

aboutfirst

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



FEBRUARY 2023, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

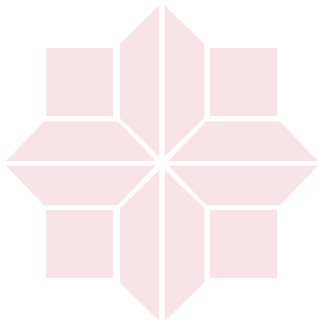
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Issue 268,
February 2023

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:
katie.greuel@aboutfirst.com



aboutfirst.com

Dementia Friendly Training

Attend a one-hour Dementia Friendly Organization training to learn about dementia and the simple things you can do to support someone living with the dementia! This session is led by Dementia Friends Champion, Nora Klemesrud, and it will be held February 21 at 1pm. You'll learn some basics of dementia such as what dementia is, how it can affect a person, some tips for communicating with people who have dementia, and other ways to support people with dementia as a congregation. Each individual in attendance will become a "Dementia Friend." The Cedar Falls First United Methodist Church will also be recognized as a Dementia Friendly Organization after the training.

New Church Directory

It has been about five years since our last church directory was completed and we all know how much can change in five years. Babies are born and new people join our church family. Kids grow taller. Our friends move to new homes or get new phone numbers. Our old directory is woefully behind the times!

The photographer will be here April 20-22, and May 23-26. To schedule your appointment online, simply go to www.ucdir.com, click on photography appointment scheduling login on the right side, enter **ia239** in the Church Code field and enter **photos** in the Church Password field.

Follow the prompts to schedule your family's appointment time. If you have 6 or more in your family please use 2 consecutive time slots. At some point you will have opportunities to sign up Sunday morning at church, but appointments fill up quickly, so it's best to schedule on-line as soon as possible to secure your preferred date and time.

Our church directory will not be complete unless you are in it.



But the Greatest of These....

Falling in love is easy, staying in love is another matter altogether. I haven't done a deep dive into researching this, but I believe that 95% of romantic comedies focus on falling in love. Further, I suspect that most love songs are about falling in love, but not too many of either focus on staying in love.

So that's what I'm interested in as I look to guidance this month on love. Here are some guiding words from scripture:

Love is patient, love is kind, it isn't jealous, it doesn't brag, it isn't arrogant, it isn't rude, it doesn't seek its own advantage, it isn't irritable, it doesn't keep a record of complaints, it isn't happy with injustice, but it is happy with the truth. Love puts up with all things, trusts in all things, hopes for all things, endures all things. Love never fails.

1 Corinthians 13: 4-8 Common English Bible

Paul exclaims that love never fails. Paul could be implying that when one practices love in the way he has just described, it will never result in failure. In addition to the present ethical advantage of love, Paul also introduces the idea of the continuity of love.

Paul goes on to utilize two metaphors to explain his point. Just as children grow out of childish things and just as a mirror reflects an indirect image (compared to seeing someone face to face), so, too, will some things practiced in the church be unnecessary when the end comes. Then Paul asserts that when the "then" time arrives, he will know fully to the same degree that he has been fully known. Someday human knowledge will be just as complete as God's knowledge of humanity.

Paul concludes in much the same way he began by noting the abiding quality of love. In the present time, faith, hope and love sustain the church, but the greatest is love. It is possible that it is greatest because it is lasting. It is an ethic that will abide into the future, but can be practiced in the present as well.

Let's continue practicing staying in love.

Blessings,

Pastor Scott



Keep the Bells Ringing

First UMC has a long tradition of excellent handbell music. We marvel at our ringers' skill, and we enjoy how their music enhances our worship.

Like any other instrument, bells need routine maintenance and occasionally need to be serviced by professionals. Every couple of decades, it becomes necessary to ship our bells back to their manufacturer for an overhaul. We're at that point with our handbells right now, and are hoping to make the necessary arrangements soon.

They'll be sent "home" to Schulmerich Handbells in Hatfield, PA, where they'll be inspected, professionally cleaned and polished, and fitted with new handles and striking hardware. They'll be returned to us in new-bell condition.

This level of service is not inexpensive – it may be close to \$10,000. Some of our ringers have pledged personal gifts to help cover these costs, and members of the congregation are also invited to participate.

You can help by making a contribution to the bell fund, and know that you played a part in keeping us ringing for the next 20 years.

Rejoice, Give Thanks and Sing!

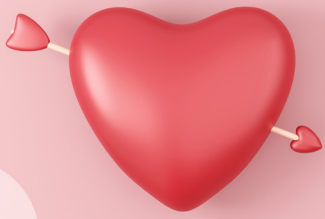
By Bevan Lucas

Volunteers are needed to lift their voice in the Chancel Choir. First United Methodist Church has a rich history of providing glorious music for our congregation and community and we cannot do that without volunteers.

While working in our music library, I came across a copy of the order of service used during the 1989 dedication of our current organ. The program from that day, detailed the history of music in our church. According to the document, the first choir formed during the pastorate of Rev. Rufus Riker. During his tenure, as the program states, a small group of musically inclined members "carefully practiced hymns for the service of the approaching Sunday." The program also states, the presence of this group, displeased saints in the church and even Rev. Riker himself, but that didn't keep this small group of volunteers from raising their voices and singing in a group setting.

The point is, without volunteers, many ministries of our church simply do not exist. The same is true for our choir! Without the hard work and dedication of our volunteers, our choir would not exist. I have heard many of our members say they cannot sing, that does not matter to the Lord. Psalm 100 (KJV) gives a clear command "Serve the Lord with gladness: come before his presence with singing." The small but mighty Chancel Choir needs voices. You do not have to commit to every Sunday, sing when you can. You do not need to read music, we will help you find your voice. We welcome all ages from sixth grade to senior saints. Our rehearsals will resume February 8th at 7:30p.m. in the Sanctuary. Please join us, "rejoice, give thanks and sing!"





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.

BUS SERVICE

The bus picks for the 11:15 traditional service in the sanctuary. We are offering this ministry for people in Cedar Falls who have been vaccinated and are willing to wear their masks on the bus if a rider requests it. Call Steve and Janet MacTaggart at 319-404-0077 to let them know you are interested.

FACEBOOK DEVOTION

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

REBUILDING THE USHER CORPS

We're looking to rebuild our usher corps for the post-pandemic time. Sunday morning ushers greet people at the door and ensure that everyone has what they need to participate in the worship service. Ushers work a one-month block of Sundays, three times per year. We're looking for men, women, young and old. This is a great way to meet new First UMC friends while serving the church in

a necessary way. Call or email the church office and we will connect you with the usher team leader. Rex Pershing is your guy if you have questions.

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.

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.

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.

DONATIONS FOR WED. MEALS

The Filling Station meal is a big hit on Wednesday nights, but we could use a little help to make the meals especially delicious without breaking the budget this year. Below is a list of food items that are needed: Hamburger, Chicken, Large bags of Tater Tots, Large Bags of Fries, Frozen Vegetables, Frozen Fruit Thank you in advance for helping make the Wednesday night Filling Station possible.

Email jenna.engel@aboutfirst.com
for more info.



FEBRUARY

Feb. 3 - Youth Game Night

Where: Gathering Place

When: 6:00-7:30 pm

Join us for a night of food, fun, and mystery on Friday, February 3 at The Night of the Romans and Christians from 6:00-7:30! Meet in the Gathering Space, bring your friends, and get excited to meet new friends from other area Methodist churches! Dinner will be provided.

Feb. 7 - Grief Support Session

Where: Parlor

Time: 2:00 to 3:30 pm

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

Our group grief support session is offered for anyone who is experiencing a loss in life. There are many kinds of losses, each of which can carry with them many different emotions. In these sessions, participants will have an opportunity to share thoughts and feelings in a safe, non-threatening environment. No reservations are required.

Feb. 8 - Choir Resumes

Where: Sanctuary

Time: 7:30 pm

Volunteers are needed to lift their voice in the Chancel Choir. We welcome all ages from sixth grade to senior saints.

Feb. 14 - Card Making Party

Where: Gathering Place

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

Our next card making session will be held to benefit the Western Home Communities. We will meet as usual in the Gathering Place on Tuesday, February 14th from 1:00 to 4:00 (Come-and-Go). If you have never joined us, give it a try....we train you!

Feb. 19 - Soup & Chili Cook-off

Where: Gathering Place

When: 11:45 am

Get your recipes rockin' and your crockpots crockin' for the soup and chili cookoff. Bring a pot of your best soup or chili for some fun and fellowship and a little friendly competition. Free to enter – sign up online or at the Welcome Center. Free to sample and vote on your favorite – just show up! Tasting begins at 11:45 a.m. and we'll eat until the soup is gone. Prizes for the best chili and the best soup.

Feb. 19 - Newcomers' Coffee with the Pastors

Where: Gathering Place

When: 10:15 am

If you are new or newer to First United Methodist Church, our pastors want to get to know you! Come have a coffee with the pastors at 10:15am to hear about what is happening at First United Methodist Church and how you can begin to take next steps in getting connected. We look forward to seeing you there!

Feb. 27 - 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.

Feb. 27 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, February 27 from 12:30-6:00. They have quite a few appointments slots to fill, and the need is great. Sign up to donate at www.lifeservebloodcenter.org.

Give a Valentine!

Check out the prayer insert in the bulletin or on page 10 between now and Valentine's Day. Bring a flower and stay to visit or send a card to someone you know, or even to a person you do not know. This can mean so much to someone who cannot be involved in the life of the church as much as they'd like to be. Perhaps this will be the beginning of a new relationship for you both! Let us be the face and hands of Jesus for others!

Save the Date - April 15, 2023

Midwest Mission Packaging Event

Watch for more information!

1st Friends Potluck Will Resume in March

Winter weather is so unpredictable, so the 1st Friends Potluck group is taking February off. Now is a great time to peruse your recipe files and cookbooks for the perfect potluck item to share on March 16. Come and join us in March 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.

SUNDAY MORNING

Worship Schedule

8:30 am	Traditional Worship Service, Sanctuary, live stream at aboutfirst.com
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary Worship, Fellowship Hall live stream at aboutfirst.com
11:15 am	Traditional Worship Service, Sanctuary

Previous services are archived on our First UMC CF YouTube channel

WEDNESDAY NIGHT

5-5:45 pm	Filling Station Meal, Gathering Place
6:00-7:30	G3 Youth Ministry
6:00-6:30	FUSION Tonight, Theater Fellowship Hall
6:00-7:30	BLAST, Lower Level
6:30	Small Groups
7:30	Chancel Choir Rehearsal

Winter Weather Policies

WORSHIP

This is Iowa and winter 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 rest of the day and evening.

Cancellations will be broadcast on KWWL Channel 7 and posted on Facebook and aboutfirst.com. We also ask that you use your best judgement and do not venture out if it is dangerous to do so.



Wee Care is a First UMC's ministry that we have supported since July of 2011, It is one of the most heavily used gap ministries with Love In the Name of Christ.

How does Wee Care work?

It begins with a call to the Love INC Clearinghouse. The Clearinghouse volunteer assesses the need and sets up an appointment for the parent to come to our church to pick up the items. Most of the families who are helped by our Wee Care ministry are single parent households who are struggling to get by on their small income and keep up with their baby's needs. There

is a cap on how many appointments they can have in a given year, and once the child reaches 24 months of age they are no longer eligible for Wee Care assistance.

How does our church help?

The Love INC Clearinghouse sets up appointments with parents then our FUMC volunteers retrieve the list of needs and packs up the items from the special storage area for our Wee Care items at the church. The appointments are set from noon until 2:00 on Tuesday afternoons, and the baby items are picked up at the Welcome Center. The Wee Care volunteer welcomes the recipients and offers a word of support or encouragement to the parent, and to pray for the wee ones. A struggling

parent can always use a kind word.

So, how can you help?

Although you can donate items any time, this month we are encouraging monetary donations to assist with this ministry.

Baby supplies for our Love INC Wee Care ministry are always appreciated and can be brought to the church anytime. 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).

Thank you for your ongoing support of our Wee Care ministry to support mothers with small children who could use a little help.

Community Meal

A free meal is served every Tuesday from 4:30 to 6:00 pm. It is open to anyone in the community as an opportunity to meet with friends, or to stretch their food budget a bit. We host the meal every week, and other area churches take turns providing the meal and the workers. Our church's commitment is the 4th Tuesday of each month. **At this point our biggest need is dessert – cookies or bars are preferred.** If you are willing to bake for the meal the 4th Tuesdays of each month, please contact Maxine Kehret at 319-610-4191.

The Northeast Iowa Foodbank Needs You!

We'll be sending crews to the Food Bank on Thursday, Feb. 9 - 2 to 4 pm and Tuesday, Feb 21 - 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.

education news

Information about our Sunday School and educational opportunities!

vbs

The VBS that sends everyone over the moon! We will launch kids on a cosmic quest where they'll have a blast shining Jesus' light to the world. STELLAR rockets kids on an out-or-this- world adventure that's light years of faith-building fun.

June date to be announced.

If you would like to be a part of this amazing event please contact Jenna: jenna.engel@aboutfirst.com

upcoming

Annual Chili Cook-off

Date: Sunday, Jan. 19th
Where: Gathering Space
Time: Tasting starts at 11

No BLAST or FUSION on Ash Wednesday.

There will be a meal and then you are invited to attend the Ash Wednesday service at 6:00.

bible class

We had a wonderful Family Bible Class.

Thank you to Pastor Karen, Edie Bryant, Jan Hoover and Carol Dick for being a part of this Ministry.



YOUTH

G3 Youth Pop Can Drive

Do you have pop cans or bottles sitting around taking up space in your home or your garage? Those cans and bottles could help the G3 youth get to Kenosha, WI for Week of Hope, their 2023 summer mission trip! Starting in January, bring your returnable pop cans and bottles to the church any time during open hours. We will take care of them for you, and you'll be helping the youth raise money to get to Kenosha! It's a win-win! This is an ongoing fundraiser, so bring in those cans and bottles any time between now and June 20. Thank you so much for supporting the youth in this way!

Fun Friday Game Night: The Night of the Romans and Christians

Each month, the G3 youth get together for a Fun Friday Game Night. These happen on the Friday before the first Sunday of each month. Our first game night of 2023 will be a special one—join us for a night of food, fun, and mystery on Friday, February 3 at The Night of the Romans and Christians from 6:00-7:30! Meet in the Gathering Space, bring your friends, and get excited to meet new friends from other area Methodist churches! Dinner will be provided. Our next regular game night will be Friday, March 3!

Wall-o-Money Youth Fundraiser

During the month of February, you will find a "Wall-o-Money" in the Gathering Space. This is a fundraiser to help the youth get to Kenosha, WI for their summer 2023 mission trip, Week of Hope!

If you would like to help support this mission trip, simply take a numbered envelope and fill it with that amount of money (ex: If you grab envelope #15, place \$15 inside). Then bring it back to the church office any time before the end of February! Cash or check is accepted. Checks can be made out to Cedar Falls First United Methodist Church, with "2023 youth mission trip" in the memo. Thank you for supporting our youth! We couldn't do youth ministry without you.

CrazyFunBusy Wednesday Nights!

Join us each Wednesday night for worship, games, and small group connections with G3 youth! Come to the Filling Station at 5pm, then join us on the third floor for fun and fellowship starting at 6pm. Bring your friends! We can't wait to see you!



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, Geri Gilbert,
Marilyn Pape**
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, Shirley
Huffman, Harold Krebs,
Lura Treloar**
Deery Suites
5301 Caraway Lane
Cedar Falls IA 50613

Faye Rohwedder
Thuesen Cottage
5127 Caraway Lane
Cedar Falls IA 50613

Virginia Van Tassel
Nation Cottage
5111 Caraway Lane
Cedar Falls IA 50613

Joy Sires
CedarStone Senior Living
4715 Algonquin Dr #1302
Cedar Falls IA 50613

**Vivian Hill, Donna Hoffman,
Tony Lake, Dorothy Schwab,
Donna Tiller**
New Aldaya Lifescapes
7511 University Ave
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
Village Ridge
365 Marion Blvd Apt 111
Marion IA 52302-3141

Darlene Prashak
Heritage Care & 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.



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Thank You

Thank you so much for adopting our North Cedar Families during the Holiday Season. We appreciate the time and energy you pour into this ministry. We are grateful for your love and kindness.

North Cedar Elementary, Heidi Guse,
School Counselor

Thank you, Jane, for delivering the beautiful carnation for my 81st birthday. It was so very kind of you. Soon, hopefully, there will be time for a chat, too!

Carolyn Nyhus

Thank you to Jane for delivering the beautiful red carnation for my 87th birthday. Also, to the staff and everyone who sent birthday and Christmas cards, or came to visit. God bless you all for your thoughtfulness.

Dorothy Schwab

Thank you to the church and church family for the carnations and nice cards we received for our November and December birthdays. Also a big thank you to Jane for the delivery. It's always nice to see Jane.

And, thank you to the church for the poinsettia that was left outside our door. It is just beautiful and will be enjoyed. Thank you so much. Robert & Lolita Kulper

Roger and I thank you for the flowers on our birthdays. Your faithfulness is great!
Roger & Rosie Uhlenhopp

Thank you to Jane for delivering the lovely poinsettia plant, and also for the carnation for Paul's birthday. They were greatly appreciated. Paul & Marcia Gardiner

Thank you to the church family for the lovely burgundy carnation Jane delivered for my birthday. Always a delight to visit with Jane. Thanks to the staff for the signed card. All were deeply appreciated.
Marilyn Teig

Bill and I thank you for the many lovely gifts the church has given us these past few years – the Sunday TV services, the birthday roses that bring Jane to our door,

the many lovely notes that someone sends us, and then, on one of the coldest days of the year, Linda and Joe Bohr brought us one of the most beautiful poinsettia. Thank you church, and all your generous helpers. Bill & Donna Mincks

I want to thank you for the beautiful poinsettia you sent me for Christmas. It is always a nice plant to have in the season. But I also want to thank you for all the nice cards and notes so many have sent. They are all special and I enjoy each and every one. Thank you to all for your thoughtfulness. I miss you all and appreciate all you do for me. Faye Rohwedder

Thank you to Jane Wyckoff for delivering the beautiful rose and her visit for my birthday. Rodger Kruger

I want to thank all of you and especially your courier, Jane Wyckoff, the beautiful pink carnation for my birthday. It was very thoughtful. It is nice to be remembered!

Jim Harding

Thank you to all the prayer warriors, the staff and my friends at FUMC. for your prayers and support before and after my surgery. I felt the love you gave and knowledge that all would be well because of calls, cards, texts and visits. Thank you so much. Karen Page

LINCOLN SCHOOL THANK YOUS

Thanks to your generous donations, new teachers at Lincoln Elementary have been able to purchase books for their classroom libraries. We received notes from these teachers, and most were signed by the students in their classrooms as well:

Thank you so much for your generous donation of money to buy books for my 4th grade classroom. My students have been picking out the books to buy

and are so excited about them when they arrive. I can't thank you enough!
Katie Coughlin

Thank you so much for your generous donations to our classroom library! We are so excited to have new books! We are so grateful for you!
Thank you!

Ms. Oveson's 4th Grade Classroom

My name is Sarah Venem and I am in my first full year of teaching at Lincoln. Thank you so much for your extremely generous gift to help grow my classroom library. Thank You! Ms. Venem's 5th grade class

Thank you! I'm Caryn Frederiksen and I am teaching 5th grade at Lincoln. I'm so grateful for your donation of money to increase our classroom library. Our students helped in choosing books!

Hello! My name is Tristan Bohr and I am a first-year teacher at Lincoln Elementary. I just wanted to take this opportunity to express my thanks and appreciation for the unbelievably generous donation. This gift will be put towards my classroom's library and literacy needs. My students are incredibly thrilled and thankful to be ordering new books to explore!
Thanks again!

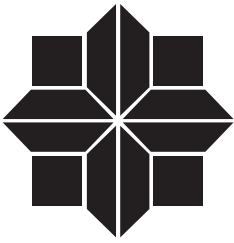
Lincoln 6B sixth graders

Sympathy

Debra Beving and her family on the death of Deb's mother, Donna Tyler, on January 2.

Jenna Engel and her family on the death of her uncle, Michael McAnally of Fort Dodge, on January 9.

Dianne Peterson and her family on the death of her step-daughter, Diane Bremner, on January 14, & her sister, Sharon Holton, on January 19.



FIRST UNITED
METHODIST CHURCH

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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

First United Methodist Church, Cedar Falls

Worship

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