

aboutfirst

LOVE FIRST. LET'S GATHER, GROW, GO TOGETHER



love your
neighbor

AUGUST 2023, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

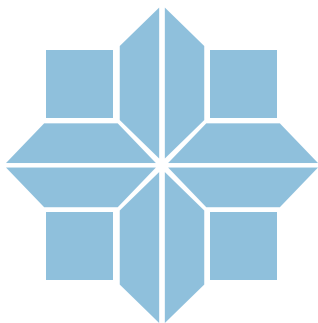
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Issue 274,
August 2023

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:
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aboutfirst.com

love your neighbor

Join us for a meaningful Sermon Series and Challenge that embodies the true spirit of Love First! At First United Methodist Church, our objective is to create a warm and welcoming environment in our neighborhoods and community that will spark welcoming conversations and spread the love of Jesus Christ.

In the next few weeks, on Sundays, we'll talk about "Love": who we should love, why we love, how to show love, and when to express love. Join us as we learn more about this important topic and its role in our lives.

Then, get ready for the Love Your Neighbor Challenge Weeks, where we challenge you to host mini block parties, popsicle gatherings, hotdog cookouts, yard game hangouts, coffee (or tea) chats, and even fun ice cream socials! These events are designed to bring us closer together, strengthen bonds, and spread our message of Love First.

Be a part of this transformative journey and take up the challenge to Love Your Neighbor as yourself. Together, we will create a ripple of love and compassion that will touch hearts and change lives. Let's make a lasting impact on our community and the world as we Gather, Grow, Go...Together!





What Can You Get at a Rummage Sale?

The First UMC rummage sale is upon us, and I am looking for another great deal! (I got red Converse for \$1 in 2019 and I've been trying to recapture the joy ever since.)

What can you get at a rummage sale?

We get a lot more from offering a rummage sale than first meets the eye. Here are a few things I think we gain from a rummage sale in the church.

First off, I think the act of organizing and participating in a rummage sale can be seen as an expression of stewardship, a responsibility to care for and make the most of the resources and possessions entrusted to us. By donating items and volunteering their time, individuals contribute to the well-being of the community and support the church's mission.

Secondly, rummage sales promote the principles of reduce, reuse, and recycle. By repurposing pre-owned items, a rummage sale can contribute to environmental care efforts by

reducing waste and promoting responsible consumption.

Third, rummage sales can be a reminder of the importance of simplicity and detachment from material possessions. By engaging in the process of de-cluttering, it encourages a reevaluation of priorities and fosters a more mindful approach to one's belongings.

Finally, a rummage sale can build community. Rummage sales often bring people together from within and outside the church community. They can nurture a sense of belonging and unity. I love the conversations I get into with members of the community that love a good rummage sale.

Tell me, what can you get at a rummage sale?

Blessings,

Pastor Scott



mission of the month

Monthly Mission for August: Midwest Missions

Our goal is to send 350 School Kits and 100 Personal Dignity Kits to the Midwest Mission Distribution Center. There they will collect and disperse these kits all over the USA and overseas during times of crisis. We will also need monetary donations to mail the kits.

School supplies for School Kits

- 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
 - 1 – box 24 crayons (ONLY 24 count, please)
 - 1 – box of 12 colored pencils
 - 1 – pair BLUNT scissors (rounded tip metal blade)
 - 1 – 2 inch or larger eraser
 - 1 – 12 inch/30 centimeter ruler (hard or flexible, must be flat and have metric markings)
- Some of these supplies are on sale right now so it's a great time to add a few items to your shopping cart.

Personal Dignity Kits

- 1 Bath Hand Towel - No kitchen towels
 - 1 Bath Washcloth - No dishcloths
 - 1 Adult Toothbrush - No multipacks
 - 1 Bar Soap - 3-4 oz
 - 1 Shampoo - 15-18 oz
 - 1 Deodorant - 2-3 oz - stick, roll on, or pump
- Kit Contains: \$2 donation for razor and toothpaste
- All items must be NEW & placed in a 1-gal resealable plastic bag
- It's not necessary to provide the entire kit. If you are willing to donate some of supplies, kind people at our church will assemble bags for the Ingathering in November.

You may give to mission projects by dropping your contribution into the Sunday offering plate, or coming in to the church office during business hours. You may also give to mission projects through the Venmo and Shazam Bolt\$ mobile apps, by sending your gift to contributions@aboutfirst.com. Be sure to specify that it's for Midwest Missions.

Introducing the 1 Day Mission Trip

Midwest Missions is Now in Jefferson, Iowa!

A group of 6 First Church members ventured to Jefferson to volunteer at the new Midwest Mission Distribution Center satellite site. We had such a good time we decided we needed to offer this opportunity to anyone who would care to do a one day mission trip.

On Thursday, August 31st we will be leaving the church at 9:00 A.M., from there we'll head to Jefferson and stop for lunch. After lunch, we'll go to Midwest Mission and help with projects from 12:30 until 4:00. We'll head back to Cedar Falls and should be back around 6:30.

The projects at Midwest Missions changes but some of the opportunities include repackaging educational and personal dignity kits, preparing plarn and weaving floor mats, rice packing or sewing women's hygiene pads.

If you'd like to go there will be a sign up at the Welcome Center. Please contact Julie Fee (319-296-8963 or bjfee@cfu.net) if you have any questions.

The Northeast Iowa Food Bank Needs You!

We'll be sending crews to the Food Bank on Thursday, August 10 from 9 to 4 pm and Tuesday, August 15th from 9 to 11 am. If you are interested, please sign up on the clipboards at the Welcome Desk in the Gathering Space. If you can't make it every month, that's okay! Rides are available from the church to the food bank and if we are working in the refrigeration area you will be contacted in advance. Remember to wear closed toed shoes.

Get Crafty for a Cause!

Join us on November 4, 2023, for this year's Mission Ingathering event! With temperatures soaring outside, it's the perfect time to get creative and craft some lovely fall and Christmas themed gifts and decorations, just like last October's bazaar. Remember how our talented church members showcased their homemade crafts and baked goods, contributing to the shipping costs for the much-needed kits at Midwest Mission. Let's do it again and make this event even more meaningful. Mission Ingathering allows us to show Christ's love to those in need, collecting as many donations as possible. Check IAUMC.org/ingathering for more details. Thank you all for your heartfelt dedication to mission. With warm regards, Kris Rash, Cedar Falls Site Coordinator, Mission Ingathering.



Help the Wee Ones

Donate to our Wee Care closet, where grateful parents come every Tuesday afternoon to receive much-needed baby goods. This gap ministry through LoveINC helps struggling families in our community stretch their dollars, providing diapers, wipes, baby wash, lotion, bottles, sippy cups, and accepting new baby clothes. Your donations make a difference.



Community Meal

Join us every Tuesday from 4:30 to 6:00 pm for a free community meal, providing an opportunity to socialize and save on food expenses. Our church hosts the meal every week, with different churches taking turns. We are currently in need of dessert volunteers, preferably baking cookies or bars, specifically on the 4th Tuesday of each month. Contact Maxine Kehret at 319-610-4191 if you're interested in contributing.



Got extra fabric? Bring it in!

We are seeking donations of durable fabric for school bags and stitching projects, as well as cotton quilting fabric for comfort quilts, baptism quilts, foster kids' quilts, school bags, and quilts for Midwest Mission. You can drop off your quality fabric donation in the designated bin located in the little hall across from the drinking fountain at the main level of the church's collection site.



august

August 1 - Grief Support

Where: Church Parlor

When: 2:00 to 3:30 pm

Grieving the loss of a loved one is a difficult journey. Your church family cares and offers several forms of support including: one-to-one individual support, social outings, a quarterly grief newsletter, and a monthly support session. Our August session will be held on Tuesday, August 1st in the church parlor from 2:00 to 3:30 pm. If you have suffered the loss of someone special, you are welcome, whether you are a member of our church or not. If you know someone who is grieving, please pass along this information.

August 3rd, 4th, & 5 - Rummage Sale

When: 5-8 pm Thursday, 9-1 pm Friday & Saturday

Don't miss our annual rummage sale! Browse through a wide selection of gently used items, including clothing, household goods, jewelry, and more, at affordable prices.

August 8 - Card Making

Where: Gathering Place

When: 1:00 to 4:00 pm (Come-and-Go)

Come join the fun this month as we make recycled cards for the Western Home Communities. They are sold at many of their buildings and the money is used to enhance the lives of residents. New

participants are always welcome. Bring a snack to share if you'd like!

August 10 & 15 - Food Bank

Where: Food Bank

The Northeast Iowa Foodbank Needs You! We'll be sending crews to the Food Bank on Thursday, August 10 from 2 to 4 pm and Tuesday, August 15 from 9 to 11 am.

If you are interested, please sign up on the clipboards at the Welcome Desk in the Gathering Space. If you can't make it every month, that's okay! Rides are available from the church to the food bank and if we are working in the refrigeration area you will be contacted in advance. Remember to wear closed toe shoes.

August 17 - 1st Friends Potluck

Where: Gathering Place

Time: 12:00 pm

Come and join us for good food, fellowship and fun. This is a great opportunity to get acquainted with others in the church and have lunch with the church staff. Couples and singles are welcome. All you have to do is bring a dish to share and your own table service. We will have the coffee pot on and ready to serve at 12:00. Dominoes, cribbage, and card games follow the meal until 2:00.

August 27 - Worship on the Green

Where: Front Lawn

Time: 10:00 am

Celebrate the beauty of the summer season as we prepare for fall events and programs. Bring your lawn chairs and sunglasses. We are hoping the Boy Scouts will serve us lunch again...but are waiting to hear for sure. Watch the weekly Good News emails and service inserts for more information.

Facebook Fridays

On Fridays about noon one of our pastors will give a preview of next Sunday's message.

August 27 - ThreeHouse Block Party

Where: 2422 College Street, Cedar Falls

When: 5-7 pm

ThreeHouse Collaborative Campus Ministries, located just across from the UNI campus, will be celebrating the opening week of classes with an outdoor Block Party. The block of twenty-fifth street at their address will be closed for the party- so drop in to enjoy some live music, light supper, check out the building, meet new students and meet members from other congregations partnering with ThreeHouse to continue the work of 'connecting the campus community to God and to each other'!

August 28 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, August 28 from 12:30-6:00. They have quite a few appointments slots to fill, and the need is great. Appointments are encouraged, but not required. Sign up to donate at www.lifeservebloodcenter.org.

August 28 - Crafters Corner

Where: Parlor

When: 6:00-8:00 pm

Get your crafting project lined up and join the group on the 4th Monday of the month from 6:00-8:00 in the Parlor. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.



Come celebrate all things First United Methodist Church at this year's "First Fest" on September 13th! We're thrilled to kick off our crazy, fun, and busy Wednesday nights this fall with this fantastic annual event. There will be food trucks, games,

exciting prizes, live music, and plenty of information about everything our church has to offer! Bring along a few friends and neighbors because, at First UMC, we're more than just a church – we're a family. Let's extend a warm welcome to more neighbors, friends, and strangers, inviting them to share life and experience God's grace with us.

The festivities will begin at 5:30 p.m. and continue until 8 p.m. If you're interested in helping out, we have several volunteer options available. Feel free to reach out to Katie at katie.greuel@aboutfirst.com to get involved! Get ready to kickstart your fall with us at First Fest – it's going to be an unforgettable time!

Summer Worship Schedule

Mark your calendar! We will worship together in the Sanctuary at 10:00am on **September 3**.

SUNDAY MORNING

Our school year worship times resume Sept. 10.

8:30 am Traditional Worship Service, Sanctuary, live stream at aboutfirst.com

9:00-10:15 Fellowship,

Gathering Place

9:15 am Transformation Contemporary Worship, Fellowship Hall live stream at aboutfirst.com

10:15 am Traditional Worship Service, Sanctuary

Previous services are archived on our First UMC CF YouTube channel

WEDNESDAY NIGHT

crazyfunbusy will be back September 20!

Find your Place in God's Great Story



ALTAR FLOWERS

The altar flower calendar 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.

SUNDAY DRIVER

We need a person to drive the bus or pick up a rider or two the first Sunday of each month. Currently there are only one or two people who use the bus service, and many drivers prefer to use their own vehicle. It's up to you. Generally it's a quick pick-up at South Main Western Home and/or a nearby neighborhood. If you wish to be a part of this valuable ministry, are 21 or older, and are willing to give rides to and from the last worship service the first Sunday of each month, please contact the bus coordinators Janet & Steve MacTaggart at 319-404-0077. They can answer your questions and give you a bus tutorial.

TECH VOLUNTEERS

Tech volunteers get to use the same cool equipment and do the same important job as our paid staff, but they have more flexibility to pick and choose the Sundays and services they work. We can't do this without volunteers. No experience necessary – we can teach you what you need to know. Email chris.congdon@aboutfirst.com for more info.

GREETING

As a greeter you are our guest first encounter. You will be responsible for welcoming all who enter our doors. We need greeters at the First and Second Services. Greeters will be placed at the main doors to Welcome our guests. Email Jenna.engel@aboutfirst.com for more info.

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.

JOIN THE FACEBOOK GROUP

We have created a Facebook group called First Friends and Family to allow everyone to interact and share the ways they are finding to Love First. Head over to our church Facebook page, select 'visit group'. You should find the button under the banner. Want to join? Click the member request button and we will be sure to add you.

NEW CHAIRS

New chairs are ordered for fellowship hall. When they arrive the church is responsible for taking them off the truck, and into the fellowship hall and unpacking them. Arrival dates are August or early September. We would like a list of volunteers to call as soon as we get the word the chairs are on the way. Please call or text Cynthia Kenyon at 319 269-8650 to put your name on that list.

education news



FALL IS RIGHT AROUND THE CORNER

We have many different opportunities for you to join a ministry team.

Areas that we would love for you to join are:

Sunday school – we are looking for a lead teacher for 1st-2nd graders

Wednesday Night – Blast you will work with kids ages from Kindergarten – 5th Youth you will have the chance to work with 6th- 12th grades.

Wednesday afternoon cook- we are looking for one person to join our Wednesday meal prep team.

If you don't have the time to help in person on Sunday or Wednesday you can also help by donating food for our Wednesday night meals. Please contact Jenna Engel at jenna.engel@aboutfirst.com if you have questions or would like to get involved.

UPCOMING SAFE SANCTUARY TRAINING!

We will be holding this training on Thursday, August 17th at 6:00-8:00 in the Gathering Space. If you are volunteer this training is for you. We will open this up to anyone else that is interested in being trained in our Safe Sanctuary policies. If you have questions please contact Jenna Engel at jenna.engel@aboutfirst.com.



G3 YOUTH SUMMER ACTIVITIES

Contact Lorrin at youth@about-first.com if you have any questions.

SATURDAY AUGUST 5:

Annual Rummage Sale Cleanup, 12:45 until finished. Each year, the youth serve our rummage sale team by helping to clean up after the annual rummage sale. This involves moving unsold items from various rooms to be collected and donated to local charities. After cleanup, we will serve ice cream sundaes to all volunteers in the gathering space!

WEDNESDAY AUGUST 16: Mini Retreat, 5:30-7:00pm. Join us for a relaxing night on the last Wednesday before school starts! We will have dinner and prayer stations/activities to get you centered and ready to face another school year with God's help.

Save the date: for our first lock-in of the new school year, October 7-8 here at our church! We will be making our annual cookie mix jars to sell the morning of the 8th. Our friends from West Des Moines UMC will be joining us, so get ready for all the fun! Stay tuned for more details to come.

MISSION TRIP RECAP!

Our youth spent June 25-30 in Kenosha, WI, serving and learning more about God with youth from all over the country at Week of Hope. We had a fun and faith-filled week on this trip, and had so many experiences that helped us grow in our relationships with Jesus. We cleaned and organized closets, pulled

weeds, helped young girls with their education, assisted the elderly with chair yoga, visited Lake Michigan, and so much more. We would like to say a huge THANK YOU to everyone who helped make this year's mission trip possible. Whether you donated to our fundraisers, sponsored a meal, prayed for us, or sent us on our way with snacks and other supplies, we couldn't have had this experience without you. Because you have blessed us, we were able to bless so many others on this trip.





Send a Card or Note

Send a card or a letter to our friends in care facilities and unable to attend church. Phone calls and cards are also much appreciated for

those who are staying home. Think of who sits around you in worship or in a group, and give them a call or a card. We still have updated photo directories at our Welcome Center. Pick one up Monday-Friday.

**Marlys Cook, Judy Focht,
Geri Gilbert, Shirley Huffman**
Martin Suites
420 E. 11th St
Cedar Falls IA 50613

**Wanda Chase, Sharon Krebs,
Homer Leymaster, Emogene
Marty, Marcia Simpson**
Windhaven Assisted Living
5500 S. Main St
Cedar Falls IA 50613

Barb Spates
Thalman Square
5500 S. Main St
Cedar Falls IA 50613

**Sue DeBower (201),
Harold Krebs, Joy Sires, Nick
Teig, Freddie Holmes (rehab)**
Deery Suites
5301 Caraway Lane
Cedar Falls IA 50613

Faye Rohwedder
Thuesen Cottage
5127 Caraway Lane
Cedar Falls, IA 50613

**Vivian Hill, Donna Hoffman,
Dorothy Schwab,
Bill & Mary Shepherd**
New Aldaya Lifescapes
7511 University Ave
Cedar Falls IA 50613

Donna Tiller (1304)
CedarStone Senior Living
4715 Algonquin Dr
Cedar Falls IA 50613

Betty Fanning, Chet Starr
Bickford Cottage
5101 University Ave
Cedar Falls IA 50613

Betty O'Brien
Friendship Village
Lakeview Lodge
312 Southbrooke Drive #39
Waterloo IA 50701

Kathy Gill
LaPorte City Specialty Care
1100 US-218
La Porte City IA 50651

Dixie Messerschmidt
Boysen Heights Senior Living
765 Boysen Rd NE
Cedar Rapids IA 52402

Darlene Prashak
Heritage Care and
Rehab Center
501 S. Kentucky Ave
Mason City IA 50401

Give Through Our Website or Your Phone

Online giving is great for you, because you can do it any time, any place, and you don't need to carry cash to church. Recurring (automatic) giving is great for you, because you won't have to try to remember to write the check. Recurring giving is also great for the church because it provides a predictable income stream for budgeting and planning purposes.

Our secure online giving portal allows you to make one-time offerings, or to set up a recurring gift. Check it out today.

<http://aboutfirst.com/giving>

or, download the GivePlus app to your mobile device and give directly from your phone. Available for androids and i-people.



GIVEPLUS⁺
A VANCO COMPANY

You're invited!

Joe and Linda Bohr would like to invite everyone to join us in celebrating our 60th wedding anniversary. Our celebration will take place on Sunday, September 3 from 1-4pm at Howards Farm Event Center. The address is 29820 120th St, Dike IA. Howards Farm is the acreage that our family has been renovating for the past 18 months. We are excited that our anniversary can serve as a "soft opening" for the venue and we can't wait to share our progress with our church family!

Thank You

Thank you to my church and Jane for the beautiful carnation for my 89th birthday! I always enjoy Jane's visit and it is so nice to be remembered by the church staff and care team. I am so blessed by being a part of First UMC.
-Lorna Ericson

Thank you so much for the beautiful carnation in one of my favorite colors brought to me for my birthday. I'm sorry I wasn't home when it was delivered. It was greatly enjoyed. -Alys Aswegan

Thank you to my church family for all the cards and prayers for my father, Bob Nelson. I especially want to thank Pastor Scott, Pastor Karen and Carol Dick for their visits, and Jane Wyckoff for communion plus delivering one last birthday flower to Dad. All of the visits meant so much to him and our family in his final days. -Deb Bernard and family

Thank you Jane for the pretty carnation and the visit. I always enjoy seeing you and appreciate your coming to see me

at my birthday time. -Bill Mitchell

Just a simple thank you for opening up your facility on Sturgis Falls Parade morning for us and all the parade participants. We appreciate everything you do to make things easier for us that day. Again we thank you.

-Rose and Jim
Sturgis Falls Parade Directors

I would like to thank the church staff for the nice birthday card for my 86th birthday. Also many thanks to Jane Wyckoff for delivering the lovely red carnation and the visit we had. I enjoyed it all very much. -Jim Schwab

Thank you to all who attended the "Cake with Carol" on July 16th, to all who had a hand in making it work, to all who sent a card, gave a hug, or encouraging words after my retirement as Grief Coordinator. Special thanks go to all the many volunteers who have served since the ministry began in 1998 and to the wonderful, caring staff at FUMC. It has been my privilege to serve those who grieve, and you will all remain in my heart. The grief support ministry will continue in the very capable hands of Sue Ney. - In Christ's Love, Carol Dick

Sympathy

Keep Dick Michael and his family in your prayers on the death of his brother, Mike, on July 18.

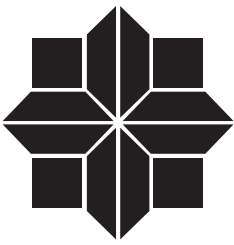
Financial Update

Thanks to your support and the kindness of a few other church members, we were able to make a significant reduction in our deficit. We are truly grateful for your thoughtfulness and willingness to help!

Deficit end of May: \$35,983
Deficit end of June: \$21,225



**We are a Dementia
Friendly Organization!**



FIRST UNITED
METHODIST CHURCH

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First United Methodist Church, Cedar Falls

Summer Worship

8:30 am	Traditional Worship Service, Sanctuary
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary Worship, Fellowship Hall
10:15 am	Traditional Worship Service, Sanctuary

Television

Cedar Falls (CFU) Channels 18 or 95.5

Friday @ 8:00 pm, Sunday @ 9:00 am

Waterloo (MediaCom) Channel 1

Sundays @ 11:00am & 8:00 pm

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(in alphabetical order)

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Jane Wyckoff, Parish Visitor Coordinator