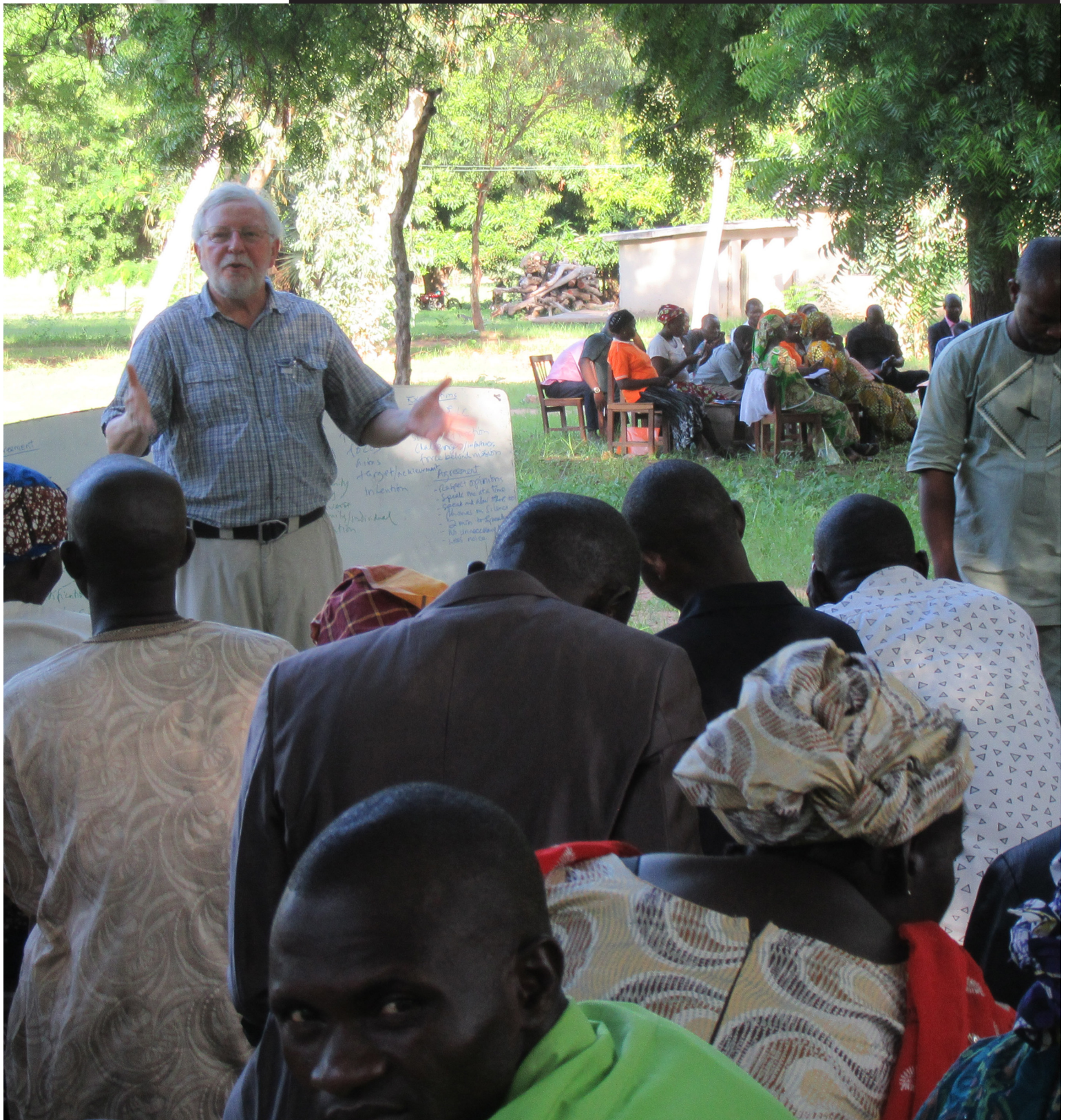




July 2017
issue 202

ABOUT FIRST

First United Methodist Church, Cedar Falls, Iowa



thoughts from Steve

I am writing this as we are making our last minute preparations for Nigeria. We have just a few things on our list to check off and we are set to go. It is a challenge to travel to Nigeria. We will be in a very remote part of the country that is dry most of the time except during the rainy season. There are no wild animals like lions, tigers and giraffes roaming the country side. There are colonies of baboons in the mountains that are heard, but not seen. There is a very venomous snake that roams the area that we have to be watchful for, especially at night.

The most interesting experience for me is being near the equator. We have 12 hours of daylight and 12 hours of night. It wavers only about 10 minutes one way or another. So 6:00 p.m. it starts to get dark, and at 6:00 a.m. the sun begins to rise. It would make it great for going to bed early, but it is 100 degrees and 100 % humidity around the clock. It is miserably hot all the time, even when the sun goes down. No wind, except when a rain storm is blowing in. This is not a trip to a vacation resort.

So why are we going? Our first trip was one of the most glorious experiences in our ministry, and when we returned the first time, I was already thinking about returning. From helping unload the sea container filled with school kits, layettes, and medical supplies to witnessing them being delivered and distributed among children and the medical clinics. Seeing to joy in their faces was like a "God moment" where I could feel the presence of God working in and through those who were there. Also, it was like being part of the early church and the disciples spreading the Good News of Jesus Christ throughout the little villages. The church is on fire, and growing as people are finding hope and meaning in their relationship with Jesus. Their worship is a joyful expression of their new found faith.

So we want to say thank you for allowing us the opportunity to return to Nigeria. Your support and prayers in making this happen are greatly appreciated. This trip would not have been possible without a church family that has a passion for doing ministry beyond our four walls. Your years of being a 3 Mile Rainbow Covenant Church since the inception of the program are a testimony of what this church does in the name of Jesus Christ. From hosting Community Meals and supporting the work of Love INC to opening our doors for the Ingathering and annually sending off 600+ School Kits are just an example of a few things you do that go over and above just being a church on the corner of 8th and Clay. Thank you!

I also want to thank Mark Fransdal and Chris Congdon for making the initial trip to Nigeria and opening the way for our church to get involved with Banyan Theological Seminary. Out of this relationship we have built a Medical Clinic, Computer Lab and provide scholarships for the students. During this trip Mark, Chris and I will be working on another 5 year plan with B.T.S., while Mark and Chris will be working with John and Titi while the Pena's are here in Cedar Falls for the Pulpit Exchange.

I want to say thank you to a very special person named Lone Zach. Lone died July 29, 2011. I had visited Lone several times before her death, and noticed that she had pictures of Jesus in every room, and on every wall in her apartment at Windgrace. When I asked her about it, she said, "I have them arranged so that everywhere I sit, I can see Jesus." She had collected pictures and paintings of Jesus from all over. I received a couple of them after she died. Lone and her husband Bill lived very frugal lives. They had no children. The church was their family and they left a legacy. Lone and Bill left their estate to the church. Half went to the Endowment Fund, and the other half went to the Missions Committee (Rainbow Covenant Task Force). Janet and I each received \$1,000 from the Lone Zach Mission Fund to help cover the expense of our trip to Nigeria. So I say thank you to Lone Zach for helping make this trip possible.

When we return we hope to share many "God Moments" with you, and celebrate the many ways our church is making a difference in the world in the name of Jesus Christ as "Builders of the Kingdom."

Again, thank you, and thank God!

Pastor Steve and Janet



What's new with the Women at the Well? Find out July 16

Did you know the church is in prison? Women at the Well is our sister congregation, a United Methodist congregation within the walls of the women's correctional institution in Mitchellville, Iowa. The pastor of this ministry, Rev. Lee Schott, will give the message at our Transformation Worship on Sunday, July 16 to share with us about the ten years of weekly worship, supportive community, faith nurture groups, and aftercare we have offered to the women there. We will receive a special offering during worship at all services that day for Women at the Well, too.

And, we have an opportunity to worship with the Women at the Well Prison Congregation within the walls of the Iowa Correctional Institute for Women in Mitchellville. Ten guests from our church will be allowed to come into the facility for the weekly worship service from 7:00-8:30 Thursday evening, August 17. All individuals visiting Women at the Well must pass a background check in order to be admitted to the facility. Women at the Well must submit the names, dates of birth and social security numbers of everyone requesting approval to worship with them at least three weeks in advance of the visit. So, check your calendar and let Lisa Congdon know if you are interested. We'll take the first ten people who show interest, and we'll need to collect the security information by July 27.

Connect with W @ W

We want to make it easy for you to connect with us!

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



**Mark Your Calendars for
Worship on the Green
Sunday, August 27, 2017!
Food, Faith & Fun!**

TransFusion*, Sunday July 30

Jon Cooper will host, Pastor Matt will preach, and we'll have some special guests on the worship team. As always at TransFusion - it will be full of fun and faith. Don't miss it!

* TransFusion = our blending of Sunday's Transformation Worship and Wednesday's Fusion Tonight. On months with a 5th Sunday, we bring TransFusion into Fellowship Hall to give our regular worship team a break, and to let the Sunday morning crowd see what we do on Wednesday nights.

Altar Flowers

The altar flower calendar for 2017 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.

2 weeks in the life of a Senior Pastor

As many are aware, the last 2 weeks Pastor Steve and Janet have been in Nigeria working in the mission field. Pastor Steve has been teaching at the Banyam Theological Seminary and leading a pastor's retreat while Janet has been busy serving at the medical clinic. Lisa Congdon, our office manager has also been gone on a mission trip to Henderson Settlement. Needless to say, we have been a bit short handed these last few weeks.

The morning Pastor Steve and Janet were to catch their flight, our bell tower was struck by lightning. Thankfully there was no fire, but many of our systems in the church have been affected and we have been working through those difficulties while restoring those systems. Pastor Steve came across the street when he saw the fire trucks and asked what had happened. Upon hearing the news and learning that everything was under control, he told me "For the next two weeks, its all yours!"

In Steve's absence, I have officiated 6 funeral services, countless hospital visits, interviewed potential staff applicants, preached at 2 midweek worship services, our VBS was in full swing, and of course Sunday worship comes once a week. It has been very busy around our church the last 2 weeks. I have come to really appreciate having a second pastor here!

Today I am taking a moment to reflect. I realize how fortunate our church is to have such a caring staff and volunteers that make the scope of ministry happen. The last 2 weeks is more of my "normal" in ministry. Prior to being appointed to Cedar Falls, I served for 5 years as a solo pastor in a smaller congregation. There were fewer people and resources to help share in the load of ministry. We are blessed to have such a caring staff and Spirit filled laity who take the call to ministry seriously here. No one pastor or staff person can possibly serve the needs of our church individually. It is because of everyone's willingness to serve that our church stands at the ready to answer Christ's call in our community. In short, I could not be more proud to serve as one of your pastors!

I am also grateful for Pastor Steve's ministry to our church. Steve and I have a similar leadership style, but differing personalities. I think this is a good thing! We both have a passion to grow our church in number and depth of discipleship. We enjoy co-teaching classes together, laughing in the office, and gathering in each other's homes to dream about ministry possibilities. Not only that, but we have a lot of fun doing it. Pastor Steve is a great mentor and leader to many, including myself. I for one am glad he has returned home!

It is such a joy to be in ministry with each and every single one of you. Our church is a growing and vital place for the Kingdom of God. Thanks be to God for the partnership and calling we all share to make disciples and transform the world.

Be Bold, Be Strong,

Pastor Matt



Pastor Matt German accepts a plaque from Rev. John Pena, in honor of our continuing relationship with Banyam Theological Seminary.

Lightning Strike Recovery

On Wednesday, June 14, at about 9:30 in the morning, our church was struck by lightning. It was a big hit that blew a hole in our tower roof and damaged many of our electronic systems. Immediately after the strike, the Fire Department was called and the FirstKids moved to the Gathering Place, prepared to evacuate, if necessary. While we didn't have to leave the building, it is good to know that we can handle an emergency in a orderly way.

The hole in the roof was fixed immediately - within just a few hours of the strike, but other damage has taken more time to discover, diagnose and remedy.

The fire alarm main panel was damaged and every single detector, notifier, and door closer had to be inspected. It was a huge job that wasn't finished until June 27. Thanks to Steve Aries and Primary Systems for jumping right on it.

Our telephones system also limped along with limited usefulness until becoming fully functional again, also on June 27.

Various light switches have been replaced and the speakers for the electronic carillon are not functioning and are awaiting a technician to visit.

Particularly hard hit was the audio/visual system in the sanctuary. The lightning knocked out some parts of the system, and left others un-touched. The speakers mounted in the cross are damaged and cannot be used. The projection screen does not respond to commands to go up or down, and the projector itself appears to be dead. We suspect there is some damage to the central "brain box" that controls it all.

We have done as much diagnostic work as we are able to do on our own, and have reached out to Theatrical Media Systems, the company which installed the system, to help us move forward with a recovery plan. They are currently reviewing our system plans and will send a technician in July. The sanctuary system is made up of "smart" components which are programmed for our specific application, so recovery isn't a simple matter of swapping bad boxes for new ones. Thank you for being patient as we work through this - it will take a while.

The good news, of course, is that nobody was injured in the lightning strike, and we've had ways to work around the damage to continue our worship and our programming without interruption.

A Happy Birthday Ministry

Since the spring of 2000, First United Methodist has provided volunteers and food for the monthly birthday celebration for the residents at the Cedar Falls Healthcare Center on Hudson Road.

We thank all those who volunteer to provide cookies for these parties when called. We especially want to thank Sharron Haskin for faithfully helping to serve each month. If you have not been called to furnish cookies and would like to, please call the church office at 266-1713, and you will be directed.



Rummage Sale Update

The Annual Church Rummage Sale will be held August 3rd (5-8 pm), August 4th (8am-4pm), and August 5th (8am-1pm). Please continue your support of this Church-wide event by bringing in saleable items to the lower level of Fellowship Hall. Follow the orange and black signs for proper placement. As in the past, no TV's, computers, or paint please.

We can use volunteers to sort donations every Wednesday evening from 6:30pm until done in the lower level.

July 31st we will move the household items from the basement up the stairs to Fellowship Hall. We would appreciate volunteer church members that can carry items up the stairs or pull/push carts via the elevator to help that evening (6:30 pm until done).

There will be sign-up sheets available at the Welcome Center on July 16th, 23rd, and 30th for volunteers to help work with the luncheon and/or provide food and help with clean up after the sale.

There will be no Community Meals served on August 1st. Anyone interested in helping with movement of large items for the sale the week of July 31st to August 3rd please contact Maxine Kehret (296-1518), Donna Hoffman (266-2074), or Ike Anderson (830-0519).

The proceeds from the sale will be used to support three missions of your choice. If you have not voiced your opinion, please do so before July 6th at the Welcome Center. Look for the purple box and survey sheets.

Join the Rummage Sale Team

Are you a part of the organizational team for the Rummage Sale, or do you want to be? The next committee meeting is Thursday, July 6 at 6:30 in the chapel. This is the last planned meeting prior to the sale so it is an important one!

events

July 11th - Cardmaking Session

Come join the fun and help us recycle cards to send to First UMC friends or to sell. Our next session will be Tuesday, July 11th from 1:00 to 5:00 in the Gathering Place. Bring a friend, a snack to share if you'd like and stay for Community Meals. We train you! If you haven't purchased cards yet, check out the card rack just outside the church office. The cards cost only \$.50 each and they are beautiful! This quarter's profits will go towards postage for the Ingathering.

July 10 - Crafter's Corner (date change)

Attention crafters! The first few Crafters' Corner has been a great success, and we will plan to meet Monday, July 10 and Tuesday, August 8 from 6:00-8:00 in the parlor. This is a laid back and hands-on group for all skill levels. Bring your own craft project to work on or give your time and talent to make sleep mats for the homeless, handmade gifts for those in need, or prayer shawls for those in need. Donations are always greatly appreciated! We need clean used plastic grocery bags, yarn, and crochet hooks. You may leave your crafting donations in the bin in the little hallway across from the drinking fountain on the main level of the church. Thank you to all who have donated craft items so far. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

July 17 - Children and Grief

Preparing children for funerals and the days that follow: this special event will share resources for helping children deal with the grieving process. Parents, grandparents, caregivers of children, funeral planners, pastors and others involved in the grieving of children are encouraged to attend. There is no cost for this event. 6:30 pm.

July 18 - Caring for the Bereaved

Grounded in the philosophy of Dr. Alan Wolfelt, this workshop stresses that grief and mourning are normal and natural expressions of our God-given nature. Most people do not need "treatment" for their grief, rather, they need supportive companionship for the journey and the freedom to grieve for as long as it takes. Pastoral care may be defined as intentional spiritual friendship, consistent with the companioning philosophy of care. This workshop is primarily targeted toward pastors, but other grief care professionals will find useful concepts, as well. .3 CEUs will be awarded for clergy.

July 20 - First Friends Potluck

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.

July 24 - LifeServe Blood Drive

We are hosting the next blood drive on Monday, July 24 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.

July 21 - Methodist Swim Night @ The Falls

Come for a night of free fun at The Falls Aquatic Center in Cedar Falls. All northeast district United Methodists and their friends are invited to have a blast on the water slides, the pools, and the lazy river. 8:45 - 10:45 pm.



Monday Night Softball

Softball season is in full swing! Our First UMC team plays in the Cedar Falls Church League on Monday nights at Birdsall Park. Fan support is always appreciated, so join your friends at Birdsall Park and cheer on the team!

July 3 - no game

July 10 - 7:00 AND 8:00 on field 3

July 17 - 7:00 on field 2

July 24 - 9:00 on field 3

July 31 - 6:00 on field 2

First Tuesday - Food Bank Work Crew

Since the first Tuesday in July is July 4, we won't be going this time. But mark your calendar for the rest of the year. 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

Every Thursday - Zumba

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!

Sunday Nights: Join a Bell Choir

Chapel Ringers is currently in need of 5-6 ringers. The choir rehearses on Sunday nights from 7:30-8:30pm. The choir plays at church services 2-3 times a semester. No bell experience is necessary, but music reading is very helpful. Bell season is September - May. Contact Aaron Hansen at hansena72@gmail.com if you might be interested!

Recurring Weekly:

Sunday

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

Tuesday

7:00 Men's Breakfast
 9:30 Quilters/Stitchers, 059
 9:30-10:30 Tuesday Bible Study, chapel
 4:30-6:00 Community Meal, Fellowship Hall
 6:30 Transformation Band, Fellowship Hall
 6:30-8:00 men's group
 7:00-9:00 AA, 055

Wednesday

9:00 Women Connected by Prayer, parlor
 5:15 AA, 055
 6:30 WOW AA, 055

Thursday

5:30-6:30 Zumba, Fellowship Hall
 7:00 Transformation Band, Fellowship Hall

Also Scheduled....

SUNDAY July 2

10:00 One Worship Service today, sanctuary

MONDAY July 3

6:30 Stephen Ministry Supervision

TUESDAY July 4

church closed today

WEDNESDAY July 5

6:30 Interviews, parlor
 6:30 Rummage sale sorting

THURSDAY July 6

6:30 Rummage Sale meeting, chapel

MONDAY July 10

6:00-8:00 Crafter's Corner, parlor

TUESDAY July 11

1:00-5:00 Cardmaking, Gathering Place

WEDNESDAY July 12

2:00 Stanard Care communion service
 6:30 Finance committee, library
 6:30 Rummage sale sorting

THURSDAY July 13

9:00 - Grief Support Outing
 6:30 SPRC, library

SATURDAY July 15

FROGs set up Transformation Chairs

SUNDAY July 16

8:30 Pastor Lee from Women @ Well

MONDAY July 17

5:30 FirstKids Board meeting, 056
 6:30-8:30 District - Wide Grief Support
 6:30 Worship Committee

TUESDAY July 18

9:00-noon District-Wide caregiver event

WEDNESDAY July 19

11:00 Pinnacle Care Chapel service
 6:30 Rummage sale sorting

THURSDAY July 20

Newsletter deadline
 12:00 1st Friends Potluck, Gathering Place

FRIDAY July 21

8:45-10:45pm - Free Swim Night @ The Falls

MONDAY July 24

12:30-6:00 Blood Drive, Gathering Place
 6:00-8:00 CRUSH, 058
 6:00 HOME Team, chapel

WEDNESDAY July 26

2:00 Windermere communion service
 6:30 Rummage sale sorting

MONDAY July 31

noon - newsletter mailing crew
 6:30 Move Rummage upstairs

TUESDAY August 1

2:00 Grief Support, Parlor
 6:30 Food Bank Work Crew

THURSDAY August 3

5:00-8:00 Rummage Sale
 5:15 Youth go to Bucks Baseball



Huge Rummage Sale

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

- Housewares
- clothing
- books
- electronics
- artwork
- handcrafts

If we don't have it, you don't need it.
 Shop early and shop often - proceeds go to our missions and ministries.

Please consider helping with the sorting process on Wednesday nights in July, or working on the days of the sale!

Quick & Easy Daily Devotion

Check out the literature rack across from the office for the latest “Upper Room” daily devotional booklet. Each page includes a passage to look up in your Bible, a short verse to supplement that passage, and a brief story or meditation written by people from around the world. The daily devotion ends with a suggested prayer. It’s a great resource to get into God’s word and put it into practice every day. Each booklet covers two months, and at \$1.25 the price can’t be beat.

Question, Answer, Study, Lead

One way to challenge yourself and explore new areas of faith is to lead a short-term study group. We would love to fill our calendar with six to eight week bible studies and small groups. Short-term studies offer a chance to dig into issues without a long-term obligation. It’s not as hard as you might think to be a leader. We have resources available for book and/or video-based studies on all kinds of Christian topics. If you have interest in pursuing a study, contact Jan Hoover. We’ll help you get the materials, reserve meeting space, get your group on the church calendar, and we’ll even publicize your study.

Holy Land Trip – Walk Where Jesus Walked - Spring Break 2018

Pastor Steve and Janet are planning a trip to the Holy Land during Spring Break in 2018 leaving March 6 and returning on March 15. This is a trip of a lifetime. We will visit significant sites such as Bethlehem, Nazareth, Jericho, Sea of Galilee and Jerusalem. We will be walking where Jesus walked! Going to the Holy Land has made a dramatic difference in traveler’s faith and reading the Bible. There are some individuals looking for roommates to share this experience. If you are interested in going, please contact Pastor Steve or Janet.



Tuesday Bible Study

The Tuesday morning Bible Study resumed mid-April after taking a break in the snowy months. This group meets in the chapel at 9:30 on Tuesday mornings. Bring your Bible – whichever one you prefer – and be prepared to read through and discuss the Bible. No homework or study guide is required, just read along with this group of women and offer your insight. Shirley Bolin is the contact for this group.

Plan Now for a Fall Faith Renewal

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, and will be encouraged to find ways to live out your faith in your home church. This is the **Walk to Emmaus**. During your “walk” you’ll be amply fed, comfortably housed, and you’ll have plenty of time for a good night’s sleep. Guided activities and scheduled break times allow opportunities to enjoy the natural environment of the retreat location near Lake McBride.



How far? This walk is symbolic, not an actual physical challenge. Facilities and activities are fully accessible to pilgrims of all abilities. The name, **Walk to Emmaus** refers to Luke 24:13-35 where Jesus walks with two travelers who do not recognize the risen Christ in their midst until he breaks bread with them. In this weekend, you’ll learn to see 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:

October 20-23 men Solon, IA
November 3-6 women Solon, IA



Congratulations!

Christine Werling-Witkoske and Sue Ney are our newest graduates of the Iowa Conference's School for Lay Ministry. Sue is actually pursuing ordination and has been serving the Rowley, Urbana, Silver Creek and Alice churches for a year. Chris is excited about opportunities to join our team of lay ministers who reach out to our sister churches. Lisa Congdon, a 2016 graduate of the School for Lay Ministry, has achieved certification as a Certified Lay Servant. Our church has a strong tradition of equipping and empowering laity to serve our own congregation, and others in the Iowa Conference of the United Methodist Church.

Words From the Dean

Have you ever felt a call to do something more for your local church congregation? Then, according to John Rothlisberger, the School for Lay Ministry (SLM) might be up your alley.

"The most important piece (of SLM) is the goal that we would strengthen the understanding and skills of the laity within the church," he said. "The need is great, and it's more than just filling the pulpit on a Sunday morning."

Rothlisberger is the dean of the SLM at Simpson College. SLM training is a three-year process consisting of four weekends throughout the year. There are three locations for SLM: Simpson College (Indianola), Morningside College (Sioux City) and Cornell (Mount Vernon). There is a total of 12 classes per year based on a broad array of topics. Classes are taught by college professors, conference staff, field outreach ministers or seminary professors.

"The goal is to see as broad a picture of the United Methodist Church, its traditions, faith, its doctrine and polity and theological variations," said Rothlisberger. "The purpose of the program is for laity to get a big picture of the whole thing. The people that participate in it are probably looking to know more about what God is directing them to do in their lives"

While the goal of SLM is to strengthen the local church with laity involvement, he did say that sometimes, God's path for us can take us even farther.

"We don't control what God does with your life," said Rothlisberger. "But many people do feel a call to go beyond (lay ministry)." Rothlisberger reassures those interested in SLM not to be afraid. The opportunities for lay ministers in the church far outweigh the negatives.

Classes start this fall. Want to know more? Talk to Karl Dance, Chris Congdon, Jim Reidy, Lisa Congdon, Padma Templeton, Sue Ney, Christine Werling-Witkoske, Shane Waltz, Jon Cooper, Rus DeBonis, and of course John Rothlisberger.

If You're Ready...

- to step forward in a bold, new way for the cause of Christ
- to unlock your potential as a servant in the United Methodist Church
- to explore the many ways that you can assist pastors and other empowered laity
- to commit yourself to pursue your personal ministry at a higher level

You may be a great candidate for the Iowa Annual Conference's School for Lay Ministry (SLM). SLM is designed to grow Iowa churches by providing a supplemental source of leadership. Some of the ways that SLM graduates serve are: volunteer management, Christian education, care-giving, youth programming, outreach, and the SLM is the pathway to becoming a Certified Lay Minister.

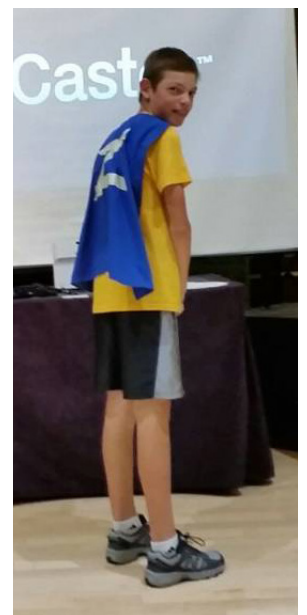
Students devote four weekends a year for three years to this program. Classes are held at the Cornell, Simpson and Morningside colleges on Friday evening through Sunday morning. There are reading assignments, lecture sessions, group discussions and activities. It's not for everyone - you have to be serious about this - but if you are, you will end up having one of the most enlightening experiences in your Christian life. Weekend courses will dig into worship, congregational care, Christian ethics, theological perspectives, missions, social concerns, church history, doctrine and polity and strategizing for growth. You will emerge equipped and inspired to see your life as a ministry and to share it openly in ways that suit your strengths and skills. In our congregation, Karl Dance, Jan Hoover, Jim Reidy, Chris Congdon, Lisa Congdon, Padma Templeton, Sue Ney, Chris Werling-Witkoske are graduates of the program. Shane Waltz, Jon Cooper and Rus DeBonis are current students. Ask any of them about their experience, or talk to one of our pastors about the application process. More information can be found at www.iaumc.org.

Learn & Grow



First UMC Was Hero Central

This year we had a great time hearing about the Superheroes of the Bible. The kids found their inner strength and how they can be heroes for God! It was an honor to help your child/children continue the faith journey. I was very fortunate to have amazing, high energy and fun loving volunteers. I would like to say a HUGE thank you to those who help with check in, Deb Bernard and Becca Nims. To our Group Leaders, Preschool & Kindergarten Jane Wyckoff, Debbie Condra and Connor Derhammer, 1st-3rd grade Gabby Cooper, Jodi Connor, Sydney Herzmann and Dalton Blackford, 4th-6th group Tristan Smeins, Lorrin Schofield and Tiana Oehler. To our stations leader; Games Jon Cooper and Shane Waltz, Crafts Ginger L'Heureux, Emily Terpstra and Christina Wyckoff. Science Kevin Price, Jeremy L'Heureux, Marissa Ulrich, Dee Behr. Storytelling Rita Congdon. Snack Tabitha Waltz, Stephanie and Jim Buchs. To our Assembly and Music Coved Oswald, Jordan Derhammer, Karla Blackford, Kaleb Price, Liz German, Alex Templeton and Keller. To our Media guy Chris Congdon and to Padma Templeton for helping with the amazing decorations! I would also like to say Thank You to John Bentley and Emily Terpstra for set up and tear down. Hero Central would not have been possible without all of you!



Our July Mission of the month is the Northeast Iowa Food Bank

Personal Care Items

Did you know...in addition to food donations, the Northeast Iowa Food Bank accepts personal care items. Nonprofit organizations are often in short supply of personal care items and clients are unable to purchase these items with SNAP benefits (food stamps). The folks at the Northeast Iowa Food Bank believe that these items are a basic necessity to live a healthy and happy life. They are having a drive to collect these items for their clients:

- Toilet paper
- Soap
- Shampoo
- Toothbrushes/Toothpaste
- Boxes of tissue

Bring any of these items to the display in the Gathering Place at the church during the month of July, and we'll see that it gets to the Food Bank.

Peanut Butter

This summer (June, July, August) we are collecting jars of peanut butter for the NE Iowa Food Bank. Peanut butter is an excellent source of protein, and kids love it. We have set a lofty goal of 1,000 jars to collect over summer school break! Bring the peanut butter to the church office now through the end of August.



Once again, we will sort the jars by crunchy or creamy variety, and you can vote for your favorite by the type you donate!

If you are not a shopper or really don't have an opinion about crunchy or creamy, we are also taking monetary donations for the Food Bank. They have amazing buying power and each \$1 you donate can help provide a meal for four hungry people. Use the offering envelopes near the peanut butter display, or make your check to FUMC with "Food Bank" on the memo.

Work Crew Every Month

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



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 Jan Benson. 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.

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.

reaching out

Wee Care

Grateful parents of wee ones come to our church every Tuesday afternoon to pick up a supply of much needed baby goods. This gap ministry through LoveINC helps struggling families stretch their dollars. Diapers of all sizes are always appreciated, along with wipes, baby wash, baby lotion, 8 oz bottles and sippy cups. If you see a good deal on end-of-season baby clothes feel free to bring them in. We have a place to store them until the appropriate season.

Heifer Milk Menagerie

Our summer Heifer International project is to collect \$1,000 for a Milk Menagerie. Check out the display in the church office window, and help us fill the milk bottles. Each filled milk bottle represents \$20, and 50 filled bottles will complete our goal.

The Milk Menagerie represents a quality-breed heifer, two goats, and a water buffalo – four milk-producing animals that provide hardworking families with the start-up capital to provide a better life for their children. Each animal will produce gallon after gallon of wonderful, life-sustaining milk that can be turned into cheese and yogurt to sell for additional income. Plus, each animal's offspring will multiply the blessings even further by Passing on the Gift.

Check out the display in the church office window for more information about our current Heifer International project and to note our progress on this goal. Offering envelopes are available near the office, or simply make your check out to FUMC with Heifer on the moo mo line.



Already Gathering UMCOR School Kits

School is on break – but we are already packing UMCOR School Kits!

Cedar Falls Schools are done for the year...but we are starting to get school kits ready for Ingathering. The First Stitchers have been busy all year sewing school bags, and have an excellent start. We hope to fill 600 again this year. You can help by keeping your eyes open for good deals on school supplies and bringing them to the church collection site on the main level in the little hall across from the drinking fountain. This is what is needed to fill each school bag:

- 3 – 8 ½ x 11 spiral or top-bound notebooks, 70-80 pgs each (wide OR college ruled)
- 1 – pencil sharpener (hand held – at least 1” long)
- 6 – unsharpened pencils with erasers (plain)
- 1 – box 24 crayons (ONLY 24 count, please)
- 1 – pair BLUNT scissors (rounded tip, no plastic scissors)
- 1 – 2 inch or larger eraser
- 1 – 30 centimeter ruler (hard or flexible)

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

Cedar Valley Back to School Project – July and August

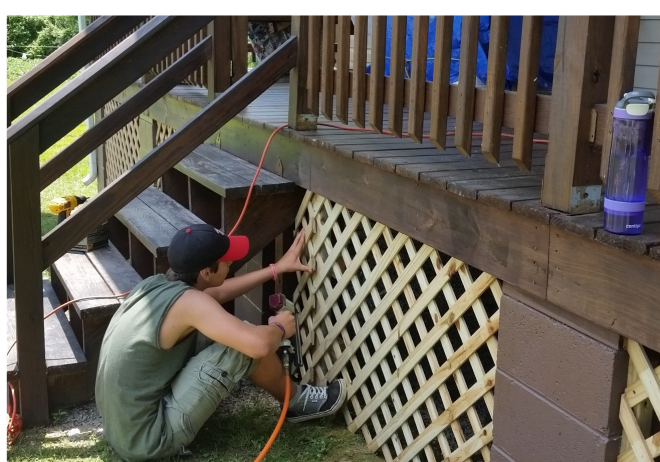
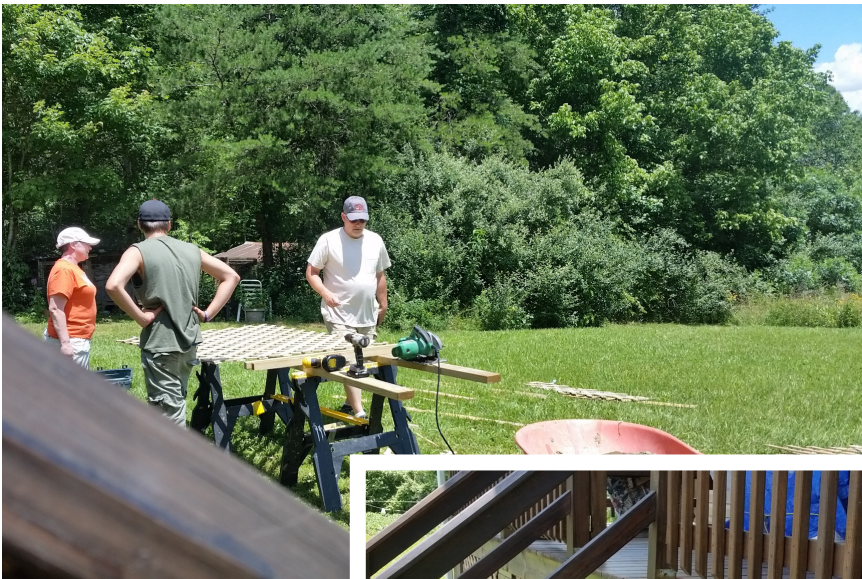
Here's an opportunity to support our local community. The Back to School Project is a volunteer run organization that collects and distributes new school supplies to kindergarten through middle school students in our own metro area. The Back to School Project has been helping thousands of local kids since 1994. This is a 100% volunteer run project, and you can help in July and August. Here's how:

Registration helpers are needed July 5-August 4. This happens at the Waterloo Community Schools headquarters, 1516 Washington Street in Waterloo. Shifts are 9:00-11:30, 11:30-2:00 and 2:00-4:30 Monday-Friday. Recruit a friend for company and contact Ruth Orth to reserve your shift (319-240-7470 or RNLCOMP@mchsi.com)

Packing and distribution is August 14-18 at Lou Henry Elementary in Waterloo. More information about this will be in the August newsletter, contact Lisa in the church office, or check out their website at btscedarvalley.org.



Photos from the Field:
Our church members have been busy going out into our community, and beyond, to help those who need it. Above, our crew works on a Habitat for Humanity house in Waterloo, and below, the team that went to Henderson Settlement in Kentucky applies lattice to a home.



People often ask, "What exactly is a Stephen Minister?" One way to put it is that Stephen Ministers are the "After People".

Stephen Ministers are there:

- after the phone call you hoped you'd never get.
- after the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.
- after the relationship falls apart and the bottom falls out of your life.
- after the doctor says, "I'm sorry, but there's nothing more we can do."
- after the nursing home director shakes your hand and says, "Welcome to your new home."
- after the last child honks the horn, waves, and drives away--- and the house suddenly seems empty.
- after the gavel comes down, the handcuffs go on, and your loved one is led away.
- after the baby arrives, demanding more of you than you ever dreamed possible.
- after you find a pink slip with your final paycheck.
- after your family and friends have heard your story one too many times, but you still need to talk it out.

Stephen Ministers are the After People. They are ready to come alongside you – or your friends, neighbors, coworkers, or relatives – and provide comfort and support for as long after as needed.

UMW notes:

No Board meetings in July and August.
July 16 -18 – Summer Mission U, (School of Christian Mission),Marshalltown

2017 Mission u (formerly SOCM):

Learning Together for Transformation of the World

The United Methodist Women (UMW) Mission u summer and fall events are wonderful mission education opportunities to study current issues impacting society. Whether you are young or old, laity or clergy, a UMW member or not, a first timer or attend every year, you are invited. All participate in the Spiritual Growth Study, Living as a Covenant Community. Also, attendees may choose to attend either the geographic study Missionary Conferences of the United Methodist Church in the U.S. or the social issue study Climate Justice: Call to Hope and Action.

WHEN: October 20-22. Fall Mission u, including Spanish, Korean, Children's, and Youth studies (register by September 20).

WHERE: Iowa Valley Continuing Education Center, 3702 S. Center Street, Marshalltown, Iowa

You may obtain a copy of the brochure and registration form at the counter on the back of the Welcome Center in the Gathering Place.

If you have any questions please contact Chris Werling-Witkoske (cdwwitkoske@hotmail.com or phone 319-594-2404).

Zach Bequest Makes Great Experiences Possible

A very generous donation by the late lone Zach has made it financially possible for members of our congregation to go on mission and work trips to be the hands and feet of Christ. One of these opportunities was a trip to New York City in May, which was organized by Threehouse: A Wesley Foundation . Students and learners of various ages and stages in life participated in this trip to work, to learn, and to reflect on what it means to be authentically Christian in a multi-faith world. Here are some reflections and memories from some of the participants who were grateful to the scholarship help from lone Zach's bequest:



“I will always remember Reggie. Reggie called himself the King of New York. Reggie took it upon himself to help a group of 20 out-of-towners find an elevator and stairs to help us reach our sight-seeing destination. He was a God moment to us all at that moment and definitely put a smile on our face.”

“I really liked the seminars that we did. We had two speakers come and talk to us about their religion and how they incorporate it into their everyday life. We got to hear about some of the events and things that they do and the center they get to hold the events in. I can incorporate this into my everyday life and faith journey by helping become more multi-cultural and to help local events and organizations become more welcoming of different cultures and religions.”

“I learned that people are pretty friendly and helpful, even in New York City where it seems everyone is in a hurry. Our group included a person who needed a wheelchair, and it was eye opening to me how many barriers there are to be able to navigate the city, probably any city, with a physical handicap. I came back from the trip with a renewed faith in the younger generation – our up-and-coming leaders, and think we are in good hands.”

“I loved that after talking about issues of diversity and inclusiveness all day we could go out into the city and find neighborhoods where different ethnic groups were sharing public spaces in peace. I also loved walking across the Brooklyn Bridge at night and seeing the reaction of foreign tourists when they recognized the Statue of Liberty out in the harbor. They'd stop and point and talk about it, like it meant as much to them as it does to us.”



Thank You's

Thank you to all who helped at the Habitat for Humanity build on Saturday, June 17. All of your work was appreciated, and the gift of your time was precious.

Once again, Jane Wyckoff appeared at my front door with a big smile and a big red rose. She and the Congregational Care Team were acknowledging my 85th birthday. We have such an amazing church, congregation and pastors. I want to say thank you to all.
Jean Pierce

It is always good to be remembered on my birthday. A special thanks to church staff and the Congregational Care Team for the lovely cards. I still miss Cedar Falls and church.
God bless you, Bonnie Ling

Thank you for all the cards and notes mailed to me.
Martha Anderson

Thank you very much for the lovely peach colored rose, my first! I had such a good visit with Jane. Also thank you for the card from the staff and cares and prayers at the time of Glenn's passing.
Sincerely, Freddie Holmes

Thanks to all who helped me celebrate my graduation. The church has provided me with a strong foundation for my faith. I couldn't have done it without my church family!
Thanks, Anna Dvorak

A belated Thanks to Jane Wyckoff for delivering my beautiful rose for my 84th Birthday.
Having a Birthday beats the alternative! We are happy to be a part of First United Methodist.
Iver "Ike" Anderson

From Tiffany ...

I'm very sad to announce that after working in the nursery for over 11 years, I will be leaving at the end of July. I have accepted a job teaching 4th grade in Belmond this coming school year and will be moving this summer to be close to work. I want to give a very special thank you to Jan Hoover for hiring me and for everything she did for me over the years, this job is a big part of what helped me decide to go into teaching. I want to thank Jenna Engel and everyone who has worked in the nursery with me over the years. I want to thank all of the parents who have always been wonderful to work with. I want to thank all of "my" kids I've had over the years for coming to the nursery to play with us. Many of the kids started coming to me when they were just little babies and it's been amazing watching them grow up. It's going to be hard to leave after 11 years, but it's time to start a new chapter in my life. If anyone would like to stop in to see me and say goodbye, I will be in the nursery on July 16th, 23rd, and 30th from 8 to 10:30am. Thank you everyone, I will miss you all!
Tiffany Waller

Sympathy to:

- Bud Stock and his family on the loss of his brother, Darwin on June 12.
- Family and friends of Don Geesaman. Don passed June 16.
- Family and friends of Elma Wymore. Elma passed June 16.
- Family and friends of Chuck Kuczor. Chuck died June 21.
- Denise Barr on the loss of her mother Annice Frederick. Annice died June 25.
- Family and friends of Ralph Briden. Ralph passed June 25.

News From "The Connection"

Does First UMC give you a feeling that you're connected to something big? That's by design. "Connectional" is a word we use to describe the structure of the global United Methodist Church. Each local church is connected to every other local church through a network of districts, jurisdictions and conferences. It's a structure that allows churches to function locally, while still being "connected" to the ideas and resources of a global faith community. It is the connectional nature of our United Methodist Church that makes our relationship with Banyam Seminary possible, and has led to real friendships between congregations across town and around the world.

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

Financial Update-

May Receipts	\$ 79,743
May Expenses	\$ 66,895
YTD Receipts	\$374,984
YTD Expenses	\$351,019
Mortgage as of June 30 --	\$522,970

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, Deb Bernard for details. 319-266-1713 or emailed deb.bernard@aboutfirst.com.

Attendance- week ending

	6/4	6/11	6/18	6/25
Transformation	77	58	88	80
Traditional 8:30	101	71	114	86
Traditional 11:00	96	88	78	56

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



Sunday, 8:30 & 10:00 a.m. Traditional services

Sunday, 8:30 a.m. Transformation Worship

Van rides are available for the 10:00 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

Steve Williams, Senior Pastor, steve.williams@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

Deb Bernard, Financial Manager
deb.bernard@aboutfirst.com

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

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

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

Bryan Houts, Chancel Choir Director
bryan.houts@aboutfirst.com

Flo Mobley, Parish Visitor

Rebecca Nims, Youth Ministry Coordinator
rebecca.nims@aboutfirst.com

Doug Shaffer, Organist
musicman52151@gmail.com
610-4249

Emily Terpstra, Custodian

July newsletter deadline is June 20.

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