

about**first** news

February, 2019 First United Methodist Church, Cedar Falls



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



CONTENTS

2	-	pastor's page
3	-	worship
4	-	home page
5	-	news
6	-	news
7	-	how to help
8	-	events
9	-	calendar
10	-	learn & grow
11	-	earn & grow
12	-	reaching out & in
13	-	reaching out & in
14	-	women & men
15	-	short notes

issue 220, February, 2019

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

Invitation to Pray for the United Methodist Church

As your pastors, we want to invite you to join us in praying for the United Methodist Church. At the General Conference of 2016, the denomination acknowledged that we are at an impasse as we are not of one mind on issues of human sexuality in regards to our LGBTQ brothers and sisters. A special called General Conference is scheduled to meet in St. Louis, Missouri on February 23-26 to determine a way forward for the denomination. General Conference is the top policy making body of the denomination and the effects of this conference will impact the global church.

As one of our previous Iowa Bishops once said, "The work of the church does not begin with preaching, missions, or other important tasks. The work of the church begins foremost on our knees in prayer."

We want to invite you to take time this February to pray for the United Methodist Church. There are various ways you can be part of that worshipful work.



- 1) Our entire church is encouraged to pause daily at 2:23pm to engage in a short prayer time for our United Methodist way forward.
- 2) February 17-26 during the week of General Conference, our First UMC chapel will be open for you to come and pray for the future of our church.
- 3) Sunday, February 24th will be a day set aside for prayer at all of our worship services. While we are gathering for worship, the delegates to General Conference will be meeting in St. Louis and we will support them with our prayers. We pray that their discussion be lead with reason, wisdom, and most importantly, love first.

As your pastors, we are deeply committed to our new mission and vision statement where we "Love first, let's Gather, Grow, Go...Together." These will be our guiding principles for ministry now and into the future. We believe that Christ is the cornerstone of the church and we will continue to let the His gospel direct us. As we live into that vision, we will achieve our mission of making new disciples of Jesus Christ for the transformation of the world. Amen, and may it be so!

Pastor Scott & Pastor Matt



Miss A Sermon?

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

Go to our website at aboutfirst.com and scroll down to the "sermons" graphic, which will link you to all of our sermons and public videos.

Three More Weeks of Crucial Conversations

Sunday Mornings

8:30 | worship & teaching

9:45 | discussion session

11:00 | worship & teaching

This has been a fascinating worship series, and it continues through February 17. Our pastors have led us through the theological basis for both sides of some contentious issues, they've shared the official United Methodist Church positions, and then they've given us the opportunity to discuss the issues, too. The discussion sessions have been a remarkable time of sharing our viewpoints in a way that actually *builds* relationships with those who may not agree with us. We can confirm that our church is a big tent which comfortably holds people of many different perspectives!

Please join us for the next three weeks of Crucial Conversations as we tackle some timely and touchy topics.

February 3 | Euthanasia

February 10 | Immigration Reform

February 17 | Homosexuality & Gender Issues

Here's how the discussion time works: the room will be set up with chairs arranged in 2s & 3s. You'll sit with another person, and after the pastors' introductory remarks you'll have ten minutes of conversation on the issue. Discussion questions will be provided, or just speak and listen as you feel led. After ten minutes, we'll share a prayer, and then choose a new person to sit with for another ten minutes. Think of it as short discussions based on the speed-dating model.



We invite and encourage everyone to take part in the discussion time. It is a non-threatening way to dig deeper into other people's perspectives, and to learn more about people who think just like you, and people who don't.

Scout Sundays

February 10 Boy Scout Sunday

Our church has a long history of involvement with scouting. We welcome the Boy Scouts who will be assisting as greeters and ushers in Feb 10 worship services.

March 10 Girl Scout Sunday

Girl Scouts of all ages are invited to honor Girl Scout Sunday and the long-standing support of First United Methodist Church on Sunday, March 10.

Please wear your uniform, vest, sash or GS pins that day, we'd love to have you at the entrances to greet people as they enter worship. Please arrive 15-20 minutes prior to the start of the service.

Any questions, feel free to contact Linda Kennedy via email at: lk@cfu.net



The internet is full of videos of people getting into impossible situations which often don't end well: driving into wet cement, provoking wild animals, standing too close to a kid with a baseball bat, etc. They've come to be known as Epic Fails.

Sometimes, though, the epic fail isn't our fault, rather it is the circumstances that develop around us which put us into a position that seems hopeless. Sometimes the epic fail is the failure of our friends to realize what we're dealing with. Sometimes the epic fail is an unexpected event that upends the plan we had for our lives . . . and now we have to figure out how to deal with it.

There's another set of videos on the internet called Epic Wins - these are the videos of beating the odds and overcoming.

That's what we're looking at in our new Fusion series on Wednesday nights. People you know from our congregation will be sharing the real stories of the times that the circumstances of life failed them, and through faith and perseverance, they ended with an Epic Win.

Fusion Tonight is our weekly worship talk show. It's fun and it's serious and you're invited. Wednesday nights, 7:15, upstairs in the theater.





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

THE MISSION AND VISION OF FIRST UNITED METHODIST CHURCH

Our Mission

The mission of First United Methodist Church of Cedar Falls is making new disciples of Jesus Christ for the transformation of the world.

The reason First UMC of Cedar Falls exists is to make new disciples and transform our world. Our working definition of a disciple is a follower of Jesus the Christ whose life is centered on loving God and loving others.

Our Vision

Love first, let's Gather, Grow, Go ... Together.

First UMC of Cedar Falls is a community of people committed to living out love first, and extending ministry to make that love real to others.

Our Strategy

The First UMC of Cedar Falls is becoming a congregation of people who:

- **Gather** people to experience life-changing worship.
- **Grow** by equipping disciples primarily through small group ministries.
- **Go** serve in love and extend hospitality as servant leaders to transform the world.

These strategies are the ways that we move toward our vision and accomplish our mission.

Our Core Values

- **Christ-Centered:** Focused on the life, words, way, and Spirit of Jesus proclaimed in the New Testament.
- **Biblically-rooted:** Encourages spiritually-alive, faithful study of the Bible using tools of devotion and scholarship that are appropriate to a diverse body of people.
- **Welcome-focused:** First UMC is a diverse community welcoming persons of all ages, races, sexual orientations, gender identities, family configurations, economic abilities, and mental and physical capacities.
- **Warm-hearted:** A joyful, loving, laughing congregation that experiences the grace of God in Jesus Christ in personal and positive ways.
- **Open-minded:** A place where people search, think, question, and honestly express their growing experience of the faith in an accepting and affirming atmosphere.
- **Mission-directed:** Continuing the strong sense of mission which has been part of our identity, both in terms of mission to the city and mission in the world.
- **Connection-committed:** As part of The United Methodist Church, we see ourselves as a leader/supporter of the global ministries in which we share.

These values define who we are and how we participate in community together.

First UMC is committed to gathering, growing and going together in love. As we live into our core values the Holy Spirit will fulfill our mission of making new disciples that transform the world.

New Vision and Mission Statements Implemented

Our First UMC visioning process which goes all the way back to the late-summer house meetings, is now complete.

At right, you can read the full statements of our mission, vision, strategy and core values. These are the statements which will drive our ministries forward, and will be the criteria by which we evaluate our effectiveness. These are the statements which define who we are as a community of the Christian faith, and as a member of the globally-connected United Methodist Church. Love First, let's Gather, Grow, Go Together.

Iowa Conference Budget Cuts

As we reported in the January AboutFirst, our Iowa Conference of the United Methodist Church is facing substantial budget cuts in the next year. There is a goal in-place to trim \$1 million from the annual budget by 2020. A list of proposed budget cuts was published here last month, and include realignment of conference staff, elimination of funding for the Iowa Religious Media Library, and drastic reductions in funding for the collegiate ministries, including Threehouse, our campus ministry at UNI.

If you have questions or concerns regarding these budget cuts, we encourage you to share them with the conference budget team at budget@iaumc.org.

Wacky Winterfest at Lincoln

Lincoln Elementary's Wacky Winterfest is coming up Saturday, February 16 from 11:00-2:00. Winterfest is the largest Fundraiser for Lincoln School. With the funds raised they are able to approve many grant requests from school staff in addition to providing yearly stipends for all classroom teachers!

They are in need of many volunteers in order to make Winterfest a success! This is a great opportunity to give of an hour or two of your time to help our neighborhood school and Partner in Education. Please take a moment to find a spot where you would enjoy serving!

Sign up here:

<https://www.signupgenius.com/go/409044eada62ba6ff2-2019>

or contact Jessica Beougher at jessica@beougher.com with questions. They look forward to seeing you at WACKY WINTERFEST!

Mobile Giving Options Are Now 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



Winter Weather Policies

Worship

It is our goal and our intention to provide at least one worship opportunity every week, but this is Iowa, and it is winter, and weather happens. When winter weather gets bad, the pastors will decide if changes should be made to the worship schedule.

Weekly Activities

Cedar Falls Schools will be our guide. If Cedar Falls Schools have cancelled classes or dismissed early then church activities will also be cancelled for the evening.

Cancellations will be broadcast on both KWWL Channel 7 and KCRG Television Channel 9 and posted online at www.aboutfirst.com. We also ask that you use your best judgement and do not venture out into dangerous weather.

Preach It, Brothers and Sisters

The United Methodist Church is very clear in its doctrine that ministry is a partnership between ordained clergy and us, the laity. We all have skills and gifts that are useful in service to the cause of Christ. Among the laity, some of us can serve in ministries of music, the Congregational Care Team, and any of our First UMC missions.

We even have a crew of lay-speakers who help other churches with worship leadership. This group, known as the Circuit Riders, is currently supplying worship leadership to the United Methodists of Frederika and New Hope Parrish (Dumont & Aredale). On any given Sunday, at least two members of CF First UMC are on the road, leading prayers and delivering sermons in these churches.

Serving in this way is an exciting opportunity for us to meet other Iowa United Methodists and to assist them in maintaining their Sunday services in the absence of a regular pastor.


Many, but not all, of our Circuit Riders are graduates of the School For Lay Ministry. All have a heart for worship and for sharing stories of faith that others may find useful in their lives.

Chris Congdon in our First UMC media office says this, "A goal of most churches is to equip and encourage people in their own lives of ministry. I love that our church actually provides a pathway for those whose gifts are in the spoken ministries of telling the stories of the Gospel."

We can always use a few more Circuit Riders. If this ministry sounds interesting to you, talk to Chris Congdon about exploring further.

Q What is an endowment fund?

A An endowment is a fund set aside for the long-term benefit of an organization. It is a perpetual fund in which the principal amount is not spent down. It literally lasts forever. The funds contributed to the endowment account are invested and a portion of the average earnings are distributed to the church.

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



The Way Forward - General Conference February 23-26

The United Methodist Church is at a defining point in its history and for its future. For four decades our denomination has been in conflict over human sexuality issues, and that conflict has become the dominant issue in church politics. In an effort to resolve this conflict, a special General Conference will be held February 23-26 in St. Louis, MO. Voting delegates from all United Methodist Conferences around the world will be in attendance. The practical questions are whether or not to allow the ordination of LGBTQ clergy, and whether or not to allow same-sex marriage. Also, doctrinal documents which define our current policies will be up for review and revision. There are more than seventy individual pieces of legislation which will have to be addressed during the conference.

What should you do?

Stay informed. Our pastors will be leading an informational event Sunday, February 17, from 2:00-4:00pm. to explain the three major proposals. Everyone is encouraged to attend. Use the links below to dig into the news from the Iowa Conference and the full coverage from United Methodist News Service (UMNS). As the conference launches, check the UMNS website for legislation tracking and live video streaming of conference sessions.

United Methodist New Service Conference Coverage

<https://www.umnews.org/en/category/general-conference>

Three Ways Forward Compared

<https://www.iaumc.org/commissiononawayforwardthreeplans>

Bishop Laurie's news page

<https://www.iaumc.org/commissiononawayforwardnews>

Iowa Conference News Coverage

<https://www.iaumc.org/>

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, Debbie Dance and Jan Hoover

Transformation Chair Setup - 1st Sundays

Jim Larson has been setting up chairs at 7:15am on the first Sunday of each month, and he doesn't even attend that service! A couple more people to join him would be awesome, and it would be especially swell if they were Transformation folks. This is a once a month commitment for about 20 minutes. If you can help please contact Jenna Engel.

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

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

Feb 5 - Food Bank Work Crew

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 included in the reminder email or would you like to carpool to get there? Contact Lisa in the church office. lisa.congdon@aboutfirst.com

Feb 5 - Grief Support Session

Where: church parlor

When: 2:00-3:30pm

"He heals the broken-hearted and binds up their wounds." Psalm 147:3

Grief Support Group Sessions are offered for anyone who is experiencing a loss in life. There are many kinds of losses, each of which can carry many different emotions. In these sessions, participants will have an opportunity to share thoughts and feelings in a safe, non-threatening environment. Carol Dick and Deb Yankey are the facilitators. No reservations are required.

Feb 21 - 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.

Feb 25 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00

Blood donors, cookie bakers, and hosts are needed. They have quite a few appointments slots to fill. Sign up to donate blood at www.lifeservebloodcenter.org. Use the sign-up sheet at the Welcome Center to donate cookies or chat and serve cookies to the donors for an hour or so.

Also, LifeServe is looking for a volunteer to make calls to remind people to donate blood at the monthly drives hosted by our church. A call list of donors would be provided. Contact Lisa in the church office if you are interested in doing this.

Feb 26 - Crafter's Corner

Where: Parlor

When: 6:00-8:00

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. But, donations of good full size scissors or craft store gift cards to buy good scissors would be appreciated. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

Next Month:

March 10 - Girl Scout Cookie Booth

Sun. March 10 in the Gathering Place

Girls from Linda Kennedy's Senior Troop 6581 will be selling from 8 am to 12:15 p.m.

Stop by and pick up your some of your favorites.

There are some new choices, including a gluten-free cookie.

The S'mores Cookie is back for 2019!

Already bought cookies? Need more?

Want to help, without the calories; consider buying a box or two, and having them donated to Military personnel .

SEE YOU THEN!

Any questions, please contact Linda Kennedy via email at: lk@cfu.net



Your CrazyFunBusy Church Night!

- 5:15 - 6:00 **The Filling Station**
- a meal for everyone. Eat & go on to
- 6:00 - 7:10 **Jr / Sr High Youth**
- fun & connections for 7th - 12th graders
- 6:00 - 7:15 **BLAST! (for kids)**
- Bible Learning And Service Together
- 6:00 - 7:15 **More Than Moms**
- helps for the real life of womanhood
- 6:00-7:00 **Men's Study - 33**
- developing as authentic Christian men
- 6:15 - 7:30 **Tower Bells**
- weekly bell choir rehearsal. Want to play?
- 7:15 - 8:00 **FUSION Tonight**
- live talk show / worship
- 7:30 - 8:30 **Chancel Choir**
- for adults who love to sing

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 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
 9:45 Sunday School for all ages
 11:00 Traditional Service, sanctuary
 6:30 Les Cloches d'Or rehearsal, sanctuary
 7:00 Boy Scouts, Fellowship Hall

Tuesday

9:30 Quilters/Stitchers, O59
 4:30-6:00 Community Meal, Fellowship Hall
 6:30-8:00 Tuesday Night Fellas
 7:00-9:00 AA, O55

Wednesday

9:00 Women Connected by Prayer, parlor
 5:15 AA, O55
 5:15 - 6:00 The Filling Station
 6:00 - 7:10 Jr / Sr High Youth
 6:00 - 7:15 BLAST! (for kids)
 6:00 - 7:15 More Than Moms
 6:00-7:00 Men's Study group
 6:15 - 7:30 Tower Bells
 6:30 WOW AA, O55
 7:15 - 8:00 FUSION Tonight
 7:30 - 8:30 Chancel Choir

Thursday

5:30-6:30 Zumba, Fellowship Hall

Also Scheduled....

FRIDAY February 1

game night for youth

SUNDAY February 3

Holy Communion at all services
 Crucial Conversation - euthanasia
 Lisa Congdon at Frederika UMC
 Mark Fransdal at Parkersburg UMC
 Padma at New Hope Parish
 9:45 3rd grade Bible class, parlor
 9:45 conversations, in Fellowship Hall
 No evening activities

MONDAY February 4

6:30 Stephen Ministry supervision

TUESDAY February 5

2:00-3:30 Grief support, parlor
 6:00-8:00 Food Bank Work Crew
 6:30 men's group, O59

WEDNESDAY February 6

6:00-7:00 Disciple's Path class, library
 7:15 FUSION Tonight- Jacob Bonebrake

THURSDAY February 7

6:15-8:00 Cadette Girl Scouts, parlor
 6:30 Trustees, O57 or library
 7:00 Transformation Band, Fellowship Hall

FRIDAY February 8

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

SUNDAY February 10

Boy Scout Sunday
 Crucial Conversation - Immigration Reform
 Padma Templeton at New Hope Parish
 Lisa Congdon at Washington Chapel
 9:45 conversations, in Fellowship Hall
 Noon Cub Scouts in Gathering Place
 6:00-7:30 Confirmation, third floor cafe
 6:00-7:30 Girl Scout Troop1874, chapel

MONDAY February 11

9:30-11:00 UMW Board meeting, library
 6:30 HOME Team, chapel

TUESDAY February 12

Staff Habitat work day
 5:00-8:00 Daisy Scouts (Gathering Place,
 6:30 Finance Committee, O57
 6:30 Community Meal annual mtg, parlor

WEDNESDAY February 13

2:00 communion service at Stanard Care
 6:00-7:00 Disciple's Path class, library
 7:15 FUSION Tonight - Coved Oswald

THURSDAY February 14

1:00 UMW Unit meeting, Fellow Hall
 5:30-6:30 Zumba, Fellowship Hall

SATURDAY February 16

11:00-2:00 Wacky Winterfest at Lincoln

SUNDAY February 17

Crucial Conversation - LGBTQ acceptance
 Chris Werling at Frederika UMC
 Mark Fransdal at New Hope Parish
 9:45 3rd grade Bible class, parlor
 9:45 conversations, in Fellowship Hall
 2:00-4:00 the Way Forward workshop
 6:00-7:30 Confirmation, third floor cafe
 NO Boy Scouts

MONDAY February 18

General conference prayers in chapel
 10:00 Deborah Circle, parlor
 6:30 Worship Committee, library

TUESDAY February 19

General conference prayers in chapel
 5:30 SPRC, library

WEDNESDAY February 20

General conference prayers in chapel
 Newsletter deadline
 11:00 service at Pinnacle Care
 6:00-7:00 Disciple's Path class, library
 7:15 FUSION Tonight - Jenna Engel

THURSDAY February 21

General conference prayers in chapel
 Noon-3:00 First Friends potluck, Gather Place
 7:00 Transformation Band, Fellowship Hall

FRIDAY February 22

General conference prayers in chapel

SATURDAY February 23

General conference prayers in chapel
 Special General Conference, St. Louis MO
 Special General Conference is going on
 9:00-1:00 Girl Scout badge event,

SUNDAY February 24

Day of prayer for General Conference
 Special General Conference, St. Louis MO
 Padma Templeton at Frederika UMC
 Lisa Congdon is at New Hope Parish
 6:00-7:30 Confirmation, third floor cafe
 6:00-7:30 Girl Scout Troop1874, chapel

MONDAY February 25

General conference prayers in chapel
 Special General Conference, St. Louis MO
 12:30-6:00 Blood Drive. Gathering Place
 6:30 T4 meeting
 6:30 Cub Scouts, Fellowship Hall

TUESDAY February 26

General conference prayers in chapel
 Special General Conference, St. Louis MO
 6:30-8:30 Crafter's corner, parlor

WEDNESDAY February 27

1:00 Communion Service Windhaven
 6:00-7:00 Disciple's Path class, library
 7:15 FUSION Tonight - Jon Cooper

THURSDAY February 28

Noon Newsletter labeling
 9:30 Mary Circle, parlor
 1:30 Joy Circle
 6:15-8:00 Cadette Girl Scouts, parlor

The Spirit and Art of Conflict Transformation

March 9-10 at Cornell College

Transforming conflict into a positive rather than a negative force is a spiritual pursuit and needs to be grounded in biblical principles: love of God, neighbor, and self. We will explore how to prepare ourselves for the work of engaging conflict and how to engage others in conflict transformation. Outlining specific processes interwoven with the practical instructions are stories that illustrate the potential for this new “justpeace” approach.”

This class is offered to all interested parties by the Cornell Campus of the School for Lay Ministry. You do not need to be a graduate or student of the School for Lay Ministry to participate. This is a two-day class, Saturday and Sunday, March 9 & 10, on the Cornell College Campus, Mt Vernon, IA. Saturday, check-in begins at 8:00 and class begins at 9:00. It is a full day in the classroom, with appropriate breaks. Saturday lunch and dinner are included in registration fee. Class will be finished by 9:00pm. Sunday class begins at 8:45 and ends at noon. Leaders will be Colleen Petaros, Conference Director of Lay Servant Ministries, and Steve Kahler, Certified Lay Speaker and frequent SLM instructor.

If you have been interested in the School for Lay Ministry Experience, but haven't wanted to make the 3-year commitment, this would be a good opportunity to see how a SLM weekend works.

Pre-class assignment: Participants will need to order and read “The Spirit and Art of Conflict Transformation” by Thomas Porter. ISBN 9780835810265. This book is available through the Upper Room Bookstore, Amazon.com, and Cokesbury.

Classes are held in the lowest level of the Thomas Commons Building - hint - enter from the rear and you'll be right there.

Registration questions may be directed to Barb Mann, at barb.mann@iaumc.org.



Disciple's Path/ New Member Class

If you are new to FUMC and feel that this is your spiritual home, we want to invite you to our new member exploration class that just started. We are offering a class held on Wednesday evenings at 6:00 p.m. Class sessions will last 1 hour and will run five to six consecutive weeks taught by the pastors. Calling FUMC your church home is a great way to take the next steps in your faith journey. Please contact Pastor Matt German at 319-266-1713 or matt.german@aboutfirst.com if you are interested. Hope to see you there!



Education Update:

3rd Grade Bible Class is under way! We are happy to have 3 families participating.

This is a 5 week course with the final class being on March 3rd. We will also be having the Bible Ceremony during the 11:00 Service. This is a great thing to witness as we ask the congregation to help lead these children as they continue growing in their faith.

In BLAST we are tackling Adam Hamilton's study “Afraid”. In this study we are talking about every feelings of being anxious, feeling grief and finding ways to love others that are different from you. We have had a few of our adult members come in and share their stories with the kids.

left: Chris tells the BLAST kids a TRUE story of being afraid. It was a great story of being caught on a cold and snowy mountain side with the sun going down, the temperature dropping, and mountain lion tracks all around.

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.

Upcoming retreats:

Feb 21-24, 2019 men Solon, IA
 March 14-17 women Solon, IA

Start a Daily Devotion The Easy Way

"The Upper Room" daily devotional is available in the literature rack outside the church office. The Upper Room magazine's mission is to provide a model of practical Christianity, accessible in varied formats, 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.

Cost \$1.25

Adult Sunday School

Everyone is welcome - you do not need to be a member of First UMC to attend.

CCF (Christ Centered Families)

This class will focus on strengthening our families and developing our young children into strong Christians.
 Room: 057

Growing Christians

Our studies generally vary during the year from Bible studies, applying Biblical principles and the gifts that God puts into our lives. Room 056, Kris Rash

Open Door

Where friends meet to study God's word and apply it's principles to on-going spiritual development. Meet in the Library. Contact Sue Mutchler or Margery Andrew

Kaleidoscope

This group is for anyone willing to tackle any topic! Room 058 Gil Hewett

Seekers

The Seekers present several small studies/discussions each year (no homework) to help grow our faith in Jesus Christ. Room: 060

Pathfinders

We gather to share our lives and discuss God's presence in the world today.
 Room 055

12 Reaching Out & In

February Mission Focus Love INC Wee Care

Wee Care is First UMC's way of showing that we care about the little ones in our community. We've supported and hosted this ministry since July of 2011, and it is one of the most heavily used gap ministries with Love In the Name of Christ.

So, how can you help?

Pick up a shopping list at the display in the Gathering Place. Baby supplies for our Love INC Wee Care ministry are always appreciated. Baby wash, baby lotion, baby wipes, diapers in all sizes, burp cloths, receiving blankets, baby washcloths, bottles (4 and 8 oz) and sippy cups can always be used. Seasonal clothing is also helpful to have on hand, and parents are grateful for the cute new clothes or warm jackets. Of course, 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. We cannot accept baby powder or any baby foods (or formula or pedialyte).



If you are not a shopper, you can make a monetary donation and we will purchase the supplies most needed. Checks can be made to FUMC, with "Wee Care" on the memo line. Thank you for your ongoing support of our WeeCare ministry to support families with small children who could use a little help.

Change a Child's Story

Thank you for your continued support of "Change a Child's Story". We have about 20 faithful Reading Buddies who spend time each week reading with students. It's one-on-one time with some delightful young folk, and everyone benefits from it. Let Lisa know if you want to join in on the fun.

Remember, your generous donations are doubled through an endowment from Bill & Ione Zach, and funds are used to provide books for students and teachers at Lincoln Elementary School. If you wish to donate to provide books, write your check to First UMC with "Change a Child's Story" on the memo. We hope to gift a book to every student at Lincoln Elementary.

Bibles for Our Sisters in Mitchellville

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. Last year, Women at the Well gave away nearly 400 Bibles. We have send dozens of Bibles in past years and they are so appreciated. The Common English Bible 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.



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 31.

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 loveincv.org or call 266-1264. They'll get back to you in the next couple of days.

Stephen Ministry Q & A



Why the name Stephen?

In Acts 6, Stephen was chosen to provide caring ministry to those in need. Since the time of the Apostles, caring ministry has been considered a hallmark of the Christian faith community.

What are Stephen Ministers?

Stephen Ministers are laypeople trained to provide one-to-one, Christ-centered care. They have a compassionate heart for those who are hurting and are equipped with caring ministry skills by their congregation's Stephen Leaders. A Stephen Minister typically has one care receiver at a time and meets with that person once a week to listen, care, pray, encourage, and offer emotional and spiritual support.

In what types of situations do Stephen Ministers provide care?

Stephen Ministers provide care to individuals facing difficult times in life-----grief, cancer, divorce, financial difficulties, hospitalization, chronic illness, job loss, disability, loneliness, a spiritual crisis, or other life struggles. Our congregation has trained dozens of Stephen Ministers since we started in 2001.

What are Stephen Leaders?

Stephen Leaders are the pastors, other church staff members, and lay leaders who are equipped to direct Stephen Ministry in their congregation. Stephen Leaders have gifts and skills in areas such as leadership, teaching, and organizing people, along with a heart for caring ministry. In our congregation, several people have been trained as Stephen Leaders at a one week training course provided by the national Stephen Ministry organization. Currently, Dee Behr, Jan Hoover, and Sandy Noelting are serving as our Stephen Leaders.

to be continued in March newsletter . . .



Jan and Lisa built this desk! You can, too!

Go and Serve Opportunity: Midwest Mission Distribution Center May 20-24

MMDC is a disaster relief facility located on an 8 acre campus, 4 miles south of Springfield, Illinois. MMDC is a cooperating depot in the UMCOR (United Methodist Committee on Relief) Relief Supply Network. MMDC's campus provides opportunities for individuals and groups of all walks of life, denominational backgrounds, abilities, and ages to help provide disaster relief kits and resources as well as educational and medical supplies to those in need both locally and internationally. MMDC provides that "hands on" mission experience without having to travel too far from home. We will be sending our Ingathering kits to this depot this year, too.

We have four spaces (2 rooms) reserved in the dorm at Midwest Mission Distribution Center for May 20-24 (returning home on May 24). Cost per person is about \$140 for dorm and material fees, plus travel, sightseeing, and food costs. It's a fun way to do a little good, meet some new people, and get to know fellow travelers from First UMC better. See Lisa in the church office for more details about this mission opportunity.

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.

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. 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 Men & Women

fellas @ first

Tuesday Men's Breakfast

This group is taking a break until springtime. They will still be meeting at the church at 9:00am on the 4th Tuesday of each month to help set up tables and chairs for Community Meals. You are invited to join them for this service project.

Tuesday Night Fellas

All men of all ages are welcome - punks to geezers. We're relaxed and informal, but not afraid to tackle tough questions and deep topics. This is a no-homework group and it's easy for new fellas to jump right in, just show up and say, "Hi, I'm new here", and we'll take it from there. Meet downstairs in room O59, Tuesday nights from 6:30 - 8:00.



Spring Fever Day Trip - UMC Sportsmen

UMC Sportsmen are planning a Spring Fever day trip to Bass Pro in Des Moines plus lunch TBD on Saturday, March 2nd. We'll leave from the church at 9 AM and be back before supper. We're planning on taking the bus, so please bring a few extra bucks to throw in for gas. This will be an event that's kid friendly, so feel free to bring them along if you want to spend some quality time with them. The sign up sheet is at the Welcome Center desk.

Women @ First

Purpose: The organized unit of United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ, to develop a creative supportive fellowship, and to expand concepts of mission through participation in the global ministries of the church.



February UMW Calendar

- Feb. 06 - More Than Moms, 6:00-7:15 p.m., Parlor
- Feb. 11 - Board Meeting, 9:30 a.m., Library
- Feb. 13 - More Than Moms, 6:00-7:15 p.m., Parlor
- Feb. 14 - Unit Meeting, 1:00 p.m., Fellowship Hall
- Feb. 18 - Deborah Circle, 10:00 a.m., Parlor
- Feb. 18 - NE District Leadership, 9:30 a.m., Strawberry Pt. UMC
- Feb. 20 - More Than Moms, 6:00-7:15 p.m., Parlor
- Feb. 27 - More Than Moms, 6:00 - 7:15 p.m., Parlor
- Feb. 28 - Mary Circle - 9:30 a.m., Parlor
- Feb. 28 - Joy Circle, 1:30 p.m., Parlor

Thank You's

Thank you to the staff for the birthday card, and thank you to Jane Wyckoff for the birthday rose. It is beautiful! I appreciate all the good wishes and the visit from Jane.

Jane Marsh

Thank you for the beautiful red roses we received for our birthdays. It is so nice to be remembered.

Robert & Rosie Uhlenhopp

Thanks so much for all the birthday remembrances so close to Christmas. The rose was beautiful and the cards were great!

Donna Hoffman

Dear staff of 1st United Methodist,

Thank you particularly to Jane Wyckoff for delivering the lovely red rose for my December birthday! It makes that milestone a "brighter" day. Her visits are always appreciated.

Sincerely, *Emogene Marty*

Thank you most sincerely for all that I received from you! Thankful and appreciate it so very much. I enjoy the AboutFirst monthly newsletter, the birthday card from the staff, and the card from the Congregational Care Team. Thank you, thank you, and God bless you all.

Ardie Couradi

I want to thank the Congregational Care Team for the wonderful red rose for my 85th birthday, and Jane Wyckoff for delivering it. Thanks again one and all,

Richard Fanning

Sympathy to:

- Family and friends of Patricia Martin, who passed away January 1.
- Lorelei Redfern and her family on the loss of her mother, Barbara Heisinger, on January 2.
- John Muncy on the death of Lynnette Nichols on January 4.
- Bob & Linda Kennedy on the loss of Bob's brother, Doug, on January 14.
- Family and friends of Ruth Anne Leymaster. Ruth Anne passed away January 15.

Got any Valentines?

Check out the prayer bookmark this month and send one to any of the people whose names are listed. Better yet, make a phone call or a visit. A word of encouragement from a church family member can mean so much!

Card Making Stats

Thanks to all of our card makers and card buyers! During the fourth quarter of 2018, \$182.90 was given to Lincoln School for books. During all of last year a total of \$713.15 was given to four worthwhile agencies. Since 2004, when we started selling recycled cards, a total of \$12,396.10 have been distributed! Our next card making session will be held in March. Watch for the date in the next newsletter.

Flowers of Hope

Cindi Knox is selling daffodils - the flower of hope - for the American Cancer Society/Relay For Life in support of the FUMC Cancer Crushers. Order a bunch for just \$10, a potted daffodil for \$20 or a Gift of Hope for \$25 (this is a bouquet that is an anonymous gift delivered by our volunteers to cancer patients at area cancer treatment centers). Delivery/Pick-Up Date is March 12. These will brighten your day, a friend's day, the day of a cancer survivor, someone currently undergoing cancer treatment, your favorite teacher, nurse, everyone! Email Cindi at Cindi50701@aol.com or call her at 319-230-5642. Orders will be taken January 1 until February 8. Thank you for brightening someone's day and supporting the American Cancer Society.

Financial Update as of January 20

YTD Budget received:	\$45,514
YTD Budget needs:	48,643
YTD Budget deficit:	3,129
Mortgage balance:	\$290,134

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.

Attendance- week ending

	01/06	01/13	01/20	01/27
Transformation	94	73	90	75
Traditional 8:30	122	111	91	99
Traditional 11:00	91	90	97	89
FUSION	x	29	27	x

First United Methodist Church

718 Clay Street

Cedar Falls, Iowa 50613

Phone: 319.266.1713

Fax: 319.266.1715

Email: churchoffice@aboutfirst.com

www.aboutfirst.com

aboutFirst (USPS 671-710)
is published monthly by
First United Methodist Church
718 Clay Street
Cedar Falls, IA 50613.
Periodical postage paid at
Cedar Falls, IA. **POSTMASTER**
Send changes to:
aboutFirst
718 Clay Street
Cedar Falls, IA 50613

aboutfirst news

First United Methodist Church, Cedar Falls



Sunday, 8:30 & 11:00 a.m. Traditional services
Sunday, 8:30 a.m. Transformation Worship

Van rides are available for the 11:00 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

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
Matt German, Associate Pastor, matt.german@aboutfirst.com

Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator

Dee Behr, Parish Visitor
dee.behr@aboutfirst.com

John Bentley, Head Custodian

Ted Bonebrake, Chancel Choir director
tbonebrake@hotmail.com

Chris Congdon, Media Coordinator
chris.congdon@aboutfirst.com

Lisa Congdon, Office Ministry Coordinator
lisa.congdon@aboutfirst.com

Debbie Dance, Financial Manager
debbie.dance@aboutfirst.com

Jordan Derhammer, Youth Co-Coordinator
pastorjordan.washingtonchapel@gmail.com

Carol Dick, Parish/Grief Support Coordinator
carol.dick@aboutfirst.com

Jenna Engel, Christian Education Coordinator
jenna.engel@aboutfirst.com

Lorin Schofield, Youth Co-Coordinator

Doug Shaffer, Organist
musicman52151@gmail.com

Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor