Upon completion of the Confirmation Process, our new confirmands will be eligible to vote on church business matters and hold leadership positions within our congregation.



## Invest a Weekend, Gain a Lifetime Purpose

- Learn to **see** the Christ among us
- Learn to **be** the Christ among us
- Jump-start your faith and live with a new sense of purpose
- A great opportunity for EVERYONE including YOU

This three-day retreat will take you away from the distractions of life and allow you to refocus on your faith. You’ll be immersed in a Christian community. The activities and discussions will encourage you to live out your faith in new ways. You’ll be amply fed,



comfortably housed, and you’ll have plenty of time for a good night’s sleep. Scheduled break times allow ample opportunities for private meditation, social interaction, and fresh air.

This is the **Walk to Emmaus**. How far, you ask? This walk is symbolic, not an actual physical challenge. Facilities and activities are fully accessible to people of all abilities. The name, **Walk to Emmaus** refers to Luke 24:13-35 where Jesus walks with two travelers who do not, at first,

recognize him. In this weekend, you’ll learn to recognize Christ in the world around you, and will be inspired to be an instrument of His love.

The Walk to Emmaus is an experience for adults, and there is a similar youth experience called Chrysalis. If you have interest in learning more about the **Walk to Emmaus** or Chrysalis, contact the church office, and we can arrange for you to meet someone who has already been - there are many in our congregation. Check out this video at [www.vimeo.com/8697255](http://www.vimeo.com/8697255).

### Upcoming retreats:

Oct 25-Oct 28 men Solon, IA

Nov 8-Nov 11 women Solon, IA

## Mental Health First Aid Training on August 16

Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance abuse challenge. The training helps you identify, understand, and respond to signs of addiction and mental illness. As the Bishop calls us to be Difference Makers – anyone anywhere can be the one to make the difference in the life of someone with a mental health or substance use challenge – IF they know what to do and say.

Please consider taking part in this Mental Health First Aid Training at our church on Thursday, August 16. (7:45-4:30). Trainings are open to anyone who is called to learn more about mental illness and substance use/abuse. Each training is limited to 30 participants, and it is free (except a donation for lunch).

Sign up at [www.iaumc.org/mentalhealthinitiative](http://www.iaumc.org/mentalhealthinitiative)

If you have any questions, please contact

kathimitchell1954@gmail.com or text/call 563-419-6795.



## Equip Yourself for Your Next-Level

If You're Ready...

- to step forward in a bold, new way for the cause of Christ
- to unlock your potential as a servant in the United Methodist Church
- to explore the many ways that you can assist pastors and other empowered laity
- to commit yourself to pursue your personal ministry at a higher level

You should consider enrolling in the School for Lay Ministry (SLM). The School for Lay Ministry is an educational initiative of the Iowa Annual Conference of the United Methodist Church, designed to grow Iowa churches by providing a supplemental source of leadership. Some of the ways that SLM graduates serve are: volunteer management, Christian education, care-giving, youth programming, outreach, pulpit supply, and the SLM is the pathway to becoming a Certified Lay Minister.

Students devote four weekends a year for three years to this program. Classes are held at the Cornell and Simpson colleges. Our own Pastor Scott Kober is an instructor for the School for Lay Ministry. There are reading assignments, lecture sessions, group discussions and activities. It's not for everyone - you have to want to do this - but if you do, you will end up having one of the most enlightening experiences in your Christian life.

Weekend courses will dig into worship, congregational care, Christian ethics, theological perspectives, missions, social concerns, church history, doctrine and polity and strategizing for growth. You will emerge equipped and inspired to see your life as a ministry and to share it openly in ways that suit your strengths and skills. In our congregation, Karl Dance, Jan Hoover, Jim Reidy, Chris Congdon, Lisa Congdon, Padma Templeton, Sue Ney, Chris Werling, Shane Waltz and Jon Cooper are graduates of the program, and Rus DeBonis is currently a student. Ask any of them about their experience, or talk to one of our pastors about the application process. More information can be found at [www.iaumc.org](http://www.iaumc.org).

## 2018 Mission U: Learning Together for Transformation of the World

The United Methodist Women (UMW) Mission U summer and fall events are wonderful mission education opportunities to study current issues impacting society. Whether you are young or old, laity or clergy, a UMW member or not, a first timer or attend every year, you are invited. All participate in the "Spiritual Growth Study: Embracing Wholeness". Also, attendees may choose to attend either the geographic study Missionary Conferences of the United Methodist Church in the U.S. or the social issue study "What About Our Money? A Faith Response".

**WHEN:** October 19-21. Fall Mission U, register by September 21.

**WHERE:** Iowa Valley Continuing Education Center, 3702 S. Center Street, Marshalltown, Iowa

You may obtain a copy of the brochure and registration form at the counter on the Welcome Center in the Gathering Place. If you have any questions please contact Chris Werling (contact info is on the brochure)

# 12 Mission of the Month

## Reentry Team Training

It's not easy coming back to society from prison! But you can help! Be part of a Reentry Team that supports a woman as she reenters society. This is an incredibly meaningful and spiritually fulfilling ministry. If you're interested, there will be an information meeting and training session sponsored by Women at the Well to be held on August 12 from 1-4 pm at Kimball Avenue United Methodist Church in Waterloo. Denise Barr is going and would be happy to take anyone along with her. If you want more information, contact Pastor Paul Witmer, Minister of Reentry and Congregational Care for Women at the Well, [wellreentry@iaumc.org](mailto:wellreentry@iaumc.org); 515-313-6916 (cell).

## Bibles for our Sisters

A very tangible way we can help our sisters behind the razor wire is to provide Bibles for them. We have an opportunity to order new Bibles to be sent to the women's prison directly from Cokesbury. They are given to the ladies in Bible Studies and to keep for their own use. The Navigation Bible is an easy to read Bible and includes guidelines for effective Bible study. We have sent many Bibles to prison and they are treasured by those who receive them.

These Bibles normally sell for over \$30, but Cokesbury has made special arrangements for friends of the Women at the Well UMC to order them for only \$10. Use the special "Bibles for our Sisters" envelope at the display in the Gathering Place. You can take a look at the type of Bible that your \$10 will provide, too.

## Our August Mission of the month is UMCOR Kits

The United Methodist Committee on Relief (UMCOR) stands ready to respond to disaster, suffering and poverty here in the USA and around the world. This month, our mission focus is on the Hygiene Kits and School Kits which UMCOR sends to places in need.

### UMCOR Hygiene kits

Disasters happen, often without warning. Floods and tornados have hit Iowa communities in recent weeks. You can help by providing supplies for UMCOR hygiene kits. These are distributed at shelters for those who have been displaced by a disaster.

Hygiene kits include:

- 1 hand towel (15x25 to 17x27 inches)
- 1 washcloth
- 1 comb - sturdy with at least 6 inches of teeth
- 1 toenail or fingernail clipper
- 1 bar bath-size soap (no Ivory or Jergen's)
- 1 adult toothbrush
- 10 adhesive bandages (3/4 x 3 inches)

We especially need hand towels, washcloths, toothbrushes. Bring the items to the bin at the Welcome Center.

### School is on break - but we are already packing UMCOR School Kits!

It's still summer break...but we are starting to get school kits ready for Ingathering. You can help by keeping your eyes open for good deals on school supplies and bringing them to the church collection site on the main level in the little hall across from the drinking fountain. This is what is needed to fill each school kit:

- 3 - 8 1/2 x 11 spiral or top-bound notebooks, 70-80 pgs each (wide OR college rule)
- 1 - pack of loose-leaf paper (100-200 page packets, wide OR college rule)
- 1 - pencil sharpener (hand held - at least 1" long)
- 6 - unsharpened pencils with erasers (plain)
- 1 - box 24 crayons (ONLY 24 count, please)
- 1 - pair BLUNT scissors (rounded tip, no plastic scissors)
- 1 - 2 inch or larger eraser
- 1 - 12 inch or 30 centimeter ruler (hard or flexible)

In particular need right now are crayons, notebooks, and loose-leaf paper, so watch for the sales in late July and buy a shopping cart full! We are now packing the kits into 2 gallon resealable bags, so donations of bags are appreciated, too.



<b>6,732</b>	<b>11,760</b>	<b>32,256</b>	<b>48,960</b>
cleaning buckets	school kits	hygiene kits	bottles of water

To survivors in Puerto Rico recovering from Hurricane Maria



## Change a Child's Story This School Year

Statistics are clear: elementary literacy is directly related to a child's performance throughout their entire school career and their working life. When we take just a few minutes of our time to help local school kids with their reading skills, we truly are helping to change the stories of their lives.

We are making a difference to the students at Lincoln. Faithful volunteers spent hundreds of hours as Reading Buddies for students this past school year. Wouldn't it be great to double that for the next year? If you are interested in being a Buddy next year, sign up on the clipboard at the Gathering Place. We will contact you when the teachers and students are ready to welcome FUMC Reading Buddies to the classrooms (probably September), and you can pick a day and time that works in your schedule. Look for that schedule late in August.

Your monetary donations provided books for students to take home as well as funds to enhance classroom libraries. You may help with this by using the special offering envelopes at the display or note "Change a Child's Story" on your check to FUMC.



*It was the coolest thing . . .*

*At the end of the school year in May, we got HUNDREDS of thank you notes and even some visits from our neighbor kids at Lincoln School, thanking us for being their reading buddies and for the books we provided. So, thank you for supporting our Change a Child's Story effort.*

## Local Back to School Project

Here's an opportunity to support our local community. The Back to School Project is a volunteer run organization that collects and distributes new school supplies to kindergarten through middle school students in our own metro area. The Back to School Project has been helping thousands of local kids since 1994. This is a 100% volunteer run project, and you can help in July and August. Here's how:

Packing and distribution is August 10-17 at Lou Henry Elementary (312 Rachel St) in Waterloo.

Packing begins Friday, August 10 and will continue through Tuesday, August 14 (if necessary). Packing shifts are 9:00-noon, 1:00-4:00, and 4:00-7:00, but you can come and go during any of those shifts.

Distribution happens August 15 & 16 from 11:00-2:00, and again from 4:00-7:00. Help is also needed on Friday, August 17 from 9:00-noon for last chance distribution to students, and from 10:00-5:00 to help distribute extra supplies to teachers and schools.

For more information, you can contact Lisa in the church office, or check the Back to School website at [btscedarvalley.org](http://btscedarvalley.org).

## Wee Care For Wee Ones

Grateful parents of wee ones come to our church every Tuesday afternoon to pick up a supply of much needed baby goods. This gap ministry through LoveINC helps struggling families stretch their dollars. Wipes, pacifiers, 8 oz & 4 oz bottles, receiving blankets, and sippy cups are always in demand. Donations of diapers size 2-5 are always appreciated (Aldis has good ones at a reasonable price). We have a designated shopper who finds good deals on these items, so monetary donations are put to good use. Put Wee Care on the memo line of your check to First UMC.

## Filling the Barnyard

Farm animals are a common sight in Iowa, and it seemed appropriate to fill a barnyard to support Heifer International. Donate as you wish throughout the year and we'll keep adding animals like cows, sheep, goats, donkeys, pigs, ducks, geese, chickens, rabbits, and beehives to the barn in the window of the church office.

We're well over halfway toward our goal of getting a cow in honor of the Kobers (Pastor Scott, Karen and Ethan), and then we'll shift our efforts toward getting some ducks in honor of Pastor Matt.



*We almost have the whole cow!*



## Don't Miss the Opportunity

### Hospital reminder

Governmental regulations prohibit health care facilities (this includes hospitals, assisted living and nursing homes) from sharing information about their patients and residents, so if you want your church family to know you need our love and prayers, please call the church office.

### Pastor's Discretionary Fund

Our Pastor's Discretionary Fund is in place for helping the poor and needy. These funds are to be used at the discretion of the pastors to help with requests for emergency help. Typical requests are to put gas in a car for a transient passing through town or someone needing to get to a doctor's appointment, paying a portion of a utility bill, or perhaps a night in a hotel for a person in crisis. We refer many requests for financial help to Love INC, but the discretionary fund is helpful for immediate needs.

The Pastor's Discretionary Fund is supported solely by your donations. If you would like to contribute, please write your check to First UMC with "Discretionary Fund" on the memo. Thank you for partnering with the pastors to be the hands and feet of Christ for our neighbors in crisis.

Eleven miles off the east coast of Scotland, in the North Sea, stands the Bell Rock Lighthouse. It has endured the ferocious onslaught of the North Sea's violent storms since 1811. It rests upon less than one acre of solid rock. That small reef is covered by seawater for 20 hours of every day. The builder of the lighthouse, Robert Stevenson and his band of 65 skilled artisans, had only four hours each day to chink away the stone and gouge a foundation in the rock. As a result, of this painstakingly patient work, the 115-foot-tall lighthouse is still in use today.



The workers had a four-hour window that returned each day. Sometimes we have such a window, in the form of a call to some kind of ministry, that may not remain or return. If you have any indication that God is asking you to be involved in Stephen

Ministry, now may be the time. Our Stephen Leaders are hoping to provide a class for new Stephen Ministers this fall. Please call the church office at 266-1713, and you will be directed the one of our leaders.

### email Prayer Chain

If you would like to be on the church "eprayer" list, please let the church office know by emailing Lisa at [lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com). We send out prayer requests by email as they come in, and also include prayer requests noted on the attendance slips. Remember, to ensure privacy, please make sure to get permission from the party that you feel needs prayers.

### Be a Blessing to Someone - Love INC of the Cedar Valley

People in need will often approach a church for assistance. Unfortunately, many churches are not equipped to meet the variety of needs that are presented. That's not a failure of the churches - at their core, they are faith organizations, not relief agencies. But, the Christian imperative is to help. Love INC works like this: when someone approaches a member church for assistance, they are referred to Love INC. Love INC then conducts an interview to fully determine the need, and which church is best able to assist. Love In The Name of Christ (Love INC) pools the strengths of area churches to reach out to those in need - our church is one of 28 partners.

You can be a blessing to someone today by volunteering with Love INC as a Clearinghouse or Community volunteer. If you're interested in serving with Love INC, fill out a volunteer form found at [loveinccv.org](http://loveinccv.org) or call 266-1264. They'll get back to you in a couple of days.

## Thank You's

I would like to thank Jane for the beautiful red rose and the hug I received for my birthday. It's always nice to be remembered by such a caring church.

*Jim Schwab*

Thank you for the beautiful red rose that Jane delivered to me for my 84th birthday plus the birthday card from the church staff. I am so thankful to be a part of such a caring church family. My church family holds a special place in my heart. Lorna Ericson

Thank you for the birthday rose deliver by our church. It was appreciated!

*Jim McCutcheon*

Thanks to my church family for the prayers and get well wishes I have received during the last four months. Thank you to Pastor Steve for the visits - we miss you. Thank you to Carol Dick for your visits and the beautiful quilt. Thank you to Pastor Matt for coming to Iowa City the day of my surgery.

*Harold Powell*

Thank you to Jane, the church staff, and the Congregational Care Team for the beautiful rose for my birthday. Thank you, Jane, for your visit, your interest and concern for people. It is greatly appreciated.

*Loretta Dykes*

Thank you for the quilt that was delivered to me. I appreciate the care and concern from my church family.

*Don Neese*

Your prayers, condolences, hugs, and other gestures of support were greatly appreciated at the time of my mother's hospitalization and passing in June. For your thoughtfulness, I thank you.

*Denise Clipperton*

Thank you so much for the beautiful pink rose for my 81st birthday. And thank you to Jane for delivering it. Always look forward to our visits. Thank you also for the card from the staff.

*Freddie Holmes*

The family of Ruth Bernard wishes to thank everyone for their prayers, remembrances and kind words expressed regarding our mother.

Family of Ruth Bernard

Thank you for the cookies each month. It is so thoughtful and helpful.

Cedar Falls Health Care Center

Thank you for your hospitality and openness for allowing Team Boston to stay in your beautiful church! The kindness of your church was inspiring and we cannot thank you enough for opening your doors to us. A place to sleep is important to us, as it allows us to keep moving forward with our mission. Thank you for helping us on our mission to change lives for those affected by cancer.

4K for Cancer Team Boston

## Thanks to the UMW!

The Board of Trustees along with all of the groups that use the church kitchen wish to thank the United Methodist Women for their donation of funds used to purchase a new ice machine and replacement shelves for the big refrigerator. These improvements help continue the many ministries that depend on our kitchen; Community Meals, First Kids Day Care, Blast, and so many more.

*Jim Kenyon & Jan Benson*

## Sympathy to:

Cheryl Schilling and her family on the loss of her mother.

Bev Michael on the loss of her nephew.

Family and friends of Lesley Toma. Lesley died July 5. Cards to Troy Toma, 1209 5th Street NW, Waverly IA 50677

Family and friends of Ruth Bernard. Ruth died July 13. Her funeral was July 21.

Family and friends of Oliver Larkin. Oliver passed away July 18

Hans Isakson on the loss of his sister, Doris, on July 21.

## Finance Report (as of July 22)

YTD Budget Received;	\$531,842
YTD Budget Needs:	\$487,631
YTD Budget Surplus:	\$44,210
Mortgage Balance:	\$340,910

## Consider Automatic Giving

You'll never need to remember to write a check again! It is quick and easy to set up. Contact our Financial Manager, Debbie Dance for details. 319-266-1713 or email [debbie.dance@aboutfirst.com](mailto:debbie.dance@aboutfirst.com).

## Attendance- week ending

	7/1	7/8	7/15	7/22	7/29
Transformation	87	x	66	73	62
Traditional 8:30	131	x	124	67	138
Traditional 10	106	x	114	118	116
Combined	x	159	x	x	x

## First United Methodist Church

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# aboutfirst news

First United Methodist Church, Cedar Falls



**Sunday, 8:30 & 10:00 a.m.** Traditional services

**Sunday, 8:30 a.m.** Transformation Worship

Van rides are available for the 10:00 Sunday service.

Child care is provided in the nursery for infants and babies for Sunday Services.

## Spreading the Word

If you miss a Sunday, or want to hear a message again, find us on the local Public Access cable television channels. If you are unable to receive the television broadcast, weekly dvds are also available, or find the video links for sermons at [www.aboutfirst.com](http://www.aboutfirst.com)

**Cedar Falls (CFU)** Channel 95.5, Friday @ 8:00 pm, Sunday @ 9:00 am

**Waterloo (MediaCom)** Channel 17, Sundays @ 11:00am & 9:00 pm

## Our Pastors

Scott Kober, Senior Pastor, [scott.kober@aboutfirst.com](mailto:scott.kober@aboutfirst.com)

Matt German, Associate Pastor, [matt.german@aboutfirst.com](mailto:matt.german@aboutfirst.com)

## Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator

Dee Behr, Parish Visitor  
[dee.behr@aboutfirst.com](mailto:dee.behr@aboutfirst.com)

John Bentley, Head Custodian

Ted Bonebrake, Chancel Choir director  
[tbonebrake@hotmail.com](mailto:tbonebrake@hotmail.com)

Chris Congdon, Media Coordinator  
[chris.congdon@aboutfirst.com](mailto:chris.congdon@aboutfirst.com)

Lisa Congdon, Office Ministry Coordinator  
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Debbie Dance, Financial Manager  
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Jenna Engel, Christian Education Coordinator  
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Rebecca Nims, Youth Ministry Coordinator  
[rebecca.nims@aboutfirst.com](mailto:rebecca.nims@aboutfirst.com)

Doug Shaffer, Organist  
[musicman52151@gmail.com](mailto:musicman52151@gmail.com)  
610-4249

Emily Terpstra, Custodian