



aboutfirst

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



JULY 2023, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

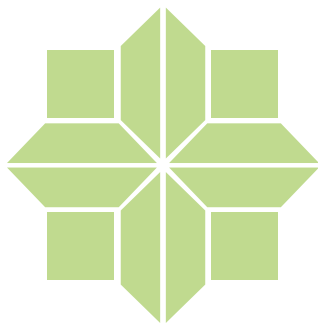
contents

2 NEWS
 3 PASTOR'S PAGE
 4 MONTHLY MISSION
 5 JOIN IN
 6 EVENTS
 7 EVENTS
 8 UWF & INGATHERING
 9 EDUCATION NEWS
 10 REACHING OUT
 11 SHORT NOTE

Issue 273,
 July 2023

First United Methodist Church
 718 Clay Street
 Cedar Falls, Iowa, 50613
 aboutfirst.com

Announcements and editorial content for publication may be submitted to the First UMC media office by the 20th of each preceding month.
 Email to:
 katie.greuel@aboutfirst.com



aboutfirst.com

Financial Update

We kindly request your support in addressing the concerning financial situation of our church. In May, our total revenues of \$40,020 marked the lowest monthly amount in the past 15 years, falling significantly short of our expenses which totaled \$62,086. As a result, our year-to-date deficit stands at \$35,983. Revenues did not even cover our May payroll costs. The staff is holding down expenses, however we have many expenses which are out of their control such as utilities, property and liability insurance, building repairs and apportionments. We humbly ask for your increased generosity and giving to help us sustain essential operations. Your contributions will play a vital role in ensuring the continued growth and prosperity of our church community. Thank you to those of you who have already responded!



Rummage Sale

Join us **August 3rd, 4th, and 5th** for this year's Annual Rummage Sale! We will start taking donations on July 5th. 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 following schedule weekly:

- Sundays: 8am – 11 am
- Mondays: 2pm – 5 pm
- Tuesdays: 9am – 12 noon
- Wednesdays: 6pm – 8 pm
- Thursdays: 2pm – 5pm

Donations will no longer be accepted after Monday, 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.



Sign of the Times

I have to admit, this post on social media caught my attention. There was no comment along with it, none was needed. I am not sure where this sign hangs. It appears to be at a field of some kind. I would guess a sports field, or maybe a park or playground. It could hang almost anywhere, **even in the church!**

Maybe it caught my attention because I recently taught a class on what one author (L. Roger Owens in *Everyday Contemplative: The Way of Prayerful Living*) called the "Goldilocks Syndrome". He described it as our propensity to judge everything, everyone and every situation as good or bad, better or worse, worthy or unworthy of our care or attention.

He suggested, in fun, that maybe it goes back to our childhood and the story of "Goldilocks and the Three Bears". Goldilocks, who broke into someone else's house and judged everything; the porridge, the chairs, the beds as too hot, too cold, too hard, too soft and finally Just right! When the truth is, any of them could have served the desired purpose.

The author suggested that with a judgmental outlook on life we can not be open and available to God's presence and grace that might just be present in everyone and every situation. His suggestion was this; *"Pay attention as you move through the rest of your day to how often you make judgements."*

Maybe, that is why the sign caught my attention.

Or maybe it caught my attention because I find in my own life it is easier to complain about something than to do something about it. By just complaining we might be missing the call Christ is giving us to be his representative in our homes, our community and in our church.

Therefore, as God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

(Colossians 3:12-13)

I hate it when God uses something like this silly little sign to shine light in an area of my life that I need work on, how about you? Yet, I am grateful that God considers that I am still worth his effort to make me more like Christ.

Pay attention, what sign is God putting out there for you? Maybe it is this one as well!

Blessings,

Pastor Karen



mission of the month

July Mission: 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. 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 unopened 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.



Back to School

Just a reminder that our August Mission is kits for UMCOR. If you spot exceptional bargains on 1 subject 8 1/2" x 11"

notebook or 24 packs of crayons, please consider grabbing a few or a few dozen. A complete list will be in the August newsletter.



Help the Wee Ones

Donate to our Wee Care closet, where grateful parents come every Tuesday afternoon to receive much-needed baby goods. This gap ministry

through LoveINC helps struggling families in our community stretch their dollars, providing diapers, wipes, baby wash, lotion, bottles, sippy cups, and accepting new baby clothes. Your donations make a difference.



Community Meal

Join us every Tuesday from 4:30 to 6:00 pm for a free community meal, providing an opportunity to socialize and save on food expenses. Our church

hosts the meal every week, with different churches taking turns. We are currently in need of dessert volunteers, preferably baking cookies or bars, specifically on the 4th Tuesday of each month. Contact Maxine Kehret at 319-610-4191 if you're interested in contributing.



Got extra fabric? Bring it in!

We are seeking donations of durable fabric for school bags and stitching projects, as well

as cotton quilting fabric for comfort quilts, baptism quilts, foster kids' quilts, school bags, and quilts for Midwest Mission. You can drop off your quality fabric donation in the designated bin located in the little hall across from the drinking fountain at the main level of the church's collection site.

Find your Place in God's Great Story



ALTAR FLOWERS

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

SUNDAY DRIVER

We need a person to drive the bus or pick up a rider or two the first Sunday of each month. Currently there are only one or two people who use the bus service, and many drivers prefer to use their own vehicle. It's up to you. Generally it's a quick pick-up at South Main Western Home and/or a nearby neighborhood. If you wish to be a part of this valuable ministry, are 21 or older, and are willing to give rides to and from the last worship service the first Sunday of each month, please contact the bus coordinators Janet & Steve MacTaggart at 319-404-0077. They can answer your questions and give you a bus tutorial.

TECH VOLUNTEERS

Tech volunteers get to use the same cool equipment and do the same important job as our paid staff, but they have more flexibility to pick and choose the Sundays and services they work. We can't do this without volunteers. No experience necessary – we can teach you what you need to know. Email chris.congdon@aboutfirst.com for more info.

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

HOSPITAL REMINDER

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

JOIN THE FACEBOOK GROUP

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

NEW CHAIRS

New chairs are ordered for fellowship hall. When they arrive the church is responsible for taking them off the truck, and into the fellowship hall and unpacking them. We will get about a 2 week notice of the arrival dates in early September. We would like a list of volunteers to call as soon as we get the word the chairs are on the way. Please call or text Cynthia Kenyon at 319 269-8650 to put your name on that list.



July

July 5 - Rummage Sale Collection Begins

We will start taking donations on July 5th. There will be at least 2 volunteers available at the Gathering Place entrance to assist you in taking your items to a storage area. Donations will no longer be accepted after Monday, July 31st. See Page 2 of this newsletter for more details.

July 13 & 18 - Food Bank

Where: Food Bank

The Northeast Iowa Foodbank Needs You! We'll be sending crews to the Food Bank on Thursday, July 13 from -2 to 4 pm and Tuesday, July 18 from 9 to 11 am.

If you are interested, please sign up on the clipboards at the Welcome Desk in the Gathering Space. If you can't make it every month, that's okay! Rides are available from the church to the food bank and if we are working in the refrigeration area you will be contacted in advance. Remember to wear closed toe shoes.

July 11 - Card Making Session

Where: Gathering Place

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

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 4:00

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! This quarter's profits will go towards postage for the Ingathering kits.

July 20 - 1st Friends Potluck

Where: Gathering Place

Time: 12:00 pm

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. All you have to do is bring a dish to share and your own table service. We will have the coffee pot on and ready to serve at 12:00. Dominoes, cribbage, and card games follow the meal until 2:00.

July 24 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, July 24 from 12:30-6:00. They have quite a few appointments slots to fill, and the need is great. Appointments are encouraged, but not required. Sign up to donate at www.lifeservebloodcenter.org.

July 24 - Crafters Corner



Where: Parlor

When: 6:00-8:00 pm

Get your crafting project lined up and join the group on the 4th Monday of the month from 6:00-8:00 in the Parlor. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

Mondays - Yoga

Where: Fellowship Hall

Time: 4:45-5:45 pm

Join us for an hour of yoga on Monday afternoons at 4:45. Bring your own yoga mat (and blocks if you have them) and meet in Fellowship Hall. Our instructor, Angie, will guide us through gentle stretches and poses that are sure to keep you limber and ready to face the rest of the week. The cost is \$7 per session, and you can pay Angie each time or she will accept payment at month's end (cash or check only). No need to commit to every week, just come when you can.

Facebook Fridays

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

Take Note

Please note that there will be no grief support session in July due to the July 4th holiday. We will resume sessions in August. If you have need for extra support, please contact the church office at 319-266-1713.

August 3rd, 4th, & 5

- Rummage Sale

When: 5-8 pm Thursday, 8-1 pm Friday & Saturday
Don't miss our annual rummage sale! Browse through a wide selection of gently used items, including clothing, household goods, jewelry, and more, at affordable prices.

Summer Worship Schedule

Mark your calendar! These Sundays we will worship together in the Sanctuary at 10:00am:

July 2, September 3.

Worship on the Green is

10:00 on Sunday, August 27.

SUNDAY MORNING

Our school year worship times resume September 10.

8:30 am	Traditional Worship Service, Sanctuary, live stream at aboutfirst.com
9:00-10:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary Worship, Fellowship Hall live stream at aboutfirst.com
10:15 am	Traditional Worship Service, Sanctuary

Previous services are archived on our First UMC CF YouTube channel

WEDNESDAY NIGHT

crazyfunbusy will be back in the fall! Have a wonderful summer!

UWF Annual Salad Luncheon

There were 39 people in attendance at the annual UWF salad luncheon May 11th. Cleo Farris, a member of the District Board provided devotions. Julie Fee, chair of the missions committee at FUMC gave the program. Julie says First church has a history of being a giving church surpassing the established target amounts for local, national, and international missions. The committee decides which missions to highlight each month. This year feature missions included blankets for Church World Services, Wee Care, books for Lincoln School, Methodist camps, Northeast Iowa Food Bank, Midwest Mission, SWIM for Him, ACE-SAP Free Clinic, Giving tree, Angel tree and Cedar Valley Angels. Two new missions were added; the Rice Meal Pack in April and Community Meals which our church sponsors once a month. In addition to financial gifts, the committee facilitates mission opportunities for church members like serving at the food bank twice a month, partners in education with Lincoln School, the rice meal pack, and the recent trip to Midwest Mission.



Is the AC calling you?

Do you work up a sweat every time you step outside to check the mailbox? Well, I may just have the suggestion you need to productively fill in that time when its ninety degrees outside

and simply breathing is bad for your health.

Those of us on the Mission Ingathering committee have been looking forward to this year's event to be held on **November 4, 2023**. We are always looking for ways to make it better and more meaningful for all those involved. Hopefully you will recall the bazaar we held last October on a couple of Sunday mornings featuring many of our talented church member's homemade crafts and baked goods. Let's do it again. Proceeds from that event were applied to the shipping costs for the numerous kits our church assembles to be trucked to Midwest Mission where they will be distributed where most needed. Our congregation came up with some lovely fall

and Christmas themed gifts and decorations as well as some very tasty treats. Now would be a great time to be crafting (*hold off on that baking until later*) while the sweltering days of summer have you pouring another iced beverage. Just as a reminder: *"The purpose of Mission Ingathering is to show the love of Christ to the world's people by ministering to their needs and to work together as a community to collect as many donations as possible."*

For more information check the conference website: IAUMC.org/ingathering for answers to all of your questions. If you missed the excellent presentation on Laity Sunday on June 4th given by Rus de Bonis and Julie Fee regarding their Midwest Mission experience, go to the church website: aboutfirst.com Look for the sermon section. Begin at the 13-minute mark. They share some wonderful stories.

I'll write more in a couple of months as the Ingathering draws closer about other missions and the terrific news that Midwest Mission has opened an Iowa location!

Thanks to all of you and your heart for mission. Kris Rash, Cedar Falls Site Coordinator, Mission Ingathering

education news



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

We enjoyed being able to share our favorite songs and our Daily Bible Buddies and Bible Points with you during the 8:30 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 we appreciate everything you do!

Blessings, Jenna



Below: Diakonos meeting the bishop. We had 3 of our youth attend and help serve at annual conference.



G3 Youth Summer Activities

Our regular Wednesday night activities might be on pause for the summer, but we still have plenty of opportunities to gather, grow, and GO together! Check out our summer schedule, and bring your friends for fun and fellowship with G3 Youth! (NOTE: Our Fun Friday Game Nights are on pause for the summer too, but will resume again in September.) Contact Lorrin at youth@about-first.com if you have any questions.

WEDNESDAY JULY 12:

Ice Cream Night, 6:30-7:30pm. Meet at the church and bring your own money for ice cream. We will go to 4 Queens as a group, then come back for some outdoor games and fellowship!

SATURDAY AUGUST 5:

Annual Rummage Sale Cleanup, 12:45 until finished. Each year, the youth serve our rummage sale team by helping to clean up after the annual rummage sale. This involves moving unsold items from various rooms to be collected and donated to local charities. After cleanup, we will serve ice cream sundaes to all volunteers in the gathering space!

WEDNESDAY AUGUST 16:

Mini Retreat, 5:30-7:00pm. Join us for a relaxing night on the last Wednesday before school starts! We will have dinner and prayer stations/activities to get you centered and ready to face another school year with God's help.



Send a Card or Note

Send a card or a letter to our friends in care facilities and unable to attend church. Phone calls and cards are also much appreciated for

those who are staying home. Think of who sits around you in worship or in a group, and give them a call or a card. We still have updated photo directories at our Welcome Center. Pick one up Monday-Friday.

Marlys Cook, Geri Gilbert, Shirley Huffman
Martin Suites
420 E. 11th St
Cedar Falls IA 50613

Wanda Chase, Sharon Krebs, Homer Leymaster, Emogene Marty, Marcia Simpson
Windhaven Assisted Living
5500 S. Main St
Cedar Falls IA 50613

Barb Spates
Thalman Square
5500 S. Main St
Cedar Falls IA 50613

Sue DeBower (201), Harold Krebs, Nick Teig
Deery Suites
5301 Caraway Lane
Cedar Falls IA 50613

Faye Rohwedder
Thuesen Cottage
5127 Caraway Lane
Cedar Falls, IA 50613

Vivian Hill, Donna Hoffman, Dorothy Schwab, Bill & Mary Shepherd
New Aldaya Lifescapes
7511 University Ave
Cedar Falls IA 50613

Joy Sires (#1302), Donna Tiller (1304)
CedarStone Senior Living
4715 Algonquin Dr
Cedar Falls IA 50613

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

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

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

Dixie Messerschmidt
Village Ridge
365 Marion Blvd Apt 111
Marion IA 52302-3141

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

Give Through Our Website or Your Phone

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

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

<http://aboutfirst.com/giving>

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



GIVEPLUS⁺
A VANCO COMPANY

You're invited!

100th Birthday Celebration!

Congratulations to Betty Goettsch as she turns 100!! Help her celebrate this special birthday at an open house hosted by her family:

Saturday, July 15, 2023, from 1:00 to 4:00 pm

Windermere Lounge on the south campus of Western Home Communities, 5018 South Main Street, Cedar Falls.

Cake and refreshments will be provided.

If you are unable to attend the open house, she would appreciate a card:

Betty Goettsch
5018 S Main St #13
Cedar Falls, IA 50613

90th Birthday Celebration

Please join family and friends of Sue Mutchler to celebrate her 90th birthday!

Sunday, July 2nd from 1:00 to 3:00pm
First United Methodist Church

We will be celebrating in the Gathering Place of the church. Cake and refreshments will be provided, and cards are welcome!

70th Birthday Celebration!

Come help Denise Barr Celebrate her 70th Birthday! We will be having a back yard picnic:

Saturday July 29th at 5:00PM
3815 Evergreen Lane, Cedar Falls

Rain location – First United Methodist Church, Cedar Falls

Please RSVP so we will have enough chairs, food and drinks! Text or call 319-239-9839.

Thank You

Thank you to all who have been so gracious as my mom, Colleen Crow, and I became involved in the church over the past few years. You have accepted and welcomed us into your community of faith. Your support and concern during her long illness has been appreciated. Thank you to all who sent cards and notes of sympathy and comfort after her death. - Barb Ryan

I would like to thank Jane Wyckoff and the First UMC for the beautiful yellow flower I received for my birthday. Always have a nice visit with Jane.
- Carolyn Hess

It is always nice to be remembered by the First United Methodist Church of Cedar Falls on my birthday. Thank you to the church staff and care team for the pretty cards. I feel truly blessed. God is so good. - Bonnie Ling

Thank you to Jane Wyckoff for the Birthday flower and visit. I appreciate the support and kindness of Cedar Falls First United Methodist Church.
- Elaine Chapman

Sympathy

Shirley Huffman and her family on the death of her son-in-law, Don.

The family and friends of Donna Allee. Donna died June 17.

The family and friends of Marilyn Pape. Marilyn died June 22.

The family and friends of Robert Nelson. Bob died June 27.

Welcome

We welcome Shirley Williams to our community of faith. Shirley transferred her membership from Eagle Grove UMC. She is the mother of Kendra Williams-Perez.

Grief Support

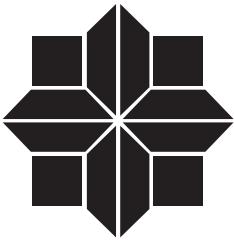
The Grief Support Team of our church began in 1998 when it was decided that there was a need to support individuals and families who have experienced the death of loved ones. Here is some of the support provided:

- 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 event for those who are 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. Please note that there will be no grief support session in July due to the July 4th holiday. We will resume sessions in August. If you have need for extra support, please contact the church office at 319-266-1713, and you will be directed.



We are a Dementia Friendly Organization!



FIRST UNITED
METHODIST CHURCH

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First United Methodist Church, Cedar Falls

Worship

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

Television

Cedar Falls (CFU) Channels 18 or 95.5

Friday @ 8:00 pm, Sunday @ 9:00 am

Waterloo (MediaCom) Channel 1

Sundays @ 11:00am & 8:00 pm

Our Pastors

Scott Kober, Lead Pastor, scott.kober@aboutfirst.com

Karen Nelson, Associate Pastor, karen.nelson@aboutfirst.com

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(in alphabetical order)

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dee.behr@aboutfirst.com

John Bentley, Head Custodian

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chris.congdon@aboutfirst.com

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