



# aboutfirst

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



**JULY 2022, FIRST UNITED METHODIST CHURCH, CEDAR FALLS**

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First United Methodist Church  
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**aboutfirst.com**



## What's Wrong with Us? Maybe We Need a New Wardrobe!

"I'm sorry." That is what I mouthed to the man in the pick-up that I cut off at the intersection.

He mouthed something different to me!

It was totally my fault. I was in the turning lane, but when I went to turn, I saw there was construction ahead, so I had to go straight. I stopped, giving him the chance to go around me, it only gave him the chance to drive up beside me and let me know how he felt about my mistake!

As I thought about that encounter later it only added to a question that has been on my mind and in my prayers. What's wrong with us? What is wrong with us God? Why are we all so short-tempered? Why are we so intolerant of others? Why are we so unforgiving?

Have you noticed that? As a society we seem so quick to place blame, to disregard thoughts, opin-



ions, and feelings of other people.

I listened to a friend of mine speak at a retreat I attended recently and he talked about our need for empathy. And I thought to myself, is that what we are missing?

What is empathy? Empathy is defined as the capacity to understand or feel what another person is experiencing or the ability to share the feelings of another.

Have we become so self-focused that we don't have any room left in our hearts for anything or anyone else?

Then I asked myself, what does the Bible have to say about this? And it just so happens the Bible has quite a bit to say.

Here is one passage that came to my mind, Colossians 3:12-15

12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any

of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity. 15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

This passage reminds me that as God's holy and dearly loved people, we have a choice in what we wear. We decide each day how we clothe ourselves, what we will "put on" as we go about our day. Will we choose compassion, kindness, humility, gentleness, and patience? Or will we choose to dress like the rest of the world and wear our "grumpy pants"?

What's wrong with us? Well maybe it is as simple as needing a wardrobe change. What will you choose to wear when you go out today?

Blessings,

*Pastor Karen*



# July

## July 5 - Rummage Sale

### Donations start

Where: Gathering Place

When: Sundays: 8am – 11 am

Mondays: 2pm – 5 pm

Tuesdays: 9am – 12 noon

Wednesdays: 6pm – 8 pm

Thursdays: 2pm – 5pm

We will have a least 2 volunteers available at the Gathering Place entrance to assist you in taking your items to a storage area. We will only be taking donations according to the schedule above.

Donations will no longer be accepted after Sunday, July 31st.

We will not accept the following items for the Rummage Sale this year:

Furniture, computers, tires, paint, large appliances, mattresses, TV's, bicycles, encyclopedias, water bottles, car seats, cribs, home improvement materials, Christmas trees, and outdoor gas lawn equipment.

Any questions, please contact Maxine Kehret at 319-266-6160.

## July 5 - Grief Support Session

Where: Church Parlor

When: 2:00 to 3:30 pm

It is not only okay to talk about a loved one who has died, it is essential for healing to occur. Telling your story and sharing feelings helps keep your loved one's memory alive and helps you heal. Monthly support sessions are sponsored by the FUMC Grief Support Team and provide a safe, confidential setting. Our next meeting will be Tuesday, July 5th, from 2:00 to 3:30 pm in the church parlor. No reservations are needed.

## July 12 - Card Making

Where: Gathering Place

When: 1:00 to 4:00 pm

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 12th from 1:00 to 4:00 pm (Come-and-Go) in the Gathering Place. Bring a friend, a snack to share if you'd like, and stay for Community Meals if you are hungry. We train you! If you haven't purchased cards yet, check out the card rack just outside the church office. The cards are just \$.50 each, and they are beautiful! This quarter's profits will go to Ingathering for postage.



## July 17 - Newcomers' Coffee with the Pastors

Where: Gathering Place

When: 10:15 am

If you are new or newer to First United Methodist Church, our pastors want to get to know you! Come have a coffee with the pastors on Sunday, June 19th at 10:15am to hear about what is happening at First United Methodist Church and how you can begin to take next steps in getting connected. We look forward to seeing you there!

## July 21 - First Friends Potluck and Fellowship

Where: Gathering Place

When: 12:00 pm

First Friends Potluck and Fellowship meets on the third Thursday of the month in the Gathering Space. Come and join us for good food, fellowship and fun. This is a great opportunity to get acquainted with others in the church and have lunch with the church staff. Couples and singles are welcome. Bring a dish to serve and your own table service. We will have the coffee pot on and ready to serve at 12:00. Dominoes, cribbage, and card games follow the meal until 2:00.

## July 25 - Crafter's Corner

Where: Parlor

When: 6:00-8:00 pm

Get your crafting project lined up and join the group on the 4th Monday of the month from 6:00-8:00 in the Parlor.

Please contact Crystal Wilken at [crystalwilken@gmail.com](mailto:crystalwilken@gmail.com) with any questions.

## July 25 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

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

## Save The Dates!

### Mandy Event

We were finally able to reschedule the Mandy Event originally scheduled the spring of 2020! Mandy McCleary is scheduled to come to our church Saturday afternoon September 24, 2022. If you bought a ticket for the original date, you are all set to come even if you have lost your ticket. More information will be coming this summer. We will be selling more tickets closer to the date.

## SUNDAY MORNING

### Worship Schedule

8:15 am	Traditional worship service, sanctuary
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary worship, Fellowship Hall
11:15 am	Traditional worship service, sanctuary

## SUMMER WORSHIP TIMES

This summer we will continue with our worship times of 8:15, 9:15, and 11:15 for most Sundays. Exceptions are June 26 and July 3 with one worship service at 10:00 in the sanctuary, and August 28 when we will Worship on the Green (outside on the lawn).

## WEDNESDAY NIGHT

Join us in the Fall for more activities!

## FACEBOOK DEVOTION

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

## HOW TO WORSHIP ONLINE

### Option 1

Facebook Live Stream

Watch Sunday worship live, as it happens on our First UMC Facebook page.  
[facebook.com/firstumccfmedia/](https://facebook.com/firstumccfmedia/)

### Option 2

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

The online worship page at [aboutfirst.com](http://aboutfirst.com) has service videos and worship resources including: links to the teaching scripture passage, kids' video, online sign-in, and online offering.

### Option 3

Youtube Channel

Go to [aboutfirst.com](http://aboutfirst.com) and click the 'sermons' graphic for a link to our channel

## FIRST UMC IS ON CABLE TV

We have an hour timeslot on public access cable TV in both Waterloo and Cedar Falls. Our program includes a Sunday School story for children, a devotion from a church staff member, and the teaching session from last Sunday's service.

Cedar Falls (CFU) Channels 18 and 95.5,  
Friday @ 8:00 pm, Sunday @ 9:00 am

Waterloo (MediaCom) Channel 17,  
Sundays @ 11:am & 8:pm

## Bus Service

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

## Miss A Sermon?

If you miss a Sunday message, 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.



## THE BIG SALE is COMING SOON!!

The Annual Church Rummage Sale will be held on August 4th (5-8 pm), August 5th (8am – 1pm), and August 6th (8am – 1 pm). Please continue your support of this Church-wide event by bring in saleable items to the main entrance ONLY on the following days/times in July.

Sundays: 8am – 1 am

Mondays: 2pm – 5pm

Tuesdays: 9am – 12pm

Wednesdays: 6pm-8pm

Thursdays: 2pm-5pm

There will be volunteers there to greet you and assist with movement of your donations to appropriate sale areas. Donations will no longer be accepted after Sunday, July 31st.

THE BIG MOVE of stored items from lower level to Fellowship Hall is scheduled for Monday, August 1st at 6:30pm. We would appreciate volunteer church members that can carry items up the stairs or pull/push carts via the elevator to help that evening until done.

There will be sign-up sheets available at the Welcome Center on July 10th, July 17th, July 24th, and July 31st for volunteers to help with the Luncheon, provide food for the Bake Sale or Luncheons, cashier or bag items, and help with clean-up after the sale.

Questions on how you can volunteer for this important mission for our Church, please contact Maxine at 319-610-4191.

# July Mission of the Month



## Personal Care Drive

It is estimated that 30% of the people in the Cedar Valley face food insecurity; these same individuals also struggle to provide personal care items for their families. Lack of access to personal care items leads to poor hygiene, health issues among both adults and children, impairs one's ability to gain employment, and damages a family's well-being. The Northeast Iowa Food Bank helps these persons by providing personal care items.

Our July Mission of the Month the Personal Care Drive. You may help by contributing personal care supplies or funding to the Northeast Iowa Food Bank.

### How It Works

Providing funds for the purchase of personal care items goes a long way for these individuals. Monetary contributions allows the food bank to be as efficient and flexible as possible in meeting community needs. Thanks to supporters like you, NEIFB will get your gift into the hands of those who need it most, resulting in happy and healthy families. Please note on your donation that the money is for the July Mission or the NEIFB Personal Care Drive.

### Or you can....

Bring items such as soap, shampoo, deodorant, shaving supplies, toothpaste, toothbrushes, feminine hygiene, baby wipes, TP, etc. to the church and leave them in the barrels in the Gathering Place.





## Community Meal

A free meal is served every Tuesday from 4:30 to 6:00 pm. It is open to anyone in the community as an opportunity to meet with friends, or to

stretch their food budget a bit. We host the meal every week, and other area churches take turns providing the meal and the workers. Our church's commitment is the 4th Tuesday of each month.

At this point our biggest need is dessert – cookies or bars are preferred. If you are willing to bake for the meal the 4th Tuesdays of each month, please contact Maxine Kehret at 319-610-4191.



## Got extra fabric? Bring it in!

The Stitches & Quilters also could use decent sized lengths of cotton quilting fabric for comfort quilts, baptism quilts,

and quilts for foster kids, as well as school bags and quilts for Midwest Mission. There is a designated bin for your quality fabric donation in the church collection site on the main level of the church in the little hall across from the drinking fountain.



## Help the Wee Ones

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 Love INC 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. Your donations do make a difference!

## Be a Blessing to Someone - Love INC

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 over 30 that partner with Love INC. 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.



## School supplies are on sale now!

Supplies are needed for school kits. Midwest Mission Distribution Center collects and disperses these kits all

over the USA and even overseas. You can help by keeping your eyes open for good deals on school supplies and bringing them to the church. 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
- 1 – box 24 crayons (ONLY 24 count, please)
- 1 – box of 12 colored pencils
- 1 – pair BLUNT scissors (rounded tip metal blade)
- 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 are crayons, colored pencils, and notebooks, so watch for the sales and buy a shopping cart full!

# education news

Information about our Sunday School and educational opportunities!



## thanks!

Rocky Railway Vacation Bible School was a huge success! There were lots of smiles and laughter from both kids and adults. The kids were fantastic and so much fun.

We enjoyed being able to share our favorite songs and moments of Vacation Bible School with you during the 8:15 & 9:15 church services.

I would like to thank all of the people that helped with Vacation Bible School. To those that donated money and items to make sure the kids had amazing crafts and food. To those that helped with Set Up and the volunteers that were here leading and guiding the kids during Vacation Bible School.

Without volunteers we would not be able to put on this ministry. I am so thankful for all of you and I hope you know how much appreciate everything you do!

Blessings,

*Jenna*



# G3 YOUTH

## Fun Friday Game Nights

Each month, the G3 youth get together for a Fun Friday Game Night. These happen on the Friday before the first Sunday of each month. Our July game night is Friday, July 1 from 6:00-7:30. Meet in the Gathering Space and bring your friends for a night of fun and fellowship— dinner will be provided!



## Our Denver Mission Trip is Finally Here!

The G3 Youth will be going on a week-long mission trip to Denver, Colorado from July 21-27. It's finally here! We will be doing service work with a project called Urban Immersion through Open Door Ministries, which exists to help homeless and low-income people encounter Jesus and move toward self-sufficiency. We will make plenty of time for other fun activities too, like hiking in the beautiful mountains and visiting the Cheyenne Mountain Zoo! The youth have been looking forward to this trip for almost a year now, and it wouldn't be possible without our amazing congregation at Cedar Falls FUMC. Between all of the fundraisers, the support from the In Mission Together committee, and the many ways you pray for our students, we are so blessed to have such incredible support for our youth ministry. This mission trip will be a life-changing and faith-forming experience for many of our students, and we can't wait to share it all with you when we get home. It takes a village to grow youth ministry, and YOU are our village. Thank you for all that you do for us!



## Outdoor G3 - Wednesday, July 13

G3 Youth activities have officially slowed down for the summer! We will be meeting one Wednesday per month throughout the summer— this month, join us on Wednesday, July 13 from 6:00-7:30 for outdoor G3 on the lawn! We will have dinner and lots of games, so bring your friends too. All are welcome! (In case of bad weather we will move activities up to the 3rd floor).

# HELP WANTED!

## SUNDAY MORNINGS

### Rebuilding the Usher Corps

We're looking to rebuild our usher corps for the post-pandemic time. Sunday morning ushers greet people at the door and ensure that everyone has what they need to participate in the worship service. Ushers work a one-month block of Sundays, three times per year. We're looking for men, women, young and old. This is a great way to meet new First UMC friends while serving the church in a necessary way. Call or email the church office and we will connect you with the usher team leader. Rex Pershing is your guy if you have questions.

### Greeting

As a greeter you are our guest first encounter. You will be responsible for welcoming all who enter our doors. We need greeters at the First and Second Services. Greeters will be placed at the main doors to Welcome our guests.

### Coffee & Fellowship

We need volunteers to help serve our baked good, make coffee and drinks. This position starts 8:00am and ends at 11:00am.

### First UMC is Seeking a Worship Leader!

First United Methodist Church is seeking a highly skilled Modern Worship Leader with a passion for music, leadership and ministry. The qualified applicant would provide strategic vision and leadership for the contemporary worship service/s, overseeing the weekend experience, providing leadership and guidance for the church in conjunction with pastoral leadership, as well as vision and strategy for growth and expansion of music/worship ministries. This position is salaried at 10-15 hours a week and starting annual pay would be competitive depending on experience and proficiency.

### HOME Team is looking for new additions to the Team!

Do you have a background in Marketing or hospitality? Do you enjoy event planning? Do you have a lot of ideas for ways our church could reach out in innovative ways to our community? If so, the HOME Team committee might be for you! We are looking to add a few fresh faces to our group and would love to hear your ideas! Please contact Jon Cooper for more information: [jcoop0723@gmail.com](mailto:jcoop0723@gmail.com)

### Welcome Desk

Help answer questions about the church from visitors. You will hand out our Welcome gift.

Email [jenna.engel@aboutfirst.com](mailto:jenna.engel@aboutfirst.com) for more information.



## Send a Card or Note

Send a card or a letter to our friends in care facilities and unable to attend church. Phone calls and cards are also much appreciated for those who are staying home. Think of who sits around you in worship or in a group, and give

them a call or a card. We still have updated photo directories at our Welcome Center. Pick one up Monday-Friday.

Geri Gilbert, Marilyn Pape  
Martin Suites  
420 E. 11th St  
Cedar Falls IA 50613

Marlys Cook, Sharon Kreb,  
Homer Leymaster, Emogene  
Marty, Faye Rohwedder  
Windhaven Assisted Living  
5500 S. Main St  
Cedar Falls IA 50613

Harold Kreb, Lura Treloar  
Deery Suites  
5307 Caraway Lane  
Cedar Falls IA 50613

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

Chuck Roudebush  
Thuesen Cottage  
5127 Caraway Lane  
Cedar Falls IA 50613

Vivian Hill  
New Aldaya Lifescapes  
7511 University Ave  
Cedar Falls IA 50613

Betty Fanning, Chet Starr  
Bickford Cottage  
5101 University Ave  
Cedar Falls IA 50613

Betty O'Brien  
Friendship Village  
Lakeview Lodge  
312 Southbrooke Drive #39  
Waterloo IA 50701

Marlene Thurman  
Birdee Cottage Assisted  
Living & Memory Care  
2221 Fairway Lane  
Waterloo IA 50701

Kathy Gill  
LaPorte City Specialty Care  
1100 US-218  
La Porte City IA 50651

Darlene Prashak  
Heritage Care and  
Rehab Center  
501 S. Kentucky Ave  
Mason City IA 50401

Dorothy Schwab  
Our House Senior Living  
1401 15th Ave NW Room 11  
Austin MN 55912

## Give Through Our Website or Your Phone

Online giving is great for you, because you can do it any time, any place, and you don't need to carry cash to church. Recurring (automatic) giving is great for you, because you won't have to try to remember to write the check. Recurring giving is also great for the church because it provides a predictable income stream for budgeting and planning purposes.

Our secure online giving portal allows you to make one-time offerings, or to set up a recurring gift. Check it out today.

<http://aboutfirst.com/giving>

or, download the GivePlus app to your mobile device and give directly from your phone. Available for androids and i-people.



**GIVEPLUS<sup>+</sup>**  
A VANCO COMPANY

## Thank Yous

I would like to thank First UMC and Jane Wyckoff for the beautiful carnation for my birthday. I always enjoy the visit with Jane.

God bless,  
Carolyn Hess

I would like to take this opportunity to thank the church staff and Jane for the delivery for the beautiful pink carnation for my birthday.

Larry Gruman

It is always nice to be remembered from the Cedar Falls church for my birthday with cards from the Care Team and church staff. This was my 96th birthday. The Lord has really blessed me. God is so good.

Bonnie Ling

Thank you to the church staff and Jane for the birthday greetings and flower. I appreciate being remembered by my church family.

Elaine Chapman

Thank you to the church members for your prayers and beautiful cards with caring messages. Thank you to the church staff for the check up phone calls.

Much appreciated! God Bless all of you!

Carol Nicholson

## Sympathy

Elana Shinkle on the death of her grandmother on May 22.

Family and friends of Doris Carlson. Doris died June 15.

Family and friends of Phyllis Aschenbrenner. Phyllis died May 29. Her memorial service was held June 3.

Rowena Hardinger and her family on the death of her brother, Dr. Benjamin Myers Lincoln, on May 31.

Shari King on the death of her mother, Kathy King, on June 8.

Joe Bohr of the death of his step-father, Leo Cozzolina, on June 11.

## Hospital reminder

Governmental regulations prohibit health care facilities (this includes hospitals, assisted living and nursing homes) from sharing information about their patients and residents, so if you want your church family to know you need our love and prayers, please call the church office.

## Altar Flowers

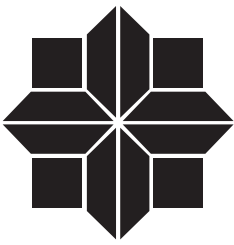
The altar flower calendar is at the Welcome Center. Sign up now to recognize a special date or to honor a loved one with flowers for the altar. Have the flowers delivered to the church on Friday, please.

## Join the Facebook Group

We have created a Facebook group called First Friends and Family to allow everyone to interact and share the ways they are finding to Love First. Head over to our church Facebook page, select 'visit group'. You should find the button under the banner. Want to join? Click the member request button and we will be sure to add you.



Here's an evangelism idea for this summer. Let's set a goal of 300 in worship in the three services. And here's our role in that—**each one reach one**. Each attender, no matter the age, bring one other new person to worship or to some church event during the summer. And we'll leave the spiritual growth of that person up to God.



**FIRST UNITED**  
METHODIST CHURCH

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## First United Methodist Church, Cedar Falls

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### Worship

8:15 am	Traditional worship service, sanctuary
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary worship, Fellowship Hall
11:15 am	Traditional worship service, sanctuary

### Television

Cedar Falls (CFU) Channels 18 or 95.5  
Friday @ 8:00 pm, Sunday @ 9:00 am  
Waterloo (MediaCom) Channel 1  
Sundays @ 11:00am & 8:00 pm

### Our Pastors

Scott Kober, Lead Pastor, [scott.kober@aboutfirst.com](mailto:scott.kober@aboutfirst.com)  
Karen Nelson, Associate Pastor, [karen.nelson@aboutfirst.com](mailto:karen.nelson@aboutfirst.com)

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(in alphabetical order)

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John Bentley, Head Custodian

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