

aboutfirst news

January, 2019 First United Methodist Church, Cedar Falls



CRUCIAL

CONVERSATIONS



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issue 219, January, 2019

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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

Thoughts from Scott

Sunday January 6th we will honor the pilgrimage of the Magi. The magi represent the wisdom that recognizes human life to be a journey taken in search of One who calls us beyond ourselves into faithful service--One before whom we are prepared to kneel, and to whom we offer the best of our gifts, flawed and unworthy as they be.

About to embark on a dangerous journey, St. Patrick refused the heavy armor offered him by friends and nobility. Instead, he presented his own protection, a song that has come to be known as "St. Patrick's Breastplate." For all who have found the Messiah like the magi, it is a symbol of protection:

*Christ be beside me;
Christ be before me;
Christ be behind me;
King of my heart.*

*Christ be within me;
Christ be below me;
Christ be above me;
Never to part.*

*Christ on my right hand;
Christ on my left hand;
Christ all around me,
Shield in the strife.*

*Christ in my sleeping;
Christ in my sitting;
Christ in my rising,
Light of my life.*

The wise ones searched long ago and found the light of the world in a most unexpected place—a manger. May we continue our search for God, and may we recognize the light of Christ this season of Epiphany.

Blessings,

Pastor Scott



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.

CRUCIAL**CONVERSATIONS**

January 13 | Separation of Church and State
 January 20 | Abortion
 January 27 | The Death Penalty
 February 3 | Euthanasia
 February 10 | Immigration Reform
 February 17 | Homosexuality & Gender Issues

Our culture is more polarized than ever before, and our church community reflects this as well. We all are able to consult the same scriptures as we seek faithful guidance for questions of morality, and yet we read those scriptures differently, and reach opposing conclusions. How are we to move forward as a cohesive Christian community in these divided times?

The first step, it seems, is to (re)learn how to hold civil discussions on sensitive topics, and we will be doing that in our Crucial Conversations worship series beginning January 13. Each week we'll dig into an issue that ignites deep passions and opposing viewpoints. Our pastors will explore the Biblical basis for each side of the issue, we'll look into the United Methodist Social Principles, and our pastors will also shed a little insight into their own opinions.

Pairs of Chairs

The pastors will not do all of the talking in this series, your active participation is welcome. During the Sunday School hour for these six weeks, you will have the opportunity to discuss these issues with someone you may or may not know, and with whom you may or may not agree. We'll fill Fellowship Hall with pairs of chairs and in ten-minute segments, you will be invited to sit and discuss the issue of the day – listening and learning each other's perspectives. All are welcome in the discussion sessions and there are only two rules: 1) seek to understand, rather than convince, and 2) close in prayer together.

Where is this leading?

As you may know, The United Methodist Church has been wrestling with our official positions and policies regarding sexuality identity for decades. The conflict has become a dominant issue in our denomination's politics, and in the interest of moving beyond this state of contention, a special General Conference of the global United Methodist Church will take place February 23-26 in St. Louis, Missouri. There are proposals on the table which may have deep and lasting impact on the official position of our denomination and how we operate our church. We encourage everyone to be as informed as possible.

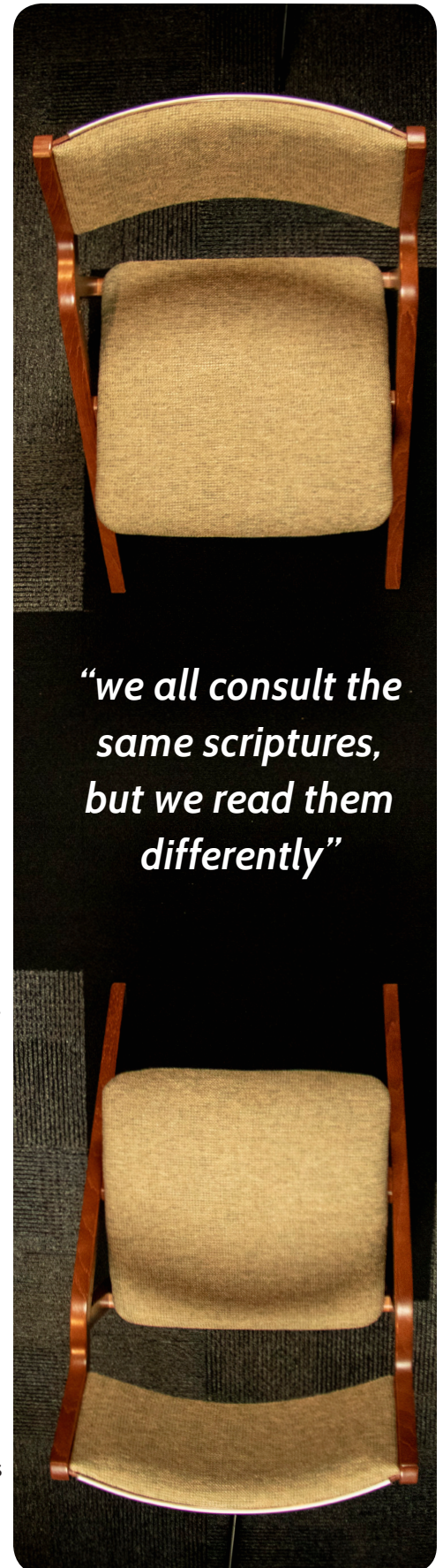
Sunday, February 17 from 2:00 – 4:00 pm, Pastor Scott and Pastor Matt will hold a workshop on the different plans which will be presented for the Way Forward for the United Methodist Church.

Pray our Way Forward

Beginning January 13, you are invited to join the Iowa Conference Prayer vigil for the proceedings in St. Louis. We invite you to stop wherever you are and whatever you are doing at 2:23 pm and engage in a short prayer for our United Methodist Way Forward.

February 17 – 26, during the week of the special General Conference, our own First UMC chapel will be open for you to come and pray for the future of our church.

Sunday, February 24 will be set aside as a day of prayer at all three of our worship services. At the same time that we are gathering here, in Cedar Falls, the General Conference delegates will be meeting in St. Louis, and we will support them with our prayers that their discussions be led by reason, wisdom, and first, love.



“we all consult the same scriptures, but we read them differently”

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!

Hold the Date for the Annual Souper Bowl Sundae!!!

Our Fun and Fellowship Committee is sponsoring this special event on Sunday, January 27. Start perfecting those recipes now. Each contestant will need to bring a Crock Pot of Chili or Soup as well as copies of their recipes. Cups and spoons for sampling will be provided. We will have one winner for soup and another winner for chili.

The event will be held in the Gathering Place. Sampling and lunch will begin at 11:00 a. m. and voting will end at 12:30.

The Fun and Fellowship Committee will supply drinks and dinnerware and the favorite Sundae Bar for dessert.

If soup/chili is not your specialty, please bring bread or rolls for our bread table to accompany the yummy soups and chilis. Make your plans to enter or just come and enjoy the great food and good fun! Registration will begin on Sunday Jan 13.

Did you know?

That our Church has an Endowment Committee that oversees, manages and approves distributions from funds it has received in the form of bequests from the estates of deceased members and other sources of funds, including gifts it has received from members who are currently living.

The Endowment Committee was formed in 1999 through action approved by the Charge Conference. The Committee was created and exists solely for charitable purposes with its primary objectives being the establishment, promotion and development of religious charitable and educational activities of The Church.

The Endowment Committee has become very active over the past several years and meets several times a year to monitor the investment activity, to determine annual distribution amounts, receive requests for distributions of the funds and to vote on these distribution requests.



The Committee is well aware of the need to make appropriate decisions on the distribution amounts and to balance its desire to continue to increase the value of the funds under its management authority. Our goal is to grow the investments in order to increase the annual distribution amounts we approve each year. We realize that in order to keep up with inflation and the ever-increasing financial needs of a vibrant church we need to increase the amount of the funds under our management.

Gifts to our Endowment Committee are gifts that keep on giving for many years into the future and help to secure our Church's financial security.

You will be hearing more from the Endowment Committee in the upcoming year(s) as we communicate the importance of the funds we manage and how they benefit the Church in many ways.

If you have any questions on how your gift may be made to the various funds of the Church Endowment Committee or how the Endowment Committee operates, please contact one of the Committee members:

Mike Butler (Chairperson), Alan Bernard, Richard Congdon, Debbie Dance, Jim Kenyon, Pastor Kober, Harriet McMahill, Jim Noelting, Jean Richardson or Susan Whitson. We will be glad to answer any questions or concerns you have.



First UMC Endowment Funds

Budget-Driven Changes at Iowa UMC Conference

In industrial terms, we would say “leaner and meaner”, but this is a church, so we don’t say it quite that way. Our Iowa Annual Conference of the United Methodist Church has been looking at ways to reduce the conference budget and to keep more money (and responsibility) at the local church level. A target has been set to reduce the conference budget by \$1 million for the coming year. As you might expect, that may mean drastic changes in the funding and operations of some Iowa UMC institutions. Here are expected proposals to meet that goal:

1. Move from eight District Offices with eight District Administrative Assistants to four bi-District Offices with four District Administrative Assistants. Estimated reduction: \$319,000 for 2020.
2. Reconfigure the deployment of Associates for Congregational Excellence from four full-time positions to two full-time positions to focus on revitalization, with two ¼ Associates to resource new and existing immigrant Communities of Faith. recommend implementation July 1, 2019. Estimated reduction: \$60,000 for 2019 and \$120,000 in 2020.
3. Replace Assistant to the Bishop with Secretary to the Cabinet and realign duties among this position and District Administrative Assistants. Estimated expense reduction: \$45,300 in 2020.
4. Combine the Address Services/Journal Editor position with the Director of Ministerial Services. Estimated expense reduction: \$51,240 in 2020.
5. Reduce the apportioned funding to the Board of Higher Education and Campus ministry from \$544,933 to \$44,933. This is a dramatic reduction to the Iowa Wesley Foundations including the one here at UNI - Threehouse. Estimated expense reduction: \$500,000 in 2020.
6. Reduce the apportioned funding of Community and Institutional Ministry grants by \$150,000. Estimated expense reduction: \$150,000 in 2020.
7. End our apportioned funding of the Iowa Religious Media Service. Estimated expense reduction: \$78,000 in 2020.
8. Reduce the apportioned funding to the Board of Camping and Retreat Ministry from \$687,887 to \$617,887. Estimated expense reduction: \$70,000 in 2020.

These proposals from the Iowa Conference Budget Team were made public in a letter dated November 30, 2018. If you would like to see the full text of this letter, see Chris in the First UMC media office.

The Iowa Conference Budget Team has scheduled three information and listening sessions where all interested parties are invited to hear the proposed changes and share in discussion. The closest of these sessions is January 13, in North Liberty, from 2:45 – 4:15 pm. If you are interested in attending this Iowa Conference budget discussion, please inform our Finance Manager, Debbie Dance.

***“A target has been set
to reduce the conference
budget by \$1 million
for the coming year.”***

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.



Jane Wyckoff Joins Parish Visitors

Our parish visitors are a crucial part of congregational care. It is how our church remains connected with those who are unable to attend Sunday services or other church activities. Over the years, Jane has volunteered to take flowers to those over 80 celebrating a birthday and she has developed some great friendships with those members of our congregation. She now will continue that ministry and begin visiting, and sharing communion with members of our congregation. Please welcome Jane to our staff!



Iowa United Methodist's Conversations On a Way Forward

The Way Forward

The United Methodist Church is at a defining point in its history and for its future. In February, a special General Conference will be held to address our church's position on issues of gender identity.

While the outcomes of that General Conference are unknown at this time, we want all United Methodists to be fully informed of the issues and the importance surrounding the proposed Way Forward. On November 18, Bishop Laurie Haller was here in Cedar Falls to share information with our Northeast District. If you were unable to attend that event, a video is available of a similar event recorded in Knoxville, Iowa. Also below are links to other resources on the issue.

Knoxville event video

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

Three Ways Forward Compared

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

One Church Model video

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

Bishop Laurie's news page

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

News From "The Connection"

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

For Iowa UMC news:

iaumc.org

For global UMC news:

umc.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 - Resumes in February

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

Jan 8 - Grief Support Session

Where: church parlor

When: 2:00-3:30pm

It is not only okay to talk about a loved one who has died, it is essential for healing to occur. Telling your story and sharing memories helps keep your loved one's memory alive and helps you heal. This time after the holiday season is over can be especially difficult. Monthly support sessions are sponsored by the FUMC Grief Support Team and provide a safe, confidential setting. Our first meeting for 2019 will be held on Tuesday, Jan. 8th from 2:00 to 3:30 pm in the church parlor. If you have any questions, please call the church office at 266-1713.

Jan 15 - Card-Making Party

Where: Gathering Place

When: 1:00-5:00

Beat the January blahs! Come in from the cold for a card making session sponsored by the Congregational Care ministries. This is a come-and-go event with no experience necessary. Bring a snack to share if you'd like. Cards will be used to send to members of the congregation or for the card rack just across from the office. More information will be coming next month with amounts we have given to various local agencies during 2018. This quarter the money from sales will be donated to the NE Iowa Food Bank.

Jan 17 - 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.

Jan 22 - Crafter's Corner

Where: Parlor

When: 6:00-8:00

Attention crafters! 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.

Jan 27 - Souper Bowl Sundae

A winter favorite at First UMC. Whether you treat it as a competition, an exhibition, or just a chance for a warm, comfy meal, join us in the Gathering Place starting at 11:00. Anyone can bring a pot of their favorite soup or chili to share, and anyone can taste and vote, as well.

Jan 28 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00

We are hosting the next blood drive on Monday, January 28 from 12:30-6:00. Donors, cookie bakers, and hosts are needed. They have quite a few appointments slots to fill. Sign up to donate at www.lifeservebloodcenter.org. Use the sign-up sheet at the Welcome Center to let Lisa know if you can donate cookies or chat and serve cookies to the donors for an hour or so.

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.

M T **W** T F

Your CrazyFunBusy Church Night! Wednesday, December 5

- 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**

* Begins January 9

Thursday

5:30-6:30 Zumba, Fellowship Hall

Also Scheduled....

TUESDAY January 1 - 2019

Happy New Year - church office closed

THURSDAY January 3

9:00-noon Quilters/Stitchers, O60
 6:15-8:00 Cadette Girl Scouts, parlor
 6:30 Trustees, O57

FRIDAY January 4

Youth Game Night

SATURDAY January 5

1-4 Bob & Deb Lee 50th anniversary open house

SUNDAY January 6

Lisa Congdon at Frederika
 Padma Templeton at New Hope Parish
 Epiphany
 Communion at all services
 9:45 3rd grade Bible class, parlor
 9:45 Sunday School resumes
 6:00 Mentor/Mentee meetings

MONDAY January 7

6:30 Stephen Ministry supervision

TUESDAY January 8

2:00-3:30 Grief support, parlor
 6:30 Finance Committee, library

WEDNESDAY January 9

CrazyFunBusy Wednesdays resume
 2:00 communion service Stanard Chapel
 9:00 Women Connected by Prayer, PANERA

THURSDAY January 10

2:00 Clergy Cluster, library
 6:30 SPRC, O57

SUNDAY January 13

Padma Templeton at New Hope Parish
 Lisa Congdon at Waterloo First UMC
 Conversation - Church and State
 9:45 conversations, in Fellowship Hall
 Noon Grief support potluck, parlor
 6:00 Mentor/Mentee meet
 6:00-7:30 Girl Scout Troop1874, chapel

MONDAY January 14

3:30 Endowment, library
 5:30 First Kids Board, 1st kid office
 6:30 Cub Scout Pack meeting, Fellow Hall
 6:30 HOME Team ,chapel

TUESDAY January 15

1:00-5:00 Cardmaking, Gathering Place
 6:30 Fun & Fellowship, parlor
 6:30 Ad Council, library

WEDNESDAY January 16

11:00 worship service at Pinnacle Care

THURSDAY January 17

Noon-3:00 1st Friends potluck, Gather place

FRIDAY January 18

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

SUNDAY January 20

Newsletter deadline
 Human Relations Day
 Chris Werling at Frederika UMC
 Mark Fransdal at New Hope Parish
 Conversation - Abortion
 9:45 3rd grade Bible class, parlor
 9:45 conversations, in Fellowship Hall
 6:00 Mentor/Mentee meet
 6:00-7:00 New member class, parlor

MONDAY January 21

6:30 Worship Committee, library

TUESDAY January 22

6:30-8:30 Crafter's corner, parlor

WEDNESDAY January 23

2:00 communion at Windhaven
 6:00-7:00 New member class, library

THURSDAY January 24

6:15-8:00 Cadette Girl Scouts, parlor

SUNDAY January 27

Padma Templeton at Frederika
 Lisa Congdon at New Hope Parish
 Souper Bowl and Sundae!
 Conversations - Death Penalty
 9:45 conversations, in Fellowship Hall
 Souper Bowl and Sundae - Gathering Place
 6:00 Mentor/Mentee meet
 6:00-7:00 New member class, parlor
 6:00-7:30 Girl Scout Troop1874, chapel
 6:30 Les Cloches d'Or rehearsal, sanctuary
 6:30 Cub Scout committee meeting, library

MONDAY January 28

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

WEDNESDAY January 30

6:00-7:00 New member class, library

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.

Third Grade Bible Class:

We are so excited to start the Family Bible class, which will be a five-week course that will meet from Sunday mornings from 9:45 to 10:45 a.m. in the Parlor, beginning January 6

In the class you and your child will learn how to use the Bible together. If you and your child will be taking this class please let Jenna Engel know.

Sunday School Classes for Everyone

Preschool through 6th grade rooms are down stairs. 7th-12th room is on the 3rd floor. If you are new to the church or have a three year old and would like to get them involved with Sunday School please contact Jenna Engel.

Adults are also encouraged to sit in with any of our six adult Sunday study groups. You'll find a variety of topics and perspectives. A list of adult Sunday School classes is available at the Welcome Center.

A Note From Jenna (& our First UMC Kids)

After the Kids' Christmas Program there were a few kids that approached me and told me how much they enjoyed seeing the sanctuary full of people for their show. Thank you for joining us. It made an impact on our kids! Thank You to everyone who helped with the Christmas Program. It was a wonderful morning full of songs and laughter. I don't think there is a better way to hear the stories of Christ's birth.

Wednesday Night Activities Restart January 9th

B.L.A.S.T: Bible Learning And Serving Together. Please join us Wednesday nights. BLAST is for students turning 5 this school year -6th grades. This semester we will be Studying "Unafraid" by Adam Hamilton. This study will talk to those who experience fear, worry or anxiety and will offer inspiring practical solutions.

Filling Station: If you would like to donate food items to help make this meal possible contact Jenna Engel. She is busy working on the spring meal schedule and will let you know what we need.

Here's What Our Youth are Doing

Our youth ministry is closing out a busy fall semester! We went through two big changes this semester with the hiring of two new coordinators (Jordan Derhammer for the mid-high and Lorrin Schofield for the senior high) and the addition of grades 5 and 6 to our ministry. We stayed busy with a trip to the Haunted Hayride around Halloween, our annual District Lock-in in November, and most recently, our Christmas party where we played games and decorated cookies made for us by the wonderful United Methodist Women! We are looking forward to an exciting spring semester!

We are also looking to give the 3rd floor small group room a makeover to make it a little more comfortable for the youth and others who use it. We have a list of items that we are looking for- if you have any of these lying around and would like to get rid of them by donating them to this project, we would greatly appreciate it! Currently we need: comfy seating (old couch/chairs), an area rug, floor lamps, small end tables, small tv stand/cabinet, and decorative string lights to hang.

Thank you to our wonderful congregation for your support of our youth ministry! We appreciate you!

Change Your Vision of the World!

See the world like Jesus does. Dive into God's word and the story of his work on the earth. Learn to live your life with eternal significance and purpose.

This course is an in-depth look into the Christian Commission to go into the world with the Gospel message, until the whole world hears.

Register for Perspectives on the World Christian Movement. This year the class will be hosted at Cedar Valley Church in Waterloo on Monday evenings, Jan 14-April 29, 6:00-9:00pm. Register by December 15 for a discounted cost of \$225. First UMC is also offering \$100 scholarships. Register at www.perspectives.org. For more information, email us at cfperspectives@gmail.com



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

Human Relations Day is January 20

Turn on the news or drive around the outskirts of your town and you will find what Jesus called “the least of these.” Those living in the margins of society, struggling to survive. People like:

- An immigrant teenager in Texas’ poorest county, being recruited by a local gang
- A father struggling for sobriety in Little Rock, Arkansas
- An Oklahoma woman recently released from incarceration looking for work

Over and over Jesus served people like this, embracing them. And that’s what we want to model as the people of The United Methodist Church. To continue the ministry of Jesus we established Human Relations Day as a Special Sunday that calls all of our churches to participate in helping all God’s children to realize their potential. Special offering envelopes will be in the January 15 bulletins.

January Mission Focus Church World Service Blankets +

January is great month to appreciate a warm blanket. Contributions to CWS Blankets and CWS Tools mean Church World Service will be ready to help families around the world recover from disasters and displacement. What’s more, they’ll be there to help people gain the resources and develop the skills necessary to build – or rebuild – sustainable lives and communities.

Imagine the possibilities:

- \$250 can provide warm blankets for five families left homeless by a tornado.
- \$450 can provide refugees resettling far from their homelands the gardening tools and materials to build six small raised beds for vegetables.
- \$750 can provide sewing machines and training for three women, empowering them to earn an income and feed their families.
- \$1,100 can provide 10 displaced families with emergency food packages that will feed a family of five for one month.
- \$2,500 can provide 250 blankets to an agency serving homeless individuals and families in the U.S.

Check out the display of blankets in the Gathering Place to see just what kind of blanket your \$10 donation will provide. Use the offering envelopes at the display to contribute to this mission.



Nigeria Partnership

Our friends at Banyan Theological Seminary (BTS) in east-central Nigeria have sent us greetings and words of thanks for our past support. They are doing very well with several quality of life improvements, as well as strong enrollment of 124 students and a medical clinic that helps the families on campus and neighboring villagers. We are planning to send some of our Christmas offering to BTS. They have current needs for replenished medical supplies and medicines at the Medical Clinic totally about \$2000. At the computer lab, they could really use 6-8 more used laptops for the students to share as they improve their writing, research and communication skills.

They are hoping to build a new administrative building for more faculty offices in 2019. They even asked if FUMC Cedar Falls would be interested in sending a work crew to help construct the walls of the new admin building next summer. If you are interested in some type of work trip to Nigeria, talk to Mark Fransdal or Chris Congdon. It sounds like some hard work, but we know it can be immensely rewarding work. We have asked for more information about this work trip and what it would entail. More later.....

Difficult Time of Year



This time after the holidays can be especially difficult for those dealing with trauma or difficult circumstances. Many times the people around you do not even know about those difficulties. Perhaps you are dealing with something that is causing stress and heartache but don't know who you can speak to about it.

If this is the case for you, we want you to know that God cares and so do we here at First UMC. We encourage you to speak and pray with one of the pastors. Perhaps counseling will help. Perhaps the support of one of our trained, caring Stephen Ministers might be just what you need to help you talk about and work through solutions. You are not alone. Our prayer for you in this new year is one of peace and support from a caring church community. Please call the church office at 266-1713 with questions.

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.

Community Volunteer Opportunity

Needed: volunteers with a desire to help others and with the gift of gab. The Iowa Tax Aide program helps low income and elderly get their tax returns prepared free of charge by AARP volunteers. We need a few new volunteers to help clients fill out their information sheets, be sure their envelopes with W2s and 1099s are opened, and to check that they have all the needed documentation with them.

We especially need volunteers at the Salvation Army and Kimball-Ridge sites. The commitment is for one or two half days per week during February, March and the first half of April, although scheduling can be arranged around travel plans. There is a two hour training required, but you do not need to be able to actually prepare the tax returns. The ability to talk to people and put them at ease while they wait is the most important requirement for the job.

If you are interested in this opportunity to serve, please contact Martha Kroese at 277-3359 or mkroese@cfu.net.

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.

January UMW Calendar

No Board Meeting

Jan. 09 – More Than Moms, 6:00-7:15

Jan. 11 – Human Trafficking
Awareness Day

Jan. 16 – More Than Moms, 6:00-7:15

Jan. 23 – More Than Moms, 6:00-7:15

Jan. 30 – More Than Moms, 6:00-7:15

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.

United Methodist Women at First UMC

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.

December UMW News

The UMW annual Christmas luncheon was held on December 13, 2018. Those attending included UMW members, their guests, the church staff, and fifteen men from the church who served, totaling over 80 people. Pastor Matt provided the table grace.



After the luncheon Christmas music was provided by the Lincoln School 5th and 6th grade chorus under the direction of Mrs. Shelley Droie, vocal music instructor. An invitation had been extended to families and friends of the students to join us in the sanctuary for the program. The sanctuary was full, and the music was enjoyed by all. This year's program featured many ukulele soloists!

Nola Kelly was awarded a Mission Recognition pin by Karen Page in recognition of her many talents with quilting and service with Community Meals.

Installation of officers for 2019 was performed by Pastor Scott Kober. The following were recognized:

President:

Maxine Kehret

Vice President

Secretary

Stephanie Buchs

Treasurer

Harriett McMahill

Social Action

Donna Hoffman

Spiritual Growth

Arlene Fleming

Program Resources

Marlys Simpson

LCR

Maxine Kehret,

Circle Chairs:

Mary

Lorna Ericson

Joy

Faye Rohwedder

Deborah

Sandy Simpson

Hearts & Hands

Karen Page

More than Moms

Nancy Fransdal



Maxine Kehret is our new UMW President

Thank You

Thank you to Jane for her visit when she delivered the pretty red rose from the Congregational Care Team. Thanks also for the birthday card from the church staff. It's great to be a part of such a caring church.

Pat Benson

I want to thank Jane Wyckoff for the beautiful rose for my birthday. I enjoyed visiting with her. She is special.

Dorothy Schwab

Thank you for the beautiful red rose. Year 89 is treating me well.
Jo Ackman

A big THANK YOU to Bobbi Jo Smith and Maxine Kehret for co-chair the tasty Ham Ball dinner for UMW. It was greatly appreciated.
A dinner participant.

Thank you, Jane, for the birthday visit. The pink rose was beautiful for a long time! So blessed having my church family.

Jo Duen

Thanks to Jane for the beautiful red rose and visit, and to the staff for the card. It's nice to be remembered on your birthday.

George Wagner

Thank you to the church for the birthday card and the beautiful yellow rose that Jane delivered on a very cold, cold day.
Lolita Kulper

Thank you for the special delivery of the beautiful red rose. Birthdays are cherished - we all want more of them.

Robert Kulper

Thank you so much for inviting us to have an off-site sale in December, Your purchases helped so many people all around the world. We always enjoy coming to First UMC.
The World's Window volunteers

I want to thank everyone for their prayers, visits, and cards during my knee surgery. Things are progressing well.

Sharon Petersen

We would like to thank our First Church family for the love and support we have been shown during the passing of our Mom, Iva Marie Colvin. A special thank you to Pastor Scott for the lovely service. Also, a special thank you to those who prepared and served the luncheon. It was so appreciated. Mom loved this Church over the 86 years she was a member.
The family of Iva Marie Colvin

50th Wedding Anniversary

Bob and Deb Lee will celebrate their anniversary with an Open House here in the church where they were married fifty years ago. The Open House will be in the Gathering Place on Saturday, January 5 from 1:00-4:00pm. No gifts, please.

Sympathy to:

- Family and friends of Iva Marie Colvin. Iva Marie passed away December 2. Her service was held December 5.
- Marlys Pals on the loss of her sister-in-law, Joan Carroll on December 2 and her brother, Tom Mullins just before Christmas.
- Bruce and Deb Goodenbour on the loss of Bruce's mother, Dorothy Goodenbour, on December 4.
- Barbara Klein and her family on the loss of her father on December 8.
- Tony John on the death of his sister, Libby, on December 10.

Missing Coat

This happens all the time: someone comes to church and hangs their coat on the rack. After worship, their coat is gone, but a similar one is hanging all alone on the same rack. It's an easy mistake to make. So, if you are the owner of a men's, Dockers, charcoal-colored topcoat, go check your closet and see if you wore the right one home. If not, bring it back to the church and we'll be happy to exchange it.

Financial Update as of December 23

YTD Budget Received:	\$ 862,751
YTD Budget Needs:	\$ 57,558
YTD Surplus	\$ 5,192

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

	12/02	12/09	12/16	12/23	12/24
Transformation	86	82	82	74	
Traditional 8:30	102	119	139	118	
Traditional 11:00	119	116	109	105	
FUSION	21	25	x	x	
Christmas Eve 4					198
Christmas Eve 7					385
Christmas Eve 11					88

First United Methodist Church

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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
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Lorri Schofield, Youth Co-Coordinator

Doug Shaffer, Organist
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Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor