

# aboutfirst news

August, 2019 First United Methodist Church, Cedar Falls

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**Love First.** Let's Gather, Grow, Go Together

How we "hit the mark" as Methodists



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issue 226, August, 2019

First United Methodist Church  
718 Clay Street  
Cedar Falls, Iowa, 50613  
[aboutfirst.com](http://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)

## You Get What You Need

The Rolling Stones know something about human nature when they sing, "I can't get no satisfaction" and "You can't always get what you want." We are a people that tends to crave for more. More money. More time. More love. More, More, More. Where can a people always wanting more get some satisfaction?

In the gospel of John chapter 6, the crowd with Jesus is looking for more, looking for satisfaction. The crowd pursues Jesus and finds him on the other side of the sea in Capernaum. They ask, "Teacher, when did you come here?" Jesus addresses the issue at hand, "Very truly I say to you, you are looking for me not because you understand the meaning of the sign, but because you got your fill of bread and want some more. Do not labor for the bread that spoils, but for the bread that endures to eternal life."

Jesus understood human nature and the cravings for more. And says in affect you are searching for food that will never satisfy. The story reveals our attraction to satisfaction.

Today few are satisfied it seems. This is most true in our culture with body image. I noted recently that my hair is well gray and thinning on top. I can't say this is a satisfying realization.

Satisfaction can be physical and spiritual and Christians have long been aware of the close link between physical and spiritual hunger. In the sacrament of Communion we honor this link of the physical and spiritual hunger.

Communion is intended to satisfy our hungers. Communion gathers the faithful together to satisfy our individual and communal hunger for wholeness, and Communion scatters us into the world to spread the message of God's satisfying grace to a need-filled world. In a world where it is hard to find satisfaction, we come and receive a gift. In the action of worship we are bending our lives toward God and opening our hands to the gracious gift of relationship with God, with creation and with one another.

The Rolling Stones sang it well, "You can't always get what you want, but if you try sometimes, you just might find, you get what you need."

In Christian worship and in the sacrament of Communion, may we experience that which can satisfy and get what we need.

Pastor Scott



## Miss A Sermon?

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

Go to our website at [aboutfirst.com](http://aboutfirst.com) and scroll down to the "sermons" graphic, which will link you to all of our sermons and public videos.

## Doing the Good Work. . .

This is a time of year that we are looking to get people in-place to make sure we can continue the great ministries of our church into the busy fall and winter seasons. When your church asks for help it's not just because we want to provide you with service opportunities, it's because *we really need help!* So, if one of these service areas touches your heart, please let us know!

**Adult help for BLAST** BLAST is our Wednesday night programming for elementary-age kids. It's fun and active as we reinforce the weekly lesson with games, acting and art. We are looking for 3-4 adult volunteers to help. If interested please let Jenna Engel know.

**Filling Station Attendants** We know it is hard to get the family fed before coming to CrazyFunBusy Wednesday nights at First UMC, so we'll handle dinner for you at the Filling Station. Sharing a meal together is a great way to kick off the evening. In order to help this run smoothly we do need volunteers to help serve and clean up. If interested please let Jenna Engel know.

**Sunday School Leaders** Sunday school is going to be here before we know it. Right now we need teachers for Kind-2nd and 7th-12th. If interested please let Jenna Engel know.

**Blood Drive Coordinating** Would you like to help coordinate the blood drives? Let the church office know. It's pretty easy to find people to provide cookies and to host - often as easy as an email to some of the faithful who almost always plan on it. Talk to Lisa Congdon in the church office.

## Are Phones OK in Worship?

Yes. Today's personal communication devices are amazing in their ability to immediately connect us to online resources and networks of friends. There's a place in the worship setting for this kind of connectivity. Maybe the pastor reads a scriptural passage that really interests you, and you want to look it up right now. Go for it. Maybe you're moved by the message, and you want to share a particular point with someone before you forget it. Do it. Maybe you just want to tell the world where you are at this moment - don't hold back. Go ahead and use that phone or tablet as a tool to get more out of worship, and to share the experience with others. The only thing we ask ... turn the sound off.



## Where Does The Card Money Go?

The cards that are sold on the card rack are hand-made by a group of hard-working members and every quarter the money raised is contributed to a good cause. During the months of April, May, and June this year \$232.25 was collected for Ingathering for postage. Our thanks go to the volunteers who donate old cards, those who recycle the old cards and make new ones, and to all who purchase the cards from the card rack outside the church office. You may purchase one or more cards for just \$.50 each. Money may be placed in the metal box attached to the rack. This quarter, money is being donated to the Salvation Army Women's Shelter. We invite you to come next time we have a card making session.

## - SUMMER WORSHIP SCHEDULE -

8:30 am Contemporary & Traditional

10:00 am Traditional

- and remember -

**Aug 25 we will have one service only, outside at 10:00!**



### Worship on the Green - August 25

Our annual worship party picnic is scheduled for August 25. We'll have one worship service outdoors on the lawn. We will have music, food and worship. Bring your lawnchair and choose to sit under the big tents, or under the big blue sky. Everyone is welcome and invited to join us!

### Worship Teams

What could be a better way to reach out to others than to lead them and assist them in worship? There are opportunities in both Transformation Worship and in Traditional Worship to lead the time of welcome and announcements, read scripture, lead prayers, make music, serve communion, present the children's message, and help on the tech team. There also are roles to fill on our hospitality team as greeters, ushers, Welcome Center hosts, and snack servers. There are plenty of jobs for everyone to have one! Talk to Jenna or one of the pastors about how you can help others have a great Sunday morning!

### The Marks of a Methodist

Who doesn't want to live a life of joy, peace and integrity? We hope that's where our Christian faith leads us.

The New Testament was originally written in the Greek language, and a Greek word for sin is *Hamartia*, which literally translates to "missing the mark." So what, exactly, are these marks that we are aiming to hit? What understandings can we embrace that will keep us pointed toward the life that God would have us live?



August 4 we will begin a Sunday morning teaching series based on Steve Harper's book, *the Marks of a Methodist*.

**August 4 - A Methodist Loves God** - read Matthew 22:36-38

What does loving God look like?

What is the character of your heart?

**August 11 - A Methodist Rejoices in the Lord** - read Philippians 4:1-9

We are joined unconditionally with God

We are forgiven completely, empowered sufficiently, and called individually

**August 18\* - A Methodist Gives Thanks** - read 2 Corinthians 9:6-15

Gratitude is grounded in God, not in our circumstances

God is with us always

**August 25 - A Methodist Prays Constantly** - read 1 Thessalonians 5:13b-18

Prayer moves our faith from regulation to relationship

Prayer is our attentiveness to God

**Sept 1 - A Methodist Loves Others** - read 1 John 4:7-20

We are a conduit for others to experience God's love

Changed people change others' lives

\* note that on Sunday, August 18, Pastor Matt will continue this series in Transformation Worship, while in Traditional Worship, we will hear from Pastor Paul from Women at the Well.

## Women at the Well Sunday August 18 (Traditional Worship)

Did you know the church is in prison? Women at the Well is our sister congregation, a United Methodist congregation within the walls of the women's correctional institution in Mitchellville, Iowa. One of the pastors involved in this ministry, Rev. Paul Witmer, will be with us on Sunday, August 18, to share with us about the many years of weekly worship, supportive community, faith nurture groups, and aftercare we have offered to the women there. Maybe you'll find your own place in prison—in ministry with these women, our sisters in Christ.

First UMC is a Partner Church with Women at the Well UMC, which is located within the Iowa Correctional Institution for Women in Mitchellville, Iowa. We support Women at the Well with prayer and financial assistance through our designated giving, as well as with special efforts and offerings throughout the year. Opportunities to worship at Women at the Well UMC, and to volunteer, are also available.

Pastor Paul originally joined Women at the Well two years ago, as their part-time Minister of Congregational Care. He has recently expanded to full-time work, adding the ministry of Reentry to his portfolio.



Paul is ordained in the United Church of Christ and has been in ministry for more than 25 years, most recently with the Christian Church (Disciples of Christ) as pastor of Covenant Christian Church in Urbandale, Iowa. Paul lives in Des Moines with his wife Lynn and together they share a family of 5 adult children, and one grandchild. Paul enjoys music, art and poetry, dabbling in all three at times, often sharing them in the context of worship and ministry. Working with Pastor Lee and Women at the Well has opened Paul up to the amazing ministry being one with a population that most of the world has forgotten.

### Here are some ways to connect with Women at the Well:

- Stop by our Facebook page, Women at the Well UMC, and “like” us there, to receive our prayer requests and updates on our ministry.
- Follow us on Twitter, @WomenatWellUMC!
- Sign up for our e-newsletter. You can do this at our web page at [womenatthewellumc.org](http://womenatthewellumc.org).
- Make a gift to support to our ministry. You can send a check the old-fashioned way, made payable to Women at the Well--IAC, and mail it to P.O. Box 33, Mitchellville, IA 50169. We also have online giving through our website, [womenatthewellumc.org](http://womenatthewellumc.org)

## Three Ten Connect

Here's an easy way to welcome our guests in Sunday worship: **3 • 10 • Connect.**

It's simple: in the **first three minutes** after a worship service has ended, look around in a **ten-foot radius** and see if there's someone you don't know. If so, stick out your hand and say “hi”. Make a little conversation. Ask them if they have any questions about our church, and if so, volunteer to introduce them to a pastor, a staff person, or someone you know to have the answer. Then, be sure to say that you, personally, are glad that they are here, and that you hope to see them again. It's that easy. **3 • 10 • Connect.**

## Transformation Worship Team

We're looking for a few people to serve on a rotating basis as worship leaders in Transformation Worship. The worship leader begins worship by welcoming the congregation, presents a few announcements and leads us in the Call to Worship. This is a good position for someone who loves to be in worship and isn't afraid to say so in front of a group. If you'd like to serve in this way, please talk to Pastor Matt.

We're also looking to train a few more people to operate the worship projector on a rotating schedule. It's actually not too hard. The graphics and song lyrics are all done ahead of time, all you need to do us put the right thing on the screen at the right time. If you'd like to try being on the tech team, talk to Chris Congdon

## First UMC Live Online

The whole world - including you - can watch our Sunday sermons live, online at our First UMC facebook page. The video stream for Transformation worship starts around 8:55, and the Traditional worship stream starts around 10:25. Please, if you can't make it in-person, consider watching on Facebook!

Also, be aware that this means there are




live cameras in our worship spaces.

Our cameras are usually positioned to show only the morning's speaker, but it is possible that the congregation may also appear in the livestream. If, for any reason you wish to ensure that you do not appear on-camera, please ask our camera operator for a safe place to sit.



**Q** Can I make a deferred gift to the church?

**A** Yes, Deferred gifts to the church will be included in the church endowment fund. If undesignated, the endowment committee has a formula that part of the gift will become part of the permanent endowment fund and the balance will be used by the church in a way that is determined and approved by the Endowment Committee.

 **First UMC Endowment Funds**  
securing your legacy - ensuring our future

## Rummage Sale - It's this week!

Shop 'til you drop. We have great deals on clothing, housewares, kitchen utensils, artwork, handcrafts, clothing, furniture, books, toys, and more! If you end up not liking your purchase, just bring it back next year and we'll sell it to someone else.

### Sale Times

Thursday, Aug 1, 5:00 - 8:00 pm.  
Friday, Aug 2, 8:00 am - 4:00 pm.  
Saturday, Aug 3, 8:00 am - 1:00 pm.

Not the shopping type? Volunteer 'til you drop - it's fun and the profits go to good causes. We still need help in many areas and all volunteers are welcome! Sign-up sheets are at the Welcome Center. Sign up now to volunteer your time/talents or to bring items for the Bake Sale or Luncheon.



**if we don't have it, you don't need it!**

The BIG CLEAN-UP is set for Saturday, August 3rd at 1:00PM. Volunteers are needed to carry boxes or bags to the Goodwill truck and to help put the rooms back in order.

Come join us and have lots of fun working with other Church members! It is a great way to meet other members from the different Sunday morning services!!

## Rummage Sale Proceeds Benefit Missions & Church

The Rummage Sale Committee decided earlier this spring to benefit the following: Midwest Mission Distribution Center, the Trustees for use in updating the antiquated phone system in the church (without phones, how can mission work be carried out!), and the Christian Education department of the church for Jenna to use at her discretion in mission-related areas.

## Introducing our new Middle School Coordinator

The Staff Parish Relations Committee is pleased to announce Haleigh Derhammer has accepted the position of Middle School Youth Coordinator.

Haleigh grew up in our church and has a good rapport with the students and youth volunteers. Last year, she was a volunteer with the 5th and 6th grade youth. Haleigh says, "I hope to be a positive influence on the students and show them how important they are. I want to be able to teach them different ways on how to serve others and be more confident in themselves." We are excited to see the impact Haleigh will have with our youth program! Welcome to the First UMC staff!



## 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
- **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 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.

If you have interest in learning more about the **Walk to Emmaus**, contact the church office. 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:

October 17-20, 2019    men    Solon, IA  
November 7-10, 2019    women    Solon, IA

## Equipping Your Life of Ministry

We hope you see your life as a personal ministry and your ministry can take many forms: sharing your story, serving others, preaching, leading, visiting, praying, and working.

The School for Lay Ministry is a program of the Iowa Conference of the United Methodist Church, designed to grow and equip new lay-leaders. 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 and empowering 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.

If you are curious about the School For Lay Ministry, talk to us in the church office and we can connect you with someone who has been - there are many in our congregation.

## School Kits

Back to School Sales are starting and we are getting school kits ready for Ingathering. You can help by keeping your eyes open for good deals on school supplies and bringing them to the Welcome Center (back counter). The list has changed...we are working with Midwest Mission and their request list is slightly different. This is what is needed to fill each school kit:

- 3 - 8 x 10 ½ spiral-bound one-subject notebooks, 70-80 pgs each (wide OR college rule)
- 1 - pencil sharpener (hand held - at least 1" long)
- 6 - unsharpened pencils with erasers (plain - no advertising)
- 1 - box 24 crayons (ONLY 24 count, please)
- 1 - box of 12 colored pencils
- 1 - pair BLUNT scissors (rounded tip, no plastic scissors)
- 1 - 2 inch or larger eraser
- 1 - 12 inch/30 centimeter ruler (hard or flexible, must be flat and have metric markings)

In particular need right now are crayons, colored pencils, and notebooks, so watch for the sales in late July and buy a shopping cart full!

# 8 Events

## August 6 - Food Bank Work Crew

**Where:** Northeast Iowa Food Bank

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

Join the crew from our church that helps at the Food Bank the first Tuesday of each month. Often we fill grocery bags with kid friendly good 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 Lisa Congdon or get yourself to the Food Bank at 1605 Lafayette Street in Waterloo. 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)

## August 6th...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 FUMC Grief Support Team and provide a safe, confidential setting. Our next meeting will be Tuesday, August 6th from 2:00 to 3:30 pm in the parlor. Please call Carol through the church office with questions. No reservations are required.

## August 15 - 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 17 - Right Next Door Workshop

see article on page 11

## August 17 - LifeServe Blood Drive #1

**Where:** Gathering Place

**When:** 8:00 - noon

We are hosting two blood drives this month to help meet the summer shortfall of life-saving blood products.

Blood donors, cookie bakers and hosts are needed. Sign up to donate blood at [www.lifeservebloodcenter.org](http://www.lifeservebloodcenter.org).

## August 26 - LifeServe Blood Drive #2

**Where:** Gathering Place

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

We are hosting two blood drives this month to help meet the summer shortfall of life-saving blood products.

Blood donors, cookie bakers and hosts are needed. Sign up to donate blood at [www.lifeservebloodcenter.org](http://www.lifeservebloodcenter.org).

## August 27 - Crafter's Corner

**Where:** Parlor

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

Attention crafters! Join us on Tuesday, July 23 from 6:00-8:00 in the parlor. This is a laid back and hands-on group for all skill levels. Bring your own craft project to work on or volunteer your time and talent to make sleep mats for the homeless, handmade essentials for those in need, or prayer shawls. 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 Taking the Summer Off

Mary Frederich who leads a Zumba session at First UMC every Thursday night is taking the summer off. She encourages you to get outside and be active in these warmer summer months, and she'll be back next fall.

## Boy Scout Can Drives

Our chartered Boy Scout Troop is planning monthly can drives to raise money for troop activities. The plan is to collect cans the last Saturday of each month from 9:00-noon in the north parking lot of our church. Save your cans to support the scout programs of our church.

## Upcoming Events

**Girl Scout Sloppy Joe Supper, Sept 13**

**Where:** Fellowship Hall

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

GS Troop 6581 will prepare and serve Sloppy Joes, Baked Beans, Chips and Dessert Bars. A free will offering will be accepted.

This event is one of a series of fundraisers to raise money for our trip to Savannah, GA in June of 2020.



## Recurring Weekly:

### Sunday

8:00 prayer in the chapel  
 8:30 Transformation Worship  
 8:30 Traditional Service, sanctuary  
 9:30 Fellowship time, Gathering Place  
 10:00 Traditional Service, sanctuary

### Tuesday

7:00 Tuesday Men's Breakfast, CF Family Rest.  
 9:30 Quilters/Stitchers, O59  
 9:30-10:30 Tuesday Bible Study, chapel  
 4:30-6:00 Community Meal, Fellowship Hall  
 7:00-9:00 AA, O55

### Wednesday

9:00 Women Connected by Prayer, parlor  
 5:15 AA, O55  
 6:30 WOW AA, O55

## Also Scheduled....

### THURSDAY August 1

2:00 UMC Clergy Cluster, parlor  
 5:00-8:00 Rummage Sale

### FRIDAY August 2

8:00-4:00 Rummage Sale

### SATURDAY August 3

8:00-1:00 Rummage Sale  
 1:00-3:30 Rummage Sale Clean Up

### SUNDAY August 4

Pat Benda at Frederika  
 Mark Fransdal at New Hope Parish  
 Paul Wilcox at Jesup with communion

### MONDAY August 5

6:30 Stephen Ministry Supervision, lower level

### TUESDAY August 6

2:00-3:30 Grief support, parlor  
 6:00-8:00 Food Bank Work Crew  
 6:30 In Mission Together, library

### WEDNESDAY August 7

9:00 Women Connected by Prayer PANERA

### THURSDAY August 8

6:30 Rummage Sale follow-up, chapel  
 7:00 Transformation Band, Fellowship Hall

### SUNDAY August 11

Jim Reidy at New Hope Parish  
 Pat Benda at Jesup  
 Shawna Brimm at Washington Chapel  
 1:00-2:30 Girl Scouts, Gathering Place

### MONDAY August 12

6:00 HOME Team ,chapel

### TUESDAY August 13

6:30 Finance Committee, library  
 6:30 Transformation Band

### WEDNESDAY August 14

2:00 communion service at Stanard Care

### THURSDAY August 15

Noon-3:00 First Friends potluck, Gather Plac

### FRIDAY August 16

9:30-11:30 MOMs group, library/nursery

### SATURDAY August 17

8-12:00 Life Serve Blood Drive, GP  
 1:30-5:00 WoW workshops, GP  
 6:30-8:30 Pastor Lee book signing & music  
 Threehouse

### SUNDAY August 18

Roberta Robbins is at Frederika UMC  
 Pat Benda at New Hope Parish  
 Pastor Lee Schott at Jesup  
 Women At The Well in Traditional services  
 Marks of a Methodist in Transformation

### MONDAY August 19

6:30 Worship Committee, library

### TUESDAY August 20

Newsletter deadline

### WEDNESDAY August 21

11:00 Pinnacle Care Ctr service  
 7:30-8:30 Chancel Choir rehearsal, choir rm

### THURSDAY August 22

6:00 set up tents for Worship on the Green  
 7:00 Transformation Band, Fellowship Hall

### SUNDAY August 25

Chris Werling is at Frederika  
 Roberta Robbins at New Hope Parish  
 Pat Benda at Jesup  
 Worship on the Green - First UMC CF

### MONDAY August 26

First Day of CF schools  
 12:30-6:00 Blood Drive. Gathering Place

### TUESDAY August 27

6:30-8:30 Crafter's corner, parlor  
 6:30 Transformation Band, Fellowship Hall

### WEDNESDAY August 28

2:00 Communion Service, Windhaven  
 7:30 Chancel Choir rehearsal, choir room

### FRIDAY August 30

noon - newsletter mailing crew  
 youth game night

### SUNDAY September 1

Pat Benda at Frederika UMC  
 Mark Fransdal at Jesup UMC

### MONDAY September 2

Labor Day, church office closed

### TUESDAY September 3

2:00-3:30 Grief support, parlor  
 6:00-8:00 Food Bank Work Crew

### WEDNESDAY September 4

Fall kickoff picnic tonight

## FALL SCHEDULING NOTE

### On Sunday September 9

We will resume our regular  
 Sunday morning schedule of:  
 8:30 Transformation Worship  
 8:30 Traditional Worship  
 9:45 Sunday School for all ages  
 11:00 Traditional Worship

### On Wednesday, September 11

CrazyFunBusy Wednesday activities begin.

## Men's Tuesday Breakfast

All men are welcome to join them at 7:00am at the Cedar Falls Family Restaurant (2627 Center St) every Tuesday. After a quick devotion, you'll have time to eat and be on your way by 8:00. Start your Tuesdays with a great group of guys.

## Tuesday Bible Study

The Tuesday morning Bible Study always welcomes new friends – men and women! This group meets in the chapel near our main entrance at 9:30 on Tuesday mornings. Bring your Bible – whichever one you prefer – and be prepared to read through and discuss the Bible. It's an easy group to join at any time. No homework or study guide is required, just read along with this group and offer your insight. Shirley Bolin and Linda Berneking are the contacts for this group.

## Youth Schedule Note:

Friday, August 2 we will NOT be having our regular youth game night due to rummage sale. However, we invite the youth to show up Saturday, August 3 at 1pm to help load up the remaining rummage sale items, and we will treat the youth to ice cream afterwards. This is a great way to work as a group to be of service to our church, and have some fun as well. All 7-12 graders are invited. Very little physical strength required, just a good set of helping hands.

## 2019 Mission u: Learning Together for Transformation of the World

The United Methodist Women (UMW) Mission u 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 - "Practicing Resurrection: The Gospel of Mark and Radical Discipleship". Also, attendees may choose to attend either the special anniversary study "Women United for Change: 150 Years in Mission", or the social issue study "What About Our Money? A Faith Response".

**When:** October 18-20. (Friday afternoon through Sunday afternoon)

**Where:** Iowa Valley Continuing Education Center, 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)

Stephanie Buchs, Lisa Congdon, Chris Werling, and Crystal Wilken were at the July session of Mission u and learned so much about the rich history of women in mission work not only in the USA, but globally. We also were challenged to step out in radical discipleship, using examples from stories of Jesus found in the Gospel of Mark. The instructors are engaging and passionate about Jesus and missions, especially as it relates to women in mission and how we DO make a difference in the world. We encourage you to check it out this fall, or save the dates for next year: July 19-21 and October 16-18, 2020. Next year the study topics will be "Finding Peace in the Midst of Anxiety" and "Mass Incarceration: School-to-Prison Pipeline".

## For Families and Partners of Those With Mental Illness

A Free 12-week Class for Family Members, Partners, and Significant Others who have Adult Relatives with Mental Illness. Family members of adults living with mental illness have a substantial unmet need for education and support. In our experience, Family-to-Family has helped to address that unmet need.

- Current information about anxiety disorders, bipolar disorder, depression, schizophrenia and co-occurring brain and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication
- Current research about the biology of brain disorders and the most effective treatments to promote recovery
- Understanding the lived experience of a person who has mental illness
- Problem solving and communication techniques
- Strategies for handling crises and relapse
- Care for the caregiver: coping with worry, stress, and emotional overload

September 5 to November 21, 2019, First Congregational Church, 608 West 4th Street in Waterloo. Classes meet Every Thursday, 6 to 8:30 pm. To register, contact NAMI Black Hawk County by August 15 at 319-235-5263 or namibh@qwestoffice.net.

\*\*Please note that this class may fill up before the deadline\*\*

## Right Next Door: Women at the Well Workshops

Saturday, August 17

1:30-5:00 p.m.

First United Methodist Church, 718 Clay Street, Cedar Falls

Join Women at the Well for an afternoon of learning around issues of justice, incarceration, and welcome. We'll meet in a worshipful opening time, all together, and then grab some snacks and break into two groups:

**Reentry Team Training**, led by Pastor Paul Witmer, Minister of Reentry and Congregational Care. This training will inspire and prepare participants to work as part of a team with women coming out of prison, accompanying them during that first year.

Workshop **"Welcoming Home: How the Church Makes Room,"** led by Pastor Lee Roorda Schott. We'll consider how the church can become supportive community for those who themselves or in their families are dealing with incarceration, addiction, sexual violence, mental illness, poverty and more. Will we make room for this kind of diversity? What will that call from us? How will it enrich us?

It will be helpful if you'll RSVP to Pastor Paul at [wellreentry@iaumc.org](mailto:wellreentry@iaumc.org) so that we can plan for you. Or you can contact him for more information at 515/313-6916.

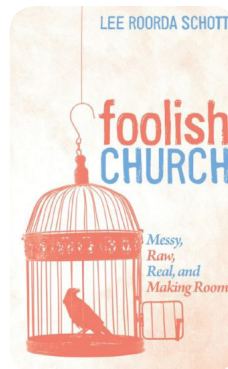


## Special Event: Foolish Words and Music: Messy, Raw and Real

Saturday, August 17, 6:30-8:30 p.m.

At Threehouse, a Wesley Foundation, 2422 College St., Cedar Falls

Join author Lee Roorda Schott along with Richard Bruxvoort Colligan, a gifted singer and songwriter from Strawberry Point, as we spend an evening of sung and spoken words about life, the church, foolishness, and more. Lee is the pastor of Women at the Well, a church inside the women's prison in Mitchellville, Iowa, and recently published her book *Foolish Church: Messy, Raw, Real, and Making Room*. She'll share her story and some readings in between selections from Richard's amazing repertoire that is both faithful and beautiful. Light refreshments will be served. We hope you'll join us! We'll take a freewill offering to support Richard's presence with us, and Lee and Richard will have books and music, respectively, available for purchase.



## A New Look for BLAST

BLAST (Bible Learning And Service Together) is our Wednesday night experience for elementary-age kids. B.L.A.S.T will be taking on a new look this year. Instead of spending all of Wednesday night in the gym we will be utilizing the Gathering Space as well. The reason for this minor change is, the activities that the children will be doing may be messy, and carpet is hard to clean. We will be following the Sunday sermons and diving into the scripture. We'll still be active, but will be more intentional about the learning process. We will be doing this by having hands on projects, acting out the stories and games. We are looking for 3-4 adult volunteers to help. If interested please let Jenna Engel know.

## New Resources for Study Groups

We have some exciting news for our small group leaders and Sunday school teachers. Starting in August we will have a Subscription to United Methodist Resource Center. This resource center has an easy to use online catalog. If you are in leading a Sunday school class, small group or want to find a study to do on your own please be sure to check it out at [www.igrc.org/UMRC](http://www.igrc.org/UMRC).

## August Mission of the Month is Women at the Well UMC

Did you know the church is in prison? Women at the Well is our sister and partner church, a United Methodist congregation within the walls of the women's correctional institution in Mitchellville, Iowa. This is a church that serves a specific, sometimes transient population with very special spiritual needs. Check out the display in the Gathering Place for more information about this very unusual ministry.

How can you support the Women at the Well?

- You can give anytime by putting "Women at the Well" on the memo line of your check to FUMC. There are also special offering envelopes at the display in the Gathering Place.

- Another 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 prison directly from Cokesbury.

These Bibles cost about \$10 each and will be given to the ladies in Bible Studies and to keep for their own use. Use the special "Bibles for our Sisters" envelope at the display in the Gathering Place.

- Cards of encouragement are always appreciated. You can mail them to the Women at the Well congregation using this address:

Women at the Well UMC  
PO Box 33  
Mitchellville IA 50169-0033

- And yet another way you can support this ministry is to be a part of a Reentry Team to support and guide women who are released from prison.

### Becoming connected to Women at the Well UMC:

- Come to their Facebook page, Women at the Well UMC, and "like" them there, to receive prayer requests and updates on their ministry.
- Follow them on Twitter, @WomenatWellUMC!
- Sign up for their e-newsletter at their web page at [womenatthewellumc.org](http://womenatthewellumc.org).



## 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. We have sent dozens of Bibles in past years and they are so appreciated. The Common English Bible for is an easy to read Bible. This is the Bible that Lisa in the church office has been using, and it's sturdy and feels nice and is easy to use.

These Bibles normally sell for over \$20, 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 at the Welcome Center. You can take a look at the type of Bible that your \$10 will provide, too.



## Stephen Minister Training This Fall

Stephen Ministers provide Christian care for our peers going through some type of loss. It is not counseling but walking along side another person, listening to their feelings, supporting and encouraging. Beginning Oct. 7th, FUMC will be offering a weekly Stephen Minister training class on Mondays, from 6:00-8:00 p.m., and will conclude in March prior to spring break. Many participants have found the class to be helpful not only at FUMC but also with their own families, friends and at their work places. Please stop at the church office to pick up a packet to register for this rewarding class which will need to be returned to the office by September 16th.

FUMC Stephen Ministry Leaders

Sandy Noelting 319-269-4339

Dee Behr 319 -575-0081

Jan Hoover 319- 277-4033



## Help the Wee Ones

Here are some ways you can help the wee ones, both locally and far away.

**Donate to our Wee Care closet.** 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 in our own community stretch their dollars. Diapers of all sizes are always appreciated, along with wipes, baby wash, baby lotion, 8 oz bottles and sippy cups. If you see a good deal on end-of-season baby clothes feel free to bring them in. We have a place to store them until the appropriate season.

Or, provide items for **Layette Kits** for Midwest Mission Distribution Center. These items will be collected until Ingathering, and Midwest Mission will ship them to those in need all over the world. You can purchase enough to complete a kit, or simply an abundance of what you can get a good deal on. Find the list on the back counter of the Welcome Center.

### For Layette Kits:

- 6 cloth diapers
- 2 gowns or sleepers
- 2 undershirts or onesies
- 2 infant washcloths – no adult washcloths
- 2 diaper pins with protective plastic closures
- 1 sweater, sweatshirt, or jacket open in front (no buttons or ties)
- 2 receiving blankets (28"x28" to 32"x32")- no crib, fleece, or thermal blankets

## Be a Blessing to Someone - Love INC

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 and agencies to reach out to those in need - our church is one of 29.

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.

## Hospital Reminder

Government 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.

## Communion At Home

Are you or someone you know unable to attend Sunday services and wish to receive communion at home? Every month as we share Holy Communion in our sanctuary, a portion of the bread and wine on the altar is reserved for those who cannot be with us in person. The next day, our parish visiting team extends that communion table to the homes of others. If you would like to be included, please call the church office at 266-1713, and you will be placed on our regular rotation.

## 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.

# 14 How To Help

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?

## Worship:

### 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, and Jan Hoover.

### Sunday Morning Hospitality

How many people does it take to make a Sunday morning happen at First UMC? A lot! We have greeters, Welcome Center hosts, refreshment servers, ushers, chair-setter-uppers, communion stewards, bus drivers, musicians, Sunday School teachers, camera, sound and tech operators and more. Everything happens because someone makes it happen. How can you help? Contact Jenna Engel to fill one of these slots!

### Altar Flowers

The altar flower calendar for 2019 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

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

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.

## Thank You

Thank you for thinking of me on my special day. I really appreciate the gift of the Bible and the Target gift card. I can't wait to use the gift card for some college supplies. Also I will be taking my Bible to school with me! I can't wait to start at St. Ambrose this fall!

Thank you,

*Katelyn Fincher*

The members and ladies of the El Kahir Shriners Vintage Autos want to thank you for opening the church, serving cold water, and making the bathrooms available for the parade people.

God Bless all of you,

*Carl Campbell*

We wanted to thank you for the opening up your building on the morning of the Sturgis Falls parade. Being able to use the bathrooms was so nice. You truly ministered to us. What a blessing. Thank you!

Riverview Conference Center

Thank you so very much for the beautiful red rose that Jane delivered, and also for the card from the staff. Sorry I missed Jane as I enjoy her visits so much.

*Freddie Holmes*

Thank you to the staff for all their support following Ruth Anne's death.

*Homer Leymaster*

Thank you to Jane Wyckoff for delivering the beautiful rose for my 85th birthday! I always enjoy visiting with Jane and feel so honored to be part of the First United Methodist church family which is so caring and special to me.

*Lorna Ericson*

Congregational Care Team and church staff,

I wish to thank you for remembering me on my birthday. Thank you for the beautiful rose and to Jane for her visit. Your ministry is very important in the life of our church. Thank you all for your dedicated service to our church and for going the extra mile to show love for God and others.

With love and God's blessings,

*Sue Mutchler*

I would like to thank the church care team for the birthday card and also Jane Wyckoff for delivering the beautiful red rose also. It's very thoughtful of everyone. Sorry I wasn't home at the time.

*Jim Schwab*

Thank you so much for the beautiful rose Jane delivered for my birthday. I always enjoy visiting with Jane.

*Loretta Dykes*

## Sympathy to:

Holly Schwerdtfeger and her family on the death of her mother on June 24.

Family and friends of Jeruld Marsh. Jerry passed away June 24.

Jane Jansen and her family on the death of her mother on June 28.

Marlys Pals and her family on the loss of her son-in-law, Matthew Gersama, on July 11.

Jan Hoover and her family on the death of her brother, Scott Hendrickson, on July 13.

Jane Wyckoff and her family on the death of her sister, Alice May, on July 22.

## Congratulations!

Linsey and Kaleb Zimmerman brought another little boy home in July. Samuel Clinton Zimmerman was born July 9. They report that the boys, Henry and John, are very excited to have another boy in the house but that Kate may need some extra love from us all as she's very outnumbered now.

## Financial Update as of June 24

YTD Budget Received:	\$410,055
YTD Budget Needs:	\$470,220
<b>Difference</b>	<b>-\$60,165</b>
Mortgage Balance	\$232,218

## Mobile Giving Options Available

First UMC Cedar Falls is now able to accept financial contributions through the mobile giving apps Venmo and Shazam Bolt\$. Both apps are available for Android and Apple devices. The apps are free to download, and after you link your bank account, transactions are handled much like debit card payments. Don't carry cash or a checkbook? No worries – just use your phone! Send contributions to [contributions@aboutfirst.com](mailto:contributions@aboutfirst.com)

## 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 for details. 319-266-1713..

## Attendance- week ending

	7/7	7/14	7/21	7/28
Transformation	73	61	75	68
Traditional 8:30	113	121	91	117
Traditional 10:00	87	99	103	103

# First United Methodist Church

718 Clay Street

Cedar Falls, Iowa 50613

Phone: 319.266.1713

Fax: 319.266.1715

Email: [churchoffice@aboutfirst.com](mailto:churchoffice@aboutfirst.com)

[www.aboutfirst.com](http://www.aboutfirst.com)

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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

Bus rides are available for the 10:00 Sunday service. Our bus is wheelchair-accessible.  
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, Lead 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

Susan Chizek, Finance Manager  
[susan.chizek@aboutfirst.com](mailto:susan.chizek@aboutfirst.com)

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

Lisa Congdon, Office Ministry Coordinator  
[lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com)

Haleigh Derhammer, Middle School Youth  
[youth@aboutfirst.com](mailto:youth@aboutfirst.com)

Carol Dick, Parish/Grief Support Coordinator  
[carol.dick@aboutfirst.com](mailto:carol.dick@aboutfirst.com)

Jenna Engel, Christian Education Coordinator  
[jenna.engel@aboutfirst.com](mailto:jenna.engel@aboutfirst.com)

Lorri Schofield, High School Youth  
[youth@aboutfirst.com](mailto:youth@aboutfirst.com)

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

Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor