

# aboutfirst news

July, 2019 First United Methodist Church, Cedar Falls

---

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



## CONTENTS

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

issue 225, July, 2019

First United Methodist Church  
718 Clay Street  
Cedar Falls, Iowa, 50613  
[aboutfirst.com](http://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](mailto:chris.congdon@aboutfirst.com)

### When life is so busy consider "The Beloved Prayer"

"Pastor Scott, I am wondering how to go about praying. I mean life gets so busy that I feel at times I have lost sight of what is important to me."

Do you feel like this from time to time? I certainly understood her when she said this to me. It is so easy to put prayer aside in a busy schedule.

So, I thought I would respond not just to her, but to us all. I have been using this past month or so a particular form of prayer, and for me it has been a rather simple yet profound practice of prayer.

First of all, sit relaxed and at ease. Have confidence that God's love will show itself in some way. For the first 5-10 minutes, without fuss, say the following words slowly and fervently: Jesus, you are the beloved. Repeat the words as necessary. Let your heart fill with praise and thanksgiving for Jesus. Let distractions float by, even when they press upon you. After a while, the distractions will seem less and less urgent as you let them be. Simply be with Jesus in this precious moment.

Then gently, and without fanfare, move on to the next 5-10 minutes. Paul reminds us in Romans 9:25 that we, too, are destined to become beloved. Another simple phrase is added to the beauty of this meditation: I am beloved. Let your soul soak up God's favor. At first, this shift might seem difficult. But give it time in the depth of prayer and let this truth settle in.

Then go on to the next 5-10 minutes. I have found this portion of the prayer to be a rich and holy connection with others in using the phrase: we all are beloved. People come into your heart: a neighbor, a friend, a relative, someone you read about in the morning paper. The important thing is not to exclude anyone. It has been amazing to me how this part of the prayer has changed the way I view others.

At the end, simply conclude with a word of thanksgiving or the Lord's Prayer. This prayer is called "The Beloved Prayer," and I commend it to you as a way of meditation and a way not to lose sight of what is important to you. May God bless the rest of your summer!

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](http://aboutfirst.com) and scroll down to the "sermons" graphic, which will link you to all of our sermons and public videos.



# - SUMMER WORSHIP SCHEDULE -

8:30 am Contemporary & Traditional

10:00 am Traditional

- and remember -

**June 30 we will have one service only at 10:00!**

## July Worship Themes

While our pastors haven't identified them as such, we have two mini sermon series going through late June and July. June 23 we looked at lessons of Attentiveness which can be learned from the stories of Elijah, found in 1 Kings. On June 30, and July 7, we stay with Elijah and focus on lessons of Empowerment and Trust.

Then, for the next three Sundays in July, we will shift to the New Testament and explore some of the teaching parables of Jesus found in the Gospel of Luke. These stories inform our understanding of how Jesus would have us live as his disciples. All of this points us toward a new teaching series which will begin in August, with both Pastor Scott and Pastor Matt leading us through "The Marks of a Methodist". If you'd like to read ahead on the teaching passages for the next few weeks:

June 30 - 2 Kings 2:1-2, 6-14

July 7 - 2 Kings 5:1-4

July 14 - Luke 10:25-37

July 21 - Luke 10:38-42

July 28 - Luke 11: 1-13



*Pastor Scott and the VBS kids gather with Jordan Derhammer and pray for her ministry as she moves to serve the churches in Iowa Falls and Alden.*

## You Might Be On Camera

Here's some news that's exciting to share, and maybe a concern for some. We are now livestreaming the sermon/teaching portion of our Sunday worship services on Facebook. We're thrilled to be able to share our sermons with the whole world in real-time. If you can't make it to church on Sunday, the Transformation message goes live about 9:00, and the Traditional message goes live at about 10:25 - please tune in.

Sharing our message with the whole world is important, and so is your personal security. The ability to stream video to the internet means that there are live cameras in our worship spaces. For some people, this might be a concern. There are all kinds of reasons that any particular person might not want the world to know where they are at that moment on a Sunday morning. The vast majority of the time, the pastor is the only person visible in the livestream, but sometimes portions of the crowd are visible, too. If you have any questions about where to sit in our worship spaces so that you will not be visible to the cameras, please talk to Chris in the media office.



## Three Ten Connect

Here's an easy way to welcome our guests in Sunday worship called **3 • 10 • Connect**.

It's simple: in the **first three minutes** after a worship service has ended, look around in a **ten-foot radius** and see if there's someone you don't know. If so, stick out your hand and say "hi". Make a little conversation. Ask them if they have any questions about our church, and if so, volunteer to introduce them to a pastor, a staff person, or someone you know to have the answer. Then, be sure to say that you, personally, are glad that they are here, and that you hope to see them again. It's that easy. **3 • 10 • Connect**.

## Worship Teams

What could be a better way to reach out to others than to lead them and assist them in worship? There are opportunities in both Transformation Worship and in Traditional Worship to lead the time of welcome and announcements, read scripture, lead prayers, make music, serve communion, present the children's message, and help on the tech team. There also are roles to fill on our hospitality team as greeters, ushers, Welcome Center hosts, and snack servers. There are plenty of jobs for everyone to have one! Talk to Jenna or one of the pastors about how you can help others have a great Sunday morning!

## Like Coffee?

We all do! And we need one more person to help with our coffee fellowship time on the third Sunday of the month. Talk to Jenna if you can be our 3rd Sunday Coffee Hero.

## Youth Game Nights Continue Through the Summer

Youth in grades 7-12 are invited to join our monthly game nights! These happen once a month on the Friday before the first Sunday of each month, from 6-9pm, and will continue throughout the summer. If you are in grades 7-12, you are invited to join us for pizza, games, and fun! We hope to see you there!



Steve B., foreground and Wilmot W, background, ready for anything on the softball field.

## Softball season is here!

Softball season is here! Games are Monday nights at Birdsall Park. Come on out! Games last no more than an hour, so bring your family and cheer on the FUMC softball players! New uniforms this year...check them out.

July 1	7:30 on field 3
July 8	7:30 and 8:30 on field 3
July 15	8:30 on field 2
July 22	no softball
July 29	8:30 on field 2

## Pastor Matt Taking Renewal Leave

I am thankful that I am living in a time where the Iowa Annual Conference leadership is not only encouraging, but in many cases mandating its pastors to take a spiritual renewal leave every 4 years. This is absolutely counter cultural and a reclaiming of the conference to have healthy, balanced, and spiritually filled clergy leading our churches.

The findings of a recent survey of ministers five years after they leave seminary reports one in five have already suffered burn-out. 80% believe there is undue pressure on their families. 70% sleep less than seven hours a night. 50% report that they have a close friend. These are alarming statistics that reveal that many pastors are not functioning at the height of their kingdom potential because they are simply burnt out from the rigors of congregational ministry.

I want to clarify that I am not burnt out. I am in love with my calling, my colleagues, and most importantly, the congregation that I have been appointed to serve. I am able to maintain a high level of energy and enthusiasm for ministry because I do my best to practice healthy boundaries. Self-care is a high priority of mine so that I can be at my very best to serve you. The time for a minister to take a spiritual renewal leave is not when they are spiritually drained. At that point, a leave has occurred far too late.

I am taking a spiritual renewal leave during the month of July while I am at the top of my game so that I may endeavor to remain that way in service to our church. During this time of leave, I will be engaging in rigorous spiritual disciplines, tending to my family, and fishing as much as possible! It is my prayer that this time of rest and rejuvenation will lead me deeper in my personal relationship with Jesus, allow me to reconnect with my wife and child, and dream about ministry possibilities at First United Methodist Church.

I covet your prayers during this time as I hope you know I am always and continually praying for you. Serving as one of your pastors is my life's joy. Thank you for all the ways that love and care for your clergy while we love and care for you.

Be Bold, Be Strong,  
Rev. Matt German



## Transformation Worship Team

We're looking for a few people to serve on a rotating basis as worship leaders in Transformation Worship. The worship leader begins worship by welcoming the congregation, presents a few announcements and leads us in the Call to Worship. This is a good position for someone who loves to be in worship and isn't afraid to say so in front of a group. If you'd like to serve in this way, please talk to Pastor Matt.

We're also looking to train a few more people to operate the worship projector on a rotating schedule. It's actually not too hard. The graphics and song lyrics are all done ahead of time, all you need to do us put the right thing on the screen at the right time. If you'd like to try being on the tech team, talk to Chris Congdon.

## Did you know?

That the Church Endowment Committee has been quietly funding numerous projects and activities of the church over the years.

Due to generous donors who had the foresight, love and desire to leave gifts to the church via their wills and through gifts while still living, the committee has been able to wisely invest these gifts.

The Endowment Committee receives requests from various Church committees and annually disburses funds to support the Church and its ministry.

Since 2016, the Committee has disbursed over \$200,000 to allow the Church to fulfill our vision to Love First, Gather, Grow and Go...Together.

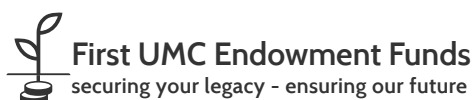
While annual giving supports operational expenses of the Church, the Endowments offer a way for the church to address needs beyond those contained in the annual budget.

From January 2016 through April 2019 Endowment Committee has disbursed funds for the following purposes:

Purchase new bus and back up camera	\$67,630
Parsonage boiler and improvements	\$25,850
Playground and equipment, (matched by 1st Kids Childcare)	\$21,770
Cemetery maintenance and management	\$21,745
Replacement of exterior doors	\$10,720
Building mortgage	\$10,000
Lighting conversion to energy efficient LED lights	\$ 6,950
Carpet in 2nd floor theatre and café	\$ 5,800
Parking lot resurfacing	\$ 5,700
Computers, video display and technology equipment	\$ 5,500
Parish visitor support	\$ 5,030
Fellowship hall audio and visual equipment	\$ 5,000
Insurance deductible from lightning strike damage	\$ 5,000
Organ maintenance	\$ 2,183
Education work area support	\$ 1,970

Please join those whom have expressed their love for their church by making provisions in your estate plans naming the First United Methodist Church as a beneficiary in your will, trust, life insurance or retirement plan. Please meet with your financial advisor and attorney to thoroughly discuss your desires.

We hope you will tell us of your plans so that we can thank you for your generosity and to ensure that your gift will be used as you intend. If you would like to confidentially discover more ways that you can give to the Church Endowment Funds, please contact the pastors, finance manager or any member of the Endowment Committee.



*Endowment funds were one source of funding for the re-paving of our parking lot*

## Grief Support

The Grief Support Team of our church began in 1998 when it was decided that there was a need to support individuals and families who have experienced the death of loved ones. Here is some of the support provided:

- A quarterly newsletter sent to about 100 homes
- One-to-one support where needed and wanted
- Opportunities for fellowship
- Reading material on the grieving process in the church library
- A monthly support session for those who choose it
- A quarterly trip to interesting places
- A yearly holiday dinner for those who are newly grieving
- Greeters at funerals held at our church

We serve anyone who desires this ministry and work in coordination with our pastors to provide intentional support. Current members of our Grief Support Team are: Pat Ackerman, Dee Behr, Laurene Bernard, Carol Dick, Bobbette Fortney, Dean and Jan Hoover, Flo Mobley, Shirley Mae Patchin, Terri Rogers, Cindy Scheer, Bobbi Jo Smith, Linda Smith, and Deb Yankey.

Please note that there will be no grief support session for July. We will resume our regular schedule on Tuesday, August 6th. If you have a need for grief support, please contact the church office at 266-1713 and you will be directed.



## Rural Life offering – July 14

You may contribute to the Rural Life offering by using the special offering envelopes in your bulletin on July 14. The Rural Life offering reminds us of the rural heritage of The United Methodist Church. This offering is used to celebrate and support rural life and rural ministry in Iowa.

## School Kits

It's the middle of summer break... but we are starting to get school kits ready for Ingathering. You can help by keeping your eyes open for good deals on school supplies and bringing them to the Welcome Center (back counter). The list has changed...we are working with Midwest Mission and their request list is slightly different. This is what is needed to fill each school kit:

- 3 – 8 x 10 ½ spiral-bound one-subject notebooks, 70-80 pgs each (wide OR college rule)
- 1 – pencil sharpener (hand held – at least 1” long)
- 6 – unsharpened pencils with erasers (plain – no advertising)
- 1 – box 24 crayons (ONLY 24 count, please)
- 1 – box of 12 colored pencils
- 1 – pair BLUNT scissors (rounded tip, no plastic scissors)
- 1 – 2 inch or larger eraser
- 1 – 12 inch/30 centimeter ruler (hard or flexible, must be flat and have metric markings)

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

## Lay Leader's Report on the Iowa Annual Conference

Shawna Brimm

The 2019 Iowa Annual Conference was held June 7 through June 11 at the Iowa Event Center in Des Moines. Friday evening was reserved for pre conference clergy and laity sessions with the conference gavelled into order by Bishop Laurie Haller at 9AM Saturday. The following three and a half days were filled with worship, addresses, and presentations of and voting on statewide policies, procedures and resolutions.

There were times it almost seemed as if there was a celebration of sending forth from First Church. Rus Debonis was recognized as a graduate of the School for Lay Ministry, Padma Templeton was named as Licensed Lay Minister, Jordan Derhammer was accepted as a Provisional Elder, and former youth pastor, Steve Braudt, was ordained as an Elder in full Connection, these last two referred to by the Diakonos (formerly pages) as official old people. During the Monday fixing of appointments Padma was assigned to Slater UMC (near Ames), Lisa Congdon to Washington Chapel replacing Jordan who was named as associate to Iowa Falls UMC and pastor to Alden UMC. We are pleased that both Pastor Scott and Pastor Matt will continue to shepherd the flock here at First Church. There was even a shout out from District Superintendent Rev. Paul Wilcox, to the Circuit Riders of FUMC Prayers for, and blessings on, all that have answered the call to serve.

One of the first items presented and the last to be voted was the annual budget. Going into 2020, the budget is less than the budget for 2019. The end result, for the local churches, is that there will be a decrease in the annual apportionments. This does, however, also mean a decrease in funds for many of the church's ministries and missions, including the closure and sale of Pictured Rocks Church Camp near Monticello.

There were presentations and votes for the continuation of all the standing committees and commissions covering everything from missions, ministries and congregational support, and resolutions regarding firearms and child safety, ICE, pollution and climate crises and the traditional plan regarding LGBTQ+ status, as voted on by the Special General Conference in February 2019. There were also elections for delegations of both clergy and laity to attend Jurisdictional and General Conferences to be held in 2020. Both our pastors were elected as alternate delegates. We are well represented.

There was discussion, dissension and holy conferencing; worship, praise and promise. We were told although one person cannot change the world, we *can* change the 3 feet around ourselves. If we all do that, then we can make a difference in the world.



Iowa Conference Bishop Laurie Haller



Clergy procession begins Ordination Worship

photos courtesy Iowa Conference Communications

## THE BIG SALE IS COMING SOON!

The Annual Church Rummage Sale will be held August 1st (5-8PM), August 2nd (8-4PM), and August 3rd (8-1PM). 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 of your donated items. As in the past, no TV's, computers, tires, paint, encyclopedias, or mattresses.

We can use volunteers to sort donations every Wednesday evening from 6:30 PM until done in the lower level. This will continue through July 24th. **It's a fun way to meet and work with others in your First UMC family who you might not know.**

There will be sign-up sheets available at the Welcome Center on July 7th, 14th and 21st, and 28th. Sign up soon to get the best shifts to volunteer your time/talents, bring items for the Bake Sale or Luncheon, cashier, or greet/provide direction to customers at the sale.

**The BIG MOVE** is set for Monday, July 29th at 6:30PM. Volunteers are needed to carry items up the stairs or to push/pull loaded carts to the Fellowship Hall.

**The BIG CLEAN-UP** is set for Saturday, August 3rd at 1:00PM. Volunteers are needed to carry boxes or bags to the Goodwill truck and to help put the rooms back in order. Anyone interested in helping with the movement of larger items/furniture for the sale, please contact Maxine Kehret at 319-296-1518 or Jim Buchs at 775-848-4673. Plans are to pick up these items the evening of July 29th and transport them to the Church.

Come join us and have lots of fun working with other Church members! It is a great way to work with members from the different Sunday morning services! Questions on how you can volunteer for this important mission for our Church, please contact Maxine Kehret at 319-296-1518 or Stephanie Buchs at 319-277-2916.

## LED conversion

Things are a bit brighter around First UMC, and becoming more so every day. Head custodian John Bentley is replacing most of our older light fixtures with new LED units which are both brighter, and more energy efficient. This includes replacing fluorescent lights in classrooms and hallways, and will eventually include replacing those awful sodium-vapor lights in Fellowship Hall. The work has already been done in the main hallways of the second and third floors and the difference is brilliant! While there is a cost to replace these fixtures, a study performed last year determined we would realize a significant savings in electricity usage by switching to LED lights, so it is a matter of good financial stewardship as well as environmental stewardship to make this change. Thanks to John Bentley, the Trustees, and the Endowment Committee for making this possible.



*all that stuff you didn't know you needed*



*this hall is brighter thanks to new LED lights*

## Help the Wee Ones

Here are some ways you can help the wee ones, both locally and far away.

Donate to our **Wee Care closet**. 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 in our own community 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.

Or, provide items for **Layette Kits** for Midwest Mission Distribution Center. These items will be collected until Ingathering, and Midwest Mission will ship them to those in need all over the world. You can purchase enough to complete a kit, or simply an abundance of what you can get a good deal on. Find the list on the back counter of the Welcome Center.

- For Layette Kits:
- 6 cloth diapers
  - 2 gowns or sleepers
  - 2 undershirts or onesies
  - 2 infant washcloths - no adult washcloths
  - 2 diaper pins with protective plastic closures
  - 1 sweater, sweatshirt, or jacket open in front (no buttons or ties)
  - 2 receiving blankets (28"x28" to 32"x32")- no crib, fleece, or thermal blankets

# 8 Events

## July 7 - Pool Party!

Where: The Falls

When: 10:00 a.m. - noon

Everyone is invited to The Falls Aquatic Center on Sun, July 7, for a pool party! Kids of ALL ages are welcome: bring yourself, your kids, grandkids, neighbor kids, friends' kids, neighbors, friends . . . you get the idea. Frolic in the water, relax on the lazy river, zoom down a slide, or simply sit and visit and enjoy the scene.

Yes, this is a Sunday, and yes, it conflicts with the 10 am service a little. You can solve the situation by attending one of our 8:30 worship services, or by wearing your bikini to the 10:00 service, and heading to The Falls immediately following.

## July 9th - Card Making 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 9th from 1:00 to 5:00 pm 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!

## July 18 - 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.

## July 22 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00

We are hosting the next blood drive on Monday, July 22 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](http://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.

We will be hosting two blood drives in August due to the anticipated summer shortage of lifesaving blood products. The first will be Saturday, August 17 from 8:00am to noon, and the second will be Monday, August 26 from 12:30-6:00.

Would you like to help coordinate these blood drives? Let the church office know. It's pretty easy to find people to provide cookies and to host - often as easy as an email to some of the faithful who almost always plan on it.

## July 23 - Crafter's Corner

Where: Parlor

When: 6:00-8:00

Attention crafters! Join us on Tuesday, July 23 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 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. Please contact Crystal Wilken at [crystalwilken@gmail.com](mailto:crystalwilken@gmail.com) with any questions.

## Zumba Taking the Summer Off

Mary Frederich who leads a Zumba session at First UMC every Thursday night is taking the summer off. She encourages you to get outside and be active in these warmer summer months, and she'll be back next fall.

## Boy Scout Can Drives

Our chartered Boy Scout Troop is planning monthly can drives to raise money for troop activities. The plan is to collect cans the last Saturday of each month from 9:00-noon in the north parking lot of our church. Save your cans to support the scout programs of our church.

## Coming August 17 & 18

### Right Next Door:

### Women at the Well Workshops

1:30-5:00 p.m. at First United Methodist Church, 718 Clay Street, Cedar Falls

Join Women at the Well for an afternoon of learning around issues of justice, incarceration, and welcome. We'll meet in a worshipful opening time, all together, and then grab some snacks and break into two groups:

**Reentry Team Training**, led by Pastor Paul Witmer, Minister of Reentry and Congregational Care. This training will inspire and prepare participants to work as part of a team with women coming out of prison, accompanying them during that first year.

**Workshop "Welcoming Home: How the Church Makes Room,"** led by Pastor Lee Roorda Schott. We'll consider how the church can become supportive community for those who themselves or in their families are dealing with incarceration, addiction, sexual violence, mental illness, poverty and more. Will we make room for this kind of diversity? What will that call from us? How will it enrich us?

It will be helpful if you'll RSVP to Pastor Paul at [wellreentry@iaumc.org](mailto:wellreentry@iaumc.org) so that we can plan for you. Or you can contact him for more information at 515/313-6916.

We'll be preaching on Sunday morning in area churches, including Pastor Paul at Cedar Falls First.



## 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

### Tuesday

7:00 Tuesday Men's Breakfast, CF Family Rest.  
 9:30 Quilters/Stitchers, O59  
 9:30-10:30 Tuesday Bible Study, chapel  
 4:30-6:00 Community Meal, Fellowship Hall  
 7:00-9:00 AA, O55

### Wednesday

9:00 Women Connected by Prayer, parlor  
 5:15 AA, O55  
 6:30 WOW AA, O55

## Also Scheduled....

### MONDAY July 1

6:30 Stephen Ministry Supervision  
 7:30 Softball, field 3

### WEDNESDAY July 3

9:00 Women Connected by Prayer PANERA  
 6:30 Rummage Sale sorting - lower level

### THURSDAY July 4

church office closed

### FRIDAY July 5

5:00-8 anniversary party Dennis & Nancy Miller  
 Game night for youth

### SUNDAY July 7

Pat Benda at Frederika UMC  
 Roberta Robbins at New Hope Parish  
 10:00-noon Pool party at the Falls

### MONDAY July 8

9:30-11:00 UMW Board meeting, library  
 5:30-6:30 FirstKids Board, office  
 6:30 HOME Team ,chapel  
 7:30 Softball, field 3  
 8:30 Softball, field 3

### TUESDAY July 9

1:00-5:00 Cardmaking, Gathering Place  
 6:30 Finance Committee, library

### WEDNESDAY July 10

2:00 communion service at Stanard Care  
 6:30 Rummage Sale sorting - lower level

### THURSDAY July 11

7:00 Transformation Band, Fellowship Hall

### FRIDAY July 12

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

### SUNDAY July 14

Roberta Robbins at New Hope Paarish

### MONDAY July 15

8:30 Softball, field 3

### TUESDAY July 16

6:30 Ad Council, library

### WEDNESDAY July 17

11:00 service at Pinnacle  
 6:30 Rummage Sale sorting - lower level

### THURSDAY July 18

Noon-3:00 First Friends potluck, Gather Plac

### SATURDAY July 20

Newsletter Deadline  
 9:00 Safe Sanctuary Workshop

### SUNDAY July 21

Roberta Robbins is at Frederika UMC  
 Pat Benda at New Hope Parish

### MONDAY July 22

12:30-6:00 Blood Drive. Gathering Place  
 No Softball game tonight

### TUESDAY July 23

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

### WEDNESDAY July 24

1:00 Windhaven Communion Service  
 6:30 Rummage Sale sorting - lower level

### THURSDAY July 25

7:00 Transformation Band, Fellowship Hall

### SATURDAY July 27

9:00-noon Troop 44 can drive, North parking

### SUNDAY July 28

Chris Werling is at Frederika UMC  
 Roberta Robbins at New Hope Parish

### MONDAY July 29

6:30 Rummage Sale BIG MOVE  
 8:30 Softball, field 3

### TUESDAY July 30

Rummage Sale setup  
 No Community Meal  
 No Band rehearsal

### WEDNESDAY July 31

Rummage Sale Set up  
 newsletter mailing crew

### THURSDAY August 1

5:00 - 8:00 Rummage Sale

### FRIDAY August 2

8:00-4:00 Rummage Sale

### SATURDAY August 3

8:00-1:00 Rummage Sale

# 10 How To Help

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?

## 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, and Jan Hoover.

### Sunday Morning Hospitality

How many people does it take to make a Sunday morning happen at First UMC? A lot! We have greeters, Welcome Center hosts, refreshment servers, ushers, chair-setter-uppers, communion stewards, bus drivers, musicians, Sunday School teachers, camera, sound and tech operators and more. Everything happens because someone makes it happen. How can you help? Contact Jenna Engel to fill one of these slots!

### 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 - Not This Month

A crew from our church helps at the Food Bank the first Tuesday of each month (**although we will be taking this month, July, off**). 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](mailto:lisa.congdon@aboutfirst.com)

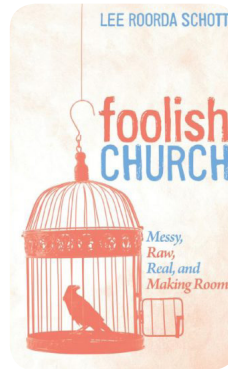
### Ongoing Wish Lists

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.

**Special Event: Foolish Words and Music: Messy, Raw and Real**  
**Saturday, August 17, 6:30-8:30 p.m.**  
**At Threehouse, a Wesley Foundation, 2422 College St., Cedar Falls**

Join author Lee Roorda Schott along with Richard Bruxvoort Colligan, a gifted singer and songwriter from Strawberry Point, as we spend an evening of sung and spoken words about life, the church, foolishness, and more. Lee is the pastor of Women at the Well, a church inside the women's prison in Mitchellville, Iowa, and recently published her book *Foolish Church: Messy, Raw, Real, and Making Room*. She'll share her story and some readings in between selections from Richard's amazing repertoire that is both faithful and beautiful. Light refreshments will be served. We hope you'll join us! We'll take a freewill offering to support Richard's presence with us, and Lee and Richard will have books and music, respectively, available for purchase.



**Tuesday Bible Study**

The Tuesday morning Bible Study always welcomes new friends – men and women! This group meets in the chapel near our main entrance at 9:30 on Tuesday mornings. Bring your Bible – whichever one you prefer – and be prepared to read through and discuss the Bible. This group took a break for the winter months, and resumed their studies just after Easter. It's an easy group to join at any time. They are almost through the New Testament and then they will begin with Genesis and start through the Bible again. No homework or study guide is required, just read along with this group and offer your insight. Shirley Bolin and Linda Berneking are the contacts for this group.

**2019 Mission u: 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 - "Practicing Resurrection: The Gospel of Mark and Radical Discipleship". Also, attendees may choose to attend either the special anniversary study "Women United for Change: 150 Years in Mission", or the social issue study "What About Our Money? A Faith Response".

- WHEN:** July 21-23 Summer Mission u (Sunday afternoon through Tuesday afternoon)  
 October 18-20. Fall Mission u (Friday afternoon through Sunday afternoon)
- WHERE:** Iowa Valley Continuing Education Center, Marshalltown, Iowa

You may obtain a copy of the brochure and registration form at the counter on the Welcome Center in the Gathering Place. If you have any questions please contact Chris Werling (contact info is on the brochure)

**Make Your Summer Camp Plans Now at [iaumc.org/camps](http://iaumc.org/camps)**

The Iowa UMC has three camps: Pictured Rocks, Okobiji, and Wesley Woods. All three have exciting summer camp options for kids and youth: Boats, horses, go-carts, hiking, fishing, nature, learning, exploring, new friends, and, of course, a bunch of Jesus make summer camp an experience our kids will remember for a lifetime. Camp information is available at [iaumc.org/camps](http://iaumc.org/camps).

We want every kid to go to camp, and we can help with scholarship funds for camping fees. If you have contributed to this fund, thank you - it makes it possible for a kid to have the summer of a lifetime. Talk to Jenna Engel for more info regarding camp scholarships.

**Men's Tuesday Breakfast –**

join the group  
 After a break for winter, the Men's Breakfast Fellowship is back! Join them at 7:00am at the Cedar Falls Family Restaurant (2627 Center St) every Tuesday. After a quick devotion, you'll have time to eat and be on your way by 8:00. Start your Tuesdays with a great group of guys.



# 12 Reaching Out & In

## Food Bank Personal Care Items - July Mission of the Month

Did you know...in addition to food donations, the Northeast Iowa Food Bank accepts personal care items. An estimated 46,440 northeast Iowans struggle with food insecurity. Many of these same individuals also struggle to provide personal care items for their families, and government food assistance programs such as SNAP do not provide assistance for purchasing personal care items. No access to personal care items leads to poor hygiene, health issues among both adults and children, and damage to a family's well-being.



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
- Deodorant

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.

## Be a Blessing to Someone Through Love INC

People in need will often approach a church for assistance. Unfortunately, many churches are not equipped to meet the variety of needs that are presented. That's not a failure of the churches - at their core, they are faith organizations, not relief agencies. But, the Christian imperative is to help. Love INC works like this: when someone approaches a member church for assistance, they are referred to Love INC. Love INC then conducts an interview to fully determine the need, and which church is best able to assist. Love In The Name of Christ (Love INC) pools the strengths of area churches and agencies to reach out to those in need - our church is one of 29.

You can be a blessing to someone today by volunteering with Love INC as a Clearinghouse or Community volunteer. If you're interested in serving with Love INC, fill out a volunteer form found at [loveinccv.org](http://loveinccv.org) or call 266-1264. They'll get back to you in the next couple of days.



## Bibles for Our Sisters in Mitchellville

A very tangible way we can help our sisters behind the razor wire is to provide Bibles for them. We have an opportunity to order new Bibles to be sent to the women's prison directly from Cokesbury. They are given to the ladies in Bible Studies and to keep for their own use. We have sent dozens of Bibles in past years and they are so appreciated. The Common English Bible for is an easy to read Bible. This is the Bible that Lisa in the church office has been using, and it's sturdy and feels nice and is easy to use.

These Bibles normally sell for over \$20, but Cokesbury has made special arrangements for friends of the Women at the Well UMC to order them for only \$10. Use the special "Bibles for our Sisters" envelope at the display at the Welcome Center. You can take a look at the type of Bible that your \$10 will provide, too.

## Putting Love Into Action



Many years ago, Joanne, the young mother of an infant child, was devastated by the unexpected death of her husband. She was now a young widow with a small child. In the months that followed, she tried several ways of dealing with her grief and pain, but found very little help. As a result of her own experience, a seed was planted in her heart – a desire to be there for others who faced similar circumstances.

A few years later, Joanne saw a notice in her church bulletin inviting people to serve as Stephen Ministers. She responded. In her decade of service as a Stephen Minister, Joanne has had the opportunity to care for people with a variety of needs, including a recent care receiver who was young widow. Joanne said, “It was very satisfying to be able to give her the kind of help I didn’t have.”

Like many Stephen Ministers, Joanne has noticed a positive ripple effect on many other aspects of her life as a result of her involvement in Stephen Ministry. “It helps me handle my friendships and family relationships more maturely and improves the way I related to my co-workers.”

A new training class will begin this fall. After the 50 hours of class, Stephen Ministers are assigned to meet weekly with a person of the same sex and help them walk through the stress of bereavement, terminal illness, single parenting, long-term illness, job loss, or other stressful situations. If you choose to, you may also take the training for your own benefit and not become a part of the formal Stephen Ministry group.

If, like Joanne, you sense God calling you to put your love of God and others into action, and want to know more, watch for more announcements coming soon.

### 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](mailto: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.



### Communion At Home

Are you or someone you know unable to attend Sunday services and wish to receive communion at home? Every month as we share Holy Communion in our sanctuary, a portion of the bread and wine on the altar is reserved for those who cannot be with us in-person. The next day, our parish visiting team extends that communion table to the homes of others. If you would like to be included, please call the church office at 266-1713, and you will be placed on our regular rotation.

### Homebound? The Library Will Come To You

Church members who live in their own homes, apartments, or in senior retirement communities may be eligible for home bound library services (especially if they do not have anyone living with them who comes to the library for materials.) If you are interested in having library materials delivered to you by library volunteers, please call the Cedar Falls Public Library at 273-8643. This is a free service proved by the Cedar Falls Public Library.

# 14 Dreams Come True

Imagine yourself looking out at the crowd from the most famous stage in the world: Carnegie Hall!

Mary Schlicher did that in April, as she participated in a special concert of music by composer Mary McDonald.



## Mary Schlicher Sings at Carnegie Hall thanks to FUMC

Mary Schlicher

In April 2018, our chancel choir was invited to come to New York City to sing in a concert of Mary McDonald music in Carnegie Hall on May 26, 2019. This was the result of one of our anthems being posted on YouTube, which was referred to as our “audition recording.” I was the only member of the choir who expressed interest in participating, contingent on my sister Jenifer going with me as she can navigate NYC. She agreed and was considered to be a VIP which entitled her to attend all rehearsals, the concert and the reception after the concert. The next months were a series of deposits, payments and balances for our attendance and lodging.

May 21 of this year I flew to Syracuse and 2 days later we took the 6-hour Amtrak ride to Penn Station which was about a mile from our hotel. On Friday, the 24th, the real fun began as we had our first half-day rehearsal. The choir numbered 256! We had assigned seats and I was super lucky to sit between 2 altos, Ruth and Carol, from Calvary UMC in Latham, NY. There were choirs from all over the U.S.; I was one of 3 singers there on my own. Mary McDonald was introduced. She had serious surgery about a month before and had cancelled 4 previous appearances, but she didn’t want to miss her Carnegie Hall debut or the world premiere of her composition “This is the Dream.” Our choral director was Jonathan Griffith who worked so hard that sometimes I worried about him. After about an hour of preliminaries, we started by singing Mary’s arrangement of “Let There be Peace on Earth.” That was when Jenifer’s next responsibility commenced--to shed tears for the beautiful music.

The following day we had our second half-day rehearsal. In all, we sang 7 pieces--all either written by or arranged by Mary McDonald. They were a combination of sacred and patriotic pieces which was appropriate as we performed on Memorial Day weekend. Our portion of the concert (Act 2 of 3 acts) was called “Immortal, Invisible.” Our choir was accompanied by a full orchestra and Mary McDonald on piano.

It was one of the highlights of my life! Looking back on the experience, I am overwhelmed with gratitude to God for so much--that I could share the experience with my sister, that I had the strength and endurance to stand and sing for long periods of time, that so many people were so nice to us, that I met some new friends(similar to a church camp experience!), and that it all worked out so well. Please feel free to ask me about my Carnegie Hall debut!



## Thank You

Thank you so much for the beautiful pink rose Jane brought me for my birthday.

*Vera Sullivan*

We would like to thank everyone for their prayers, words of comfort and cards of sympathy following Dean's moms funeral.

*Jan and Dean Hoover*

It is always good to be remembered from my Cedar Falls church on my birthday. Thanks for the nice birthday card from the First UMC staff.

God bless this church,

*Bonnie Ling*

Thank you so much for the beautiful birthday rose. I really enjoyed the opportunity to visit with Jane.

*Carol Will*

I would like to thank the church staff for the birthday card. I would like to thank Jane for the beautiful red rose she brought to me. I would like to thank my friends that sent cards. I'm thankful that we belong to a very loving and caring church.

*Pat Ackerman*

Thank you to Jane Wyckoff for delivering the beautiful red rose for my birthday. I appreciate your thoughtfulness.

*Elaine Chapman*

A big "thank you" to John Bentley, Mark Canby, and Jim & Stephanie for their devoted service to the annual church rummage sale. They set up tables and clothing racks under Fellowship Hall to allow sorting of donated items.

*Maxine Kehret*

"Thank you for all of the cards, texts, and messages on social media as I was recovering from a appendectomy/hernia surgery. It is a reminder of how well our family is loved by the congregation. The love of Christ truly radiates from each of you! I am recovering well and am looking forward to being back to full strength again very soon! Thank you!

*Pastor Matt*

Thanks for Fighting Hunger

Thank you for helping fight hunger at the packaging event held on June 1. Eighty-four volunteers packed 29,592 meals for hungry people here in Iowa and throughout the United States. Thank you also to all who donated money to pay for these meals. It cost \$6,218 to cover the costs of the ingredients. Thank you once again for your generous donation of your time and your money.

## Sympathy to:

Lynne Calton and her family on the death of her husband, David, on May 28.

Family and friends of Gene Lybbert, who passed away June 1. Gene was a regular guest at our church for several years. He would attend with Sue Debower.

## Celebrate with Dennis & Nancy Miller

Dennis and Nancy Miller will celebrate their 50th wedding anniversary with an Open House on Friday, July 5 from 5:00-8:00 in the church Gathering Place. Come celebrate with them.

## Financial Update as of June 24

YTD Budget Received:	\$358,421
YTD Budget Needs:	\$405,362
<b>Difference</b>	<b>-\$46,941</b>
Mortgage Balance	\$232,218

## Mobile Giving Options Are Now Available

First UMC Cedar Falls is now able to accept financial contributions through the mobile giving apps Venmo and Shazam Bolt\$. Both apps are available for Android and Apple devices. The apps are free to download, and after you link your bank account, transactions are handled much like debit card payments. Don't carry cash or a checkbook? No worries - just use your phone! Send contributions to [contributions@aboutfirst.com](mailto:contributions@aboutfirst.com)

## 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 for details. 319-266-1713..

## Attendance- week ending

	6/2	6/9	6/16	6/23
Transformation	74	x	73	73
Traditional 8:30	102	109	86	96
Traditional 10:00	93	109	86	117

# First United Methodist Church

718 Clay Street

Cedar Falls, Iowa 50613

Phone: 319.266.1713

Fax: 319.266.1715

Email: [churchoffice@aboutfirst.com](mailto:churchoffice@aboutfirst.com)

[www.aboutfirst.com](http://www.aboutfirst.com)

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

## aboutfirst news

First United Methodist Church, Cedar Falls



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

**Sunday, 8:30 a.m.** Transformation Worship

Bus rides are available for the 10:00 Sunday service. Our bus is wheelchair-accessible. 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](http://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](mailto:scott.kober@aboutfirst.com)

Matt German, Associate Pastor, [matt.german@aboutfirst.com](mailto:matt.german@aboutfirst.com)

### Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator

Dee Behr, Parish Visitor  
[dee.behr@aboutfirst.com](mailto:dee.behr@aboutfirst.com)

John Bentley, Head Custodian

Susan Chizek, Finance Manager  
[susan.chizek@aboutfirst.com](mailto:susan.chizek@aboutfirst.com)

Chris Congdon, Media Coordinator  
[chris.congdon@aboutfirst.com](mailto:chris.congdon@aboutfirst.com)

Lisa Congdon, Office Ministry Coordinator  
[lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com)

Carol Dick, Parish/Grief Support Coordinator  
[carol.dick@aboutfirst.com](mailto:carol.dick@aboutfirst.com)

Jenna Engel, Christian Education Coordinator  
[jenna.engel@aboutfirst.com](mailto:jenna.engel@aboutfirst.com)

Lorin Schofield, Youth Co-Coordinator  
[youth@aboutfirst.com](mailto:youth@aboutfirst.com)

Doug Shaffer, Organist  
[musicman52151@gmail.com](mailto:musicman52151@gmail.com)

Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor