

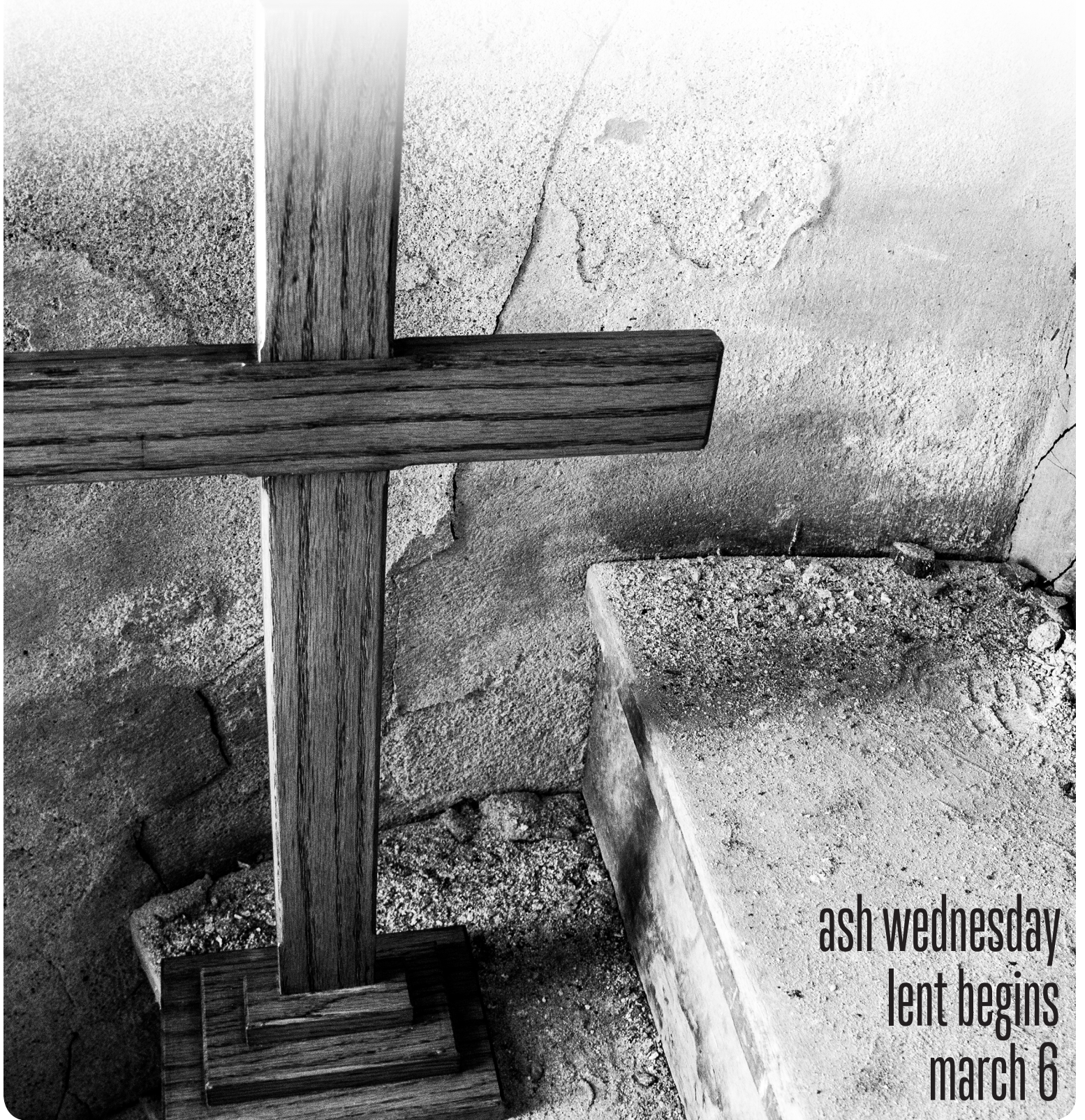
# about**first** news

March, 2019 First United Methodist Church, Cedar Falls

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



ash wednesday  
lent begins  
march 6

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issue 221, March, 2019

First United Methodist Church  
718 Clay Street  
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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)

### Pastor's Statement on Special General Conference

Today our hearts are heavy in light of what many have seen on the evening news and on social media about the United Methodist Church. Yesterday the General Conference of the UMC concluded its work to determine a way forward in regards to LGBTQ siblings in Christ. The One Church plan failed on the floor of General Conference that pursued the unity of the church. What was left before the body was the Traditional plan. This plan passed by very slim margins, 56.22% in favor, 43.78% against. This plan maintains restrictive language around LGBTQ persons marrying and entering pastoral ministry in the United Methodist Church. It also seeks increased accountability measures for violating church law. This plan is under judicial review to see if it is constitutional and we may not know that ruling until April.

The United Methodist Church is a global church including siblings from Africa where it is not only against the law to engage in homosexual practice, but in some places it is a capital offense. In light of that, 66% of the American delegation wanted to move forward together with an allowance for inclusivity. The vote at General Conference does not reflect the theological position of most of the United States delegates.

We know you all have many questions and your emotions are real and raw. Our congregation is a diverse congregation also filled with varying perspectives. We have members of this congregation that identify as LGBTQ and many of you have family members in this community as well. The Crucial Conversations sermon series held over the last 6 weeks sought to demonstrate how we live into disagreement with empathy and understanding with those whom we disagree.

We do not know entirely what this means for our Church or what this will look like as events play out.

HOWEVER

Your pastors are committed to our Church's vision statement: "Love first...Let's gather, grow, go...together."

We seek to be a place that is in ministry with ALL and for ALL. In fact, we gathered with members of the LGBTQ community and their allies in our chapel immediately following the General Conference, offering care and support.

To our LGBTQ siblings, we love you and affirm you. We are honored to be entrusted with the sacred call of being called your pastors. Please know that as we sit in grief today alongside you, we are also hopeful for the new thing God will manifest in the church where a people of a Wesleyan faith will be able to practice a ministry of full inclusivity for all. We are available to you and offer you, and the rest of our congregation our love and support.

Let us continue in the work of making new disciples for the transformation of the world.

Love first,

*Pastor Scott Keele Kober*

*Pastor Matt German*

## Ash Wednesday - The Lenten Journey Begins

Ash Wednesday is March 6th and we will begin the journey of Lent at our Service of Ashes at 7:15 pm. It will be our congregation's step into the journey. Lent is a time for us to enter into spiritual disciplines as a community of faith and as individuals. The spiritual disciplines of prayer, meditation and study of scripture, fasting, communal and self- reflection and more mark the season of Lent. Such disciplines are meant to quench our thirst for God. And our thirst is great.

It seems that more than ever people are yearning and thirsting to know God. There is a sense that spirituality offers resources for the contemporary world that have been unfairly neglected. The question is, "are folks looking for spiritual practices or a quick fix?"

When it comes to beginning a spiritual discipline Lent is as good a time as any. Further, Lent is a season when you don't have to get everything perfect, it's OK to make a few mistakes. We need to release our need to be perfect, just give a spiritual discipline your best effort. It is not a quick fix, rather is a beginning.

A journey of a thousand miles begins with one step. One step could be joining us for Lenten Study of Simon Peter each Wednesday at 6:00, or commit to a spiritual practice of your choice. Come take a step this season of Lent towards an enlivened spiritual life.

*Scott Keele Kober*  
Lead Pastor

## Lenten Giving Challenge

Along with prayer, fasting, meditation and study, giving is a spiritual discipline that you can explore this Lenten season. We encourage you or your family to take the Lenten Giving Challenge. Pick up a challenge envelope at the Welcome Center and choose one of two ways to participate:

- Take the 50-cent challenge. Start with a 50 cent offering on Ash Wednesday, and every day give 50 cents more than the previous day. (Sundays don't count)
- Take the challenge of giving 10% of your weekly income each Sunday from March 3 through April 21.

## Easter Lilies

Later this month, look for the envelopes to order Easter lilies that will decorate the church on Easter weekend. If you would like to purchase a lily in honor or in memory of a loved one, please use the special envelope available at the Welcome Center or in the church office. Cost for each lily is \$10. Checks can be made out to FUMC. The deadline to get your information in the Easter insert is Wednesday, April 17.

## Girl Scout Sundays

### March 10 Girl Scout Sunday

Girl Scouts of all ages are invited to honor Girl Scout Sunday and the long-standing support of First United Methodist Church on Sunday, March 10.

Please wear your uniform, vest, sash or GS pins that day, we'd love to have you at the entrances to greet people as they enter worship. Please arrive 15-20 minutes prior to the start of the service.

Any questions, feel free to contact Linda Kennedy via email at: [lk@cfu.net](mailto:lk@cfu.net)

## Ash Wednesday Worship March 6, 2019, 7:15 pm Fellowship Hall

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## Your Last Sermon

Last fall, we asked some of the best preachers in the Iowa Conference what they would say if they knew they were preaching their last sermon. It was a thought-provoking question that caused them to distill their years of ministry into a fifteen minute presentation. And, then we invited those pastors to come to Cedar Falls and preach that sermon. It was a powerful series.

This spring, the Last Sermon series continues in our Wednesday night worship talk show, Fusion Tonight. We've invited **Pastors Phil Rogers, Kevin Moore, Susan Higdon and Keith Pitts** to give us their most important 15 minutes. We expect it to be powerful again.

You are welcome to join us for the live show on Wednesday nights, 7:15, upstairs in the theater. Fusion Tonight is fun and it is serious and we guarantee you'll go home encouraged to be Christ for one another.

# 4 Home Page

## Preach It, Brothers and Sisters

The United Methodist Church is very clear in its doctrine that ministry is a partnership between ordained clergy and us, the laity. We all have skills and gifts that are useful in service to the cause of Christ. Among the laity, some of us can serve in ministries of music, the Congregational Care Team, and any of our First UMC missions.

We even have a crew of lay-speakers who help other churches with worship leadership. This group, known as the Circuit Riders, is currently supplying worship leadership to the United Methodists of Frederika and New Hope Parrish (Dumont & Aredale). On any given Sunday, at least two members of CF First UMC are on the road, leading prayers and delivering sermons in these churches.

Serving in this way is an exciting opportunity for us to meet other Iowa United Methodists and to assist them in maintaining their Sunday services in the absence of a regular pastor.

Many, but not all, of our Circuit Riders are graduates of the School For Lay Ministry. All have a heart for worship and for sharing stories of faith that others may find useful in their lives.

Chris Congdon in our First UMC media office says this, "A goal of most churches is to equip and encourage people in their own lives of ministry. I love that our church actually provides a pathway for those whose gifts are in the spoken ministries of telling the stories of the Gospel"

We can always use a few more Circuit Riders. If this ministry sounds interesting to you, talk to Chris Congdon about exploring further.



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

### THE MISSION AND VISION OF FIRST UNITED METHODIST CHURCH

#### Our Mission

The mission of First United Methodist Church of Cedar Falls is making new disciples of Jesus Christ for the transformation of the world.

The reason First UMC of Cedar Falls exists is to make new disciples and transform our world. Our working definition of a disciple is a follower of Jesus the Christ whose life is centered on loving God and loving others.

#### Our Vision

Love first, let's Gather, Grow, Go ... Together.

First UMC of Cedar Falls is a community of people committed to living out love first, and extending ministry to make that love real to others.

#### Our Strategy

The First UMC of Cedar Falls is becoming a congregation of people who:

- **Gather** people to experience life-changing worship.
- **Grow** by equipping disciples primarily through small group ministries.
- **Go** serve in love and extend hospitality as servant leaders to transform the world.

These strategies are the ways that we move toward our vision and accomplish our mission.

#### Our Core Values

- **Christ-Centered:** Focused on the life, words, way, and Spirit of Jesus proclaimed in the New Testament.
- **Biblically-rooted:** Encourages spiritually-alive, faithful study of the Bible using tools of devotion and scholarship that are appropriate to a diverse body of people.
- **Welcome-focused:** First UMC is a diverse community welcoming persons of all ages, races, sexual orientations, gender identities, family configurations, economic abilities, and mental and physical capacities.
- **Warm-hearted:** A joyful, loving, laughing congregation that experiences the grace of God in Jesus Christ in personal and positive ways.
- **Open-minded:** A place where people search, think, question, and honestly express their growing experience of the faith in an accepting and affirming atmosphere.
- **Mission-directed:** Continuing the strong sense of mission which has been part of our identity, both in terms of mission to the city and mission in the world.
- **Connection-committed:** As part of The United Methodist Church, we see ourselves as a leader/supporter of the global ministries in which we share.

These values define who we are and how we participate in community together.

First UMC is committed to gathering, growing and going together in love. As we live into our core values the Holy Spirit will fulfill our mission of making new disciples that transform the world.

## United Methodist Women Celebrates 150 Years!

UMW is a missions powerhouse and a mainstay of our church.

The beginning of United Methodist Women can be traced to an 1869 meeting of eight women who gathered to learn about women's health and education needs in India. They held a second meeting, wrote a constitution and organized the Methodist Woman's Foreign Missionary Society (WFMS). By the end of that year, they had sent their first two missionary aid workers abroad.

In addition to the foreign missionary societies, home missionary organizations worked to change situations for women and children in the United States. This group was known as Ladies Aid, Women's Society of Christian Service and in 1973 became United Methodist Women.

Since that time the organization has expanded from:

- two missionaries in India to work in more than 80 countries
- three hundred dollars to millions of dollars for the program of United Methodist Women
- Eight women to approximately 800,000 in membership

The 2012 General Conference of the United Methodist Church approved actions from Women's Division and the General Board of Global Ministries to make United Methodist Women an autonomous organization within the United Methodist Church.

Today, United Methodist Women is a community of women committed to Christian missionary outreach. As a member of UMW, you can take advantage of many opportunities including the following:

- Prayer, Bible studies and spiritual retreats.
- Hands-on mission in local communities.
- Mission education experiences.
- Leadership development and training
- Supporting work with women, children and youth.
- Partnership with women in mission in the country and around the world.
- Advocacy for social justice issues, including the environment, domestic violence, immigration and other concerns
- Engagement in racial justice issues.



Our local UMW meets in small groups know as "circles". You are always welcome at any of the circles or at any District or State United Methodist Women event. Sometimes it is easier to attend a weekend event. Watch for information on Mission Study and Day Apart. With our 150th Anniversary of the beginning of United Methodist Women, we know there will be special events to interest you.

- **Deborah Circle** meets the Third Monday at 10:00 a.m.  
Contact Sandy Simpson 319-266-2 954 [simps2@cfu.net](mailto:simps2@cfu.net)
- **Joy Circle** meets the Fourth Thursday at 1:30 p.m. Contact Faye Rohwedder 319-230-4990
- **Mary Circle** meets the Fourth Thursday at 9:30 a.m.  
Contact Lorna Ericson 319-266-6250 [leric47934@yahoo.com](mailto:leric47934@yahoo.com)

And supporting circles who help with special events and pledge funds for mission projects

- **Hearts and Hands** which meets as needed on the 2nd Tuesday at 5:30 p.m.  
Contact Karen Page 319-230-7200 [kp224@cfu.net](mailto:kp224@cfu.net)
- **More Than Moms** meets on Wednesday evenings at 6 p.m.  
Contact Nancy Fransdal 319-240-1358 [fransdals@cfu.net](mailto:fransdals@cfu.net)



*This hard-working fella at the Cedar Falls Ingathering site is loading relief kits onto a truck bound for an UMCOR depot. He's one of a couple hundred Iowa United Methodists who celebrate our UMC missions at the annual Ingathering.*

## A New Vision for a Great Tradition

The Thanksgiving Ingathering is a longstanding tradition in the Iowa UMC, and it is getting a new identity and a fresh focus for 2019. This year, the name will change to **Mission Ingathering** to be more descriptive of what the event actually is - a conference-wide celebration of the missions of the Iowa UMC.


On the first Saturday of November, Iowa United Methodists will gather at five sites around the state to "gather-in" our school kits and hygiene kits. We'll share mission ideas for outreach to those in humanitarian need here in the USA and abroad. We'll worship and eat together, and, of course, the popular quilt auction remains in the plans.

Our new kit-distribution partner is Midwest Mission Distribution Center, so items for kits may be slightly different than in past years - watch for more information.



**Q** What is the First United Methodist Endowment Fund?

**A** The 1st United Methodist Church of Cedar Falls Endowment Fund was founded in 1990 to strengthen the financial future of the 1st United Methodist Church of Cedar Falls through charitable gifts to the fund. Our church aims to encourage, assist, and recognize those who wish to leave a gift for the church's future growth and stability.

 **First UMC Endowment Funds**  
securing your legacy - ensuring our future

**UMCOR: Relief to the Suffering**

On March 31, we invite you to join with thousands of other Methodists across the connection in a special offering to support the United Methodist Committee on Relief. When you participate in UMCOR Sunday, you help cover the operating budget of UMCOR.

Your support makes it possible for UMCOR to direct 100 percent of all other contributions to the projects our donors specify, instead of using this money on administrative or fundraising costs.



UMCOR is still present in Louisiana and West Virginia more than a year after floods devastated parts of those states. And that is just one example of UMCOR's commitment to helping survivors get back on their feet.

When disaster strikes around the globe—Haiti's 2010 earthquake or Typhoon Haiyan in 2013—so many watching the drama unfold on our living room televisions feel entirely helpless. How could any one person make a difference in the wake of such widespread devastation? As responders around the globe scramble to help survivors, the United Methodist Committee on Relief, UMCOR, is prepared to act.

The work of UMCOR also goes beyond disaster relief. As millions of refugees and migrants seek safety and opportunity, UMCOR is present. All over the world, UMCOR is there, providing compassion and hope to those who desperately need it.

Because you give, the United Methodist Church's compassionate response to human suffering continues today:

- When tornadoes ripped through Oklahoma, we responded
- When children in Zimbabwe lost parents to AIDS, we responded
- When a massive tsunami devastated lives in Japan, we responded
- And when the next mass crisis occurs, we will be prepared to respond. "I was hungry and you gave me food to eat. I was thirsty and you gave me a drink. I was a stranger and you welcomed me. I



was naked and you gave me clothes to wear. I was sick and you took care of me. I was in prison and you visited me." (Mt. 25:35-36, CEB)

As we respond, we recognize Jesus in those who are reeling in the wake of disaster.

## Worship:

### Prayer Team

Everyone is invited to join the prayer team any Sunday morning as we lift up worship in the chapel at 8:00 a.m. Contact one of the prayer team members if you have any questions: Jim Larson, Genny Van Dorn, Debbie Dance and Jan Hoover

### Transformation Chair Setup - 1st Sundays

Jim Larson has been setting up chairs at 7:15am on the first Sunday of each month, and he doesn't even attend that service! A couple more people to join him would be awesome, and it would be especially swell if they were Transformation folks. This is a once a month commitment for about 20 minutes. If you can help please contact Jenna Engel.

### Altar Flowers

The altar flower calendar for 2019 is at the Welcome Center. Sign up now to recognize a special date or to honor a loved one with flowers for the altar. Have the flowers delivered to the church on Friday, please.

## Outreach & Missions:

### Community Meal

This is a great ministry of feeding and fellowship and you can be a part of it. Once a month - the fourth Tuesday - we plan, prepare, and serve the meal. Meals are served from 4:30-6:00, and the prep work begins early afternoon. If you would like to help with meal preparation or serving, contact Stephanie Buchs. We can use donations of desserts, too. We welcome new faces. There are opportunities for everyone.

Remember, while our team only serves on the fourth Tuesday, other churches are here cooking and serving every other Tuesday of the month. You're always welcome to come and eat - the community meal is completely free and open to everyone.

### Food Bank Work Night

A crew from our church helps at the Food Bank the first Tuesday of each month. Expect to be there from 6:00 to no later than 8:00pm. They love to see the Methodists come to work. Would you like to be on the reminder email or do you want to know more? Contact Lisa in the church office. [lisa.congdon@aboutfirst.com](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.

Some people might think of these ministry opportunities as the “little things”, but little isn't the right word.

These are the needs of the church that are on-going in our weekly and monthly cycles of ministry.

These are the support roles that need to be filled and the easy contributions that we all can make to enhance the worship experience for others and to ensure that our ministries are well-equipped and well-staffed.

How can you help?

# 8 Events

## March 5 - Food Bank Work Crew

A crew from our church helps at the Food Bank the first Tuesday of each month. Expect to be there from 6:00 to no later than 8:00pm. Would you like to be included in the reminder email or would you like to carpool to get there? Contact Lisa in the church office. [lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com)

## March 5 - Grief Support Session

When: 2:00-3:30pm

Where: church parlor

Did You Know? First UMC has an active grief support program for persons who have experienced the death of a loved one. Some of these services are a quarterly newsletter with special information about grief and also opportunities for helping people through difficult times. Social activities such as day trips and potlucks have been offered. Each month there is a group grief support session offered in the church parlor. Our next session will be held Tuesday, March 5th from 2:00 to 3:30 pm. Anyone is welcome. Call the church office for more information.

## March 12 - Card-Making Party

When: 1:00 to 5:00 pm

Where: The Gathering Place

Come join the fun at our next Congregational Care Team card-making party! No experience is required. Bring a snack to share and stay for Community Meal. This quarter's profits from the card rack by the office will go to the N.E. Iowa Food Bank. If you haven't yet checked out the beautiful cards on the rack, you are missing something! They sell for only \$.50 and are very creatively done. We also use the cards made to send to members of the congregation during times of celebration and difficulty in their lives.

## March 21 - 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.

## March 25 - LifeServe Blood Drive

Where: Gathering Place

When: 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.lifesevrebloodcenter.org](http://www.lifesevrebloodcenter.org). Use the sign-up sheet at the Welcome Center to let Lisa know if you can donate cookies or be a host.

## March 26 - Crafter's Corner

Where: Parlor

When: 6:00-8:00

Attention crafters! This is a laid back and hands-on group for all skill levels. Bring your own craft project to work on or volunteer your time and talent to make sleep mats for the homeless, handmade essentials for those in need, or prayer shawls. Thank you to all who have donated craft items - we are well stocked and need to use up what we have. But, donations of good full size scissors or craft store gift cards to buy good scissors would be appreciated. Please contact Crystal Wilken at [crystalwilken@gmail.com](mailto:crystalwilken@gmail.com) with any questions.

M T **W** T F

## Your CrazyFunBusy Church Night!

- 5:15 - 6:00 **The Filling Station**  
- a meal for everyone. Eat & go on to .....
- 6:00 - 7:10 **Jr / Sr High Youth**  
- fun & connections for 7th - 12th graders
- 6:00 - 7:15 **BLAST! (for kids)**  
- Bible Learning And Service Together
- 6:00 - 7:15 **More Than Moms**  
- helps for the real life of womanhood
- 6:00-7:00 **Men's Study - 33**  
- developing as authentic Christian men
- 6:15 - 7:30 **Tower Bells**  
- weekly bell choir rehearsal. Want to play?
- 7:15 - 8:00 **FUSION Tonight**  
- live talk show / worship
- 7:30 - 8:30 **Chancel Choir**  
- for adults who love to sing

## Zumba Every Thursday!

You can always Zumba with us on Thursdays at 5:30 pm in our Fellowship Hall! A free-will contribution of a couple of bucks is appreciated. Contact [mary.friedrich@cfu.net](mailto:mary.friedrich@cfu.net) if you have questions. Come and dance...it's never too late to join us on this fun fitness adventure!



## Recurring Weekly:

### Sunday

8:00 prayer in the chapel  
 8:30 Transformation Worship  
 8:30 Traditional Service, sanctuary  
 9:30 Fellowship time, Gathering Place  
 9:45 Sunday School for all ages  
 11:00 Traditional Service, sanctuary  
 6:30 Les Cloches d'Or rehearsal, sanctuary  
 7:00 Boy Scouts, Fellowship Hall

### Tuesday

9:30 Quilters/Stitchers, O59  
 4:30-6:00 Community Meal, Fellowship Hall  
 6:30-8:00 Tuesday Night Fellas  
 7:00-9:00 AA, O55

### Wednesday

9:00 Women Connected by Prayer, parlor  
 5:15 AA, O55  
 5:15 - 6:00 The Filling Station  
 6:00-7:00 Simon Peter Study  
 6:00 - 7:10 Jr / Sr High Youth  
 6:00 - 7:15 BLAST! (for kids)  
 6:00 - 7:15 More Than Moms  
 6:00-7:00 Men's Study group  
 6:15 - 7:30 Tower Bells  
 6:30 WOW AA, O55  
 7:15 - 8:00 FUSION Tonight  
 7:30 - 8:30 Chancel Choir

### Thursday

5:30-6:30 Zumba, Fellowship Hall

## Also Scheduled....

### FRIDAY March 1

game night for youth

### SUNDAY March 3

Communion at all services  
 UMW 150th birthday celebration/cake & insert  
 Newcomeer's coffee between services, chapel  
 Lisa Congdon at Frederika  
 Padma Templeton at New Hope Parish  
 Mark Frandsdal at Parkersburg  
 9:45 3rd grade Bible class, parlor  
 6:00-7:30 Confirmation , third floor cafe

### MONDAY March 4

6:30 Stephen Ministry supervision

### TUESDAY March 5

2:00-3:30 Grief support, parlor  
 4:30-6:00 Community Meal, Fellowship Hall

### WEDNESDAY March 6

Ash Wednesday  
 6:00 Simon Peter Lenten Study, library  
 7:15 Ash Wed. service, Fellowship Hall

### THURSDAY March 7

6:15-8:00 Cadette Girl Scouts, parlor  
 6:30 Trustees, O57 or library  
 7:00 Transformation Band, Fellowship Hall

### FRIDAY March 8

UMW bell ringing day  
 9:30-11:30 MOMs group, library/nursery

### SUNDAY March 10

1st Sunday in Lent  
 Daylight saving time begins  
 Girl Scout Sunday  
 Padma Templeton at New Hope Parish  
 6:00-7:30 Confirmation , third floor cafe  
 6:00-7:00 Disciple's Path, parlor

### MONDAY March 11

9:30-11:00 UMW Board meeting, library  
 5:30 First Kids Board, 1st kid office  
 6:30 HOME Team ,chapel  
 6:30 Farmer's Market mtg, library

### TUESDAY March 12

Staff Habitat work day  
 1:00-5:00 Cardmaking, Gathering Place  
 4:30-6:00 Community Meal  
 6:30 Finance Committee, library

### WEDNESDAY March 13

11:30-1:30 Colleen Crow birthday reception.  
 2:00 communion service at Stanard Care  
 6:00 Simon Peter Lenten Study, library  
 7:15 FUSION #9- Tony Thompson

### THURSDAY March 14

1:00 UMW Unit meeting, Fellow Hall  
 5:30-6:30 Zumba, Fellowship Hall

### SUNDAY February 17

2nd Sunday in Lent  
 NO Sunday school today  
 Chris Werling at Frederika  
 Roberta Robbins at New Hope Parish  
 NO confirmation classes  
 6:00-7:00 Disciple's Path, parlor

### MONDAY March 18

10:00 Deborah Circle, parlor  
 6:30 Worship Committee, library

### WEDNESDAY March 20

Newsletter deadline  
 11:00 service at Pinnacle Care  
 6:00 Simon Peter Lenten Study, library

### THURSDAY March 21

Noon-3:00 First Friends potluck, Gather Plac

### SUNDAY March 24

3rd Sunday in Lent  
 Girl Scout Cookie Booth  
 Padma Templeton at Frederika  
 Roberta Robbins is at New Hope Parish  
 1:00-5:00 Girl Scouts, kitchen  
 NO confirmation classes  
 6:00-7:00 Disciple's Path, parlor  
 6:00-7:30 Girl Scout Troop1874, chapel

### MONDAY March 25

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

### TUESDAY March 26

4:30-6:00 FUMC Community Meal  
 6:30-8:30 Crafter's corner, parlor

### WEDNESDAY March 27

1:00 Windhaven Communion Service  
 6:00 Simon Peter Lenten Study, library  
 7:15 FUSION - Phil Rogers

### THURSDAY March 28

9:30 Mary Circle, parlor  
 1:30 Joy Circle  
 6:15-8:00 Cadette Girl Scouts, parlor

### SATURDAY March 30

12:30-4:00 Pinewood Derby, Fellowship Hall

### SUNDAY March 31

4th Sunday in Lent  
 UMCOR offering  
 Lisa Congdon at Frederika  
 Padma Templeton at New Hope Parish  
 6:00-7:30 Confirmation , third floor cafe



## Disciple's Path/ New Member Class

If you are new to FUMC and feel that this is your spiritual home, we want to invite you to our new member exploration class that just started. We are offering a class held on Wednesday evenings at 6:00 p.m. Class sessions will last 1 hour and will run five to six consecutive weeks taught by the pastors. Calling FUMC your church home is a great way to take the next steps in your faith journey. Please contact Pastor Matt German at 319-266-1713 or [matt.german@aboutfirst.com](mailto:matt.german@aboutfirst.com) if you are interested. Hope to see you there!

## Third Grade Bible Class:

Thank you to the families who participated in the class. Pat Cole and I had a so much getting to know each of you a little better. Thank you for allowing us to go on your faith journey with you.



## He Left Everything - Simon Peter

Simon left everything to follow his teacher, and possessed a passion that would change the world. That's one way to describe Peter. Here's another: poor, uneducated, quick-tempered, and full of doubts and fears. Doesn't even sound like the same man. And that's the point of Simon Peter, a Bible study by Adam Hamilton. Join us Pastor Scott and Pastor Matt for six weeks, on Wednesday nights beginning March 6! Cost for the book is \$16. Sign up at the Welcome Center.

## The Spirit and Art of Conflict Transformation

March 9-10 at Cornell College

Transforming conflict into a positive rather than a negative force is a spiritual pursuit and needs to be grounded in biblical principles: love of God, neighbor, and self. We will explore how to prepare ourselves for the work of engaging conflict and how to engage others in conflict transformation. Outlining specific processes interwoven with the practical instructions are stories that illustrate the potential for this new "justpeace" approach."

This class is offered to all interested parties by the Cornell Campus of the School for Lay Ministry. You do not need to be a graduate or student of the School for Lay Ministry to participate. This is a two-day class, Saturday and Sunday, March 9 & 10, on the Cornell College Campus, Mt Vernon, IA. Saturday, check-in begins at 8:00 and class begins at 9:00. It is a full day in the classroom, with appropriate breaks. Saturday lunch and dinner are included in registration fee. Class will be finished by 9:00pm. Sunday class begins at 8:45 and ends at noon. Leaders will be Colleen Petaros, Conference Director of Lay Servant Ministries, and Steve Kahler, Certified Lay Speaker and frequent SLM instructor.

If you have been interested in the School for Lay Ministry Experience, but haven't wanted to make the 3-year commitment, this would be a good opportunity to see how a SLM weekend works.

**Pre-class assignment:** Participants will need to order and read "The Spirit and Art of Conflict Transformation" by Thomas Porter. ISBN 9780835810265. This book is available through the Upper Room Bookstore, Amazon.com, and Cokesbury.

Classes are held in the lowest level of the Thomas Commons Building - hint - enter from the rear and you'll be right there.

Registration questions may be directed to Barb Mann, at [barb.mann@iaumc.org](mailto:barb.mann@iaumc.org).

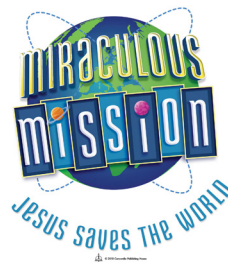


## Make Your Summer Camp Plans Now at [iaumc.org/camps](http://iaumc.org/camps)

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. Talk to Jenna Engel for more info.

## Miraculous Mission This Summer at First UMC Vacation Bible School is scheduled for June 9th -12th

At Miraculous Mission Vacation Bible School, your children will look into the Bible, God's Holy Word, and discover God's miraculous missions to save you, me, and the whole world! The Bible accounts of God's mission for us to share how God made the universe; His promise of a Savior to Abram; the birth of Jesus, our Savior; Jesus' death, resurrection; and ascension! We are looking for volunteers if you would like to become a part of Vacation Bible School, please contact Jenna Engel.



### Adult Sunday School

Everyone is welcome - you do not need to be a member of First UMC to attend.

### CCF (Christ Centered Families)

This class will focus on strengthening our families and developing our young children into strong Christians.  
Room: 057

### Growing Christians

Our studies generally vary during the year from Bible studies, applying Biblical principles and the gifts that God puts into our lives. Room 056, Kris Rash

### Open Door

Where friends meet to study God's word and apply it's principles to on-going spiritual development. Meet in the Library. Contact Sue Mutchler or Margery Andrew

### Kaleidoscope

This group is for anyone willing to tackle any topic! Room 058 Gil Hewett

### Seekers

The Seekers present several small studies/discussions each year (no homework) to help grow our faith in Jesus Christ. Room: 060

### Pathfinders

We gather to share our lives and discuss God's presence in the world today.  
Room 055

# 12 Reaching Out & In



## 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 send 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.



*All these kids from Lincoln School came across the street last spring to say "Thank You" for all the books and for being their reading buddies!*

## March Mission Focus: Books for Lincoln School kids

Our Partner In Education, Lincoln Elementary School, has appreciated the great group of people who read with K-3rd grade students throughout the school year. We have many faithful Reading Buddies who spend time each week reading with students. It's one-on-one time with some delightful young folk, and everyone benefits from it.

Do you want to know how we are making a difference in the lives of these kids? Speak to Principal Ralph Bryant, or talk to any of these fine folk who look forward to meeting with Lincoln students each week:

Marlene Baumhover, Linda Bohr, Betty Butler, Chris Congdon, Lisa Congdon, Rita Congdon, Loretta Dykes, Jenna Engel, Lorna Ericson, Mark Farland, Betty Goettsch, Donna Hoffman, Larry Jacobsen, Karen Kober, Scott Kober, Jim Larson, Connie Maifeld, Roger Maifeld, or Faye Rohwedder.

Thank you for your continued support. For the past few years, we have raised enough funds to provide books for primary grade students and classroom libraries. This spring we plan to gift a book to every student at Lincoln Elementary.

Check out the display in the Gathering Place for more information. To donate to our gift of books, write your check to First UMC with "books for Lincoln kids" on the memo or use the offering envelope at the display. Remember, your generous donations are doubled through an endowment from Bill & Ione Zach.

## 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 31.

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.

## Stephen Ministry Q & A



(continued from February AboutFirst)

**Q. How many congregations have Stephen Ministry?**

More than 13,000 congregations have Stephen Ministry, representing over 180 denominations, all 50 states, all 10 Canadian provinces, and 30 other countries. Many of these congregations have had Stephen Ministry going for more than 30 years.

**Q. What does the Stephen Ministry logo mean?**

The Stephen Ministry logo represents a care receiver's journey from brokenness toward wholeness through the cross of Jesus. In this way, it illustrates "Christ caring for people through people," which is the Stephen Ministry motto.

**Q. How does Stephen Ministry benefit pastors?**

Stephen Ministry supports pastors by deepening, expanding, and extending the care giving capacity of their congregations. A team of Stephen Ministers, together with pastors, can provide ongoing care for more people than the pastors could provide alone. This also frees pastors to invest more time in other important ministry areas.

**Q. How would I go about getting help from a Stephen Minister?**

If you are currently in a situation where you could use a caring Christian friend to walk alongside you for a time, please call the church office and ask to speak to a pastor or leave your name and number and someone will get back to you. All contacts are kept confidential.

**Q. How do individuals sign up to be trained as Stephen Ministers?**

Our church is sponsoring a workshop on Saturday, April 6th from 9:00 to 1:00 to present information to our church members and people from other churches about the Stephen Ministry program. Watch for more information in the April AboutFirst newsletter.

### 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.

## Go and Serve Opportunity:

### Midwest Mission Distribution Center May 20-24

MMDC is a disaster relief facility located on an 8 acre campus, 4 miles south of Springfield, Illinois. MMDC is a cooperating depot in the UMCOR (United Methodist Committee on Relief) Relief Supply Network. MMDC's campus provides opportunities for individuals and groups of all walks of life, denominational backgrounds, abilities, and ages to help provide disaster relief kits and resources as well as educational and medical supplies to those in need both locally and internationally. MMDC provides that "hands on" mission experience without having to travel too far from home. We will be sending our Mission Ingathering kits to this depot this year, too.

We have four spaces (2 rooms) reserved in the dorm at Midwest Mission Distribution Center for May 20-24 (returning home on May 24). Cost per person is about \$140 for dorm and material fees, plus travel, sightseeing, and food costs. Deadline to sign up for this trip is March 13 - we need to send in half of our fee prior to March 16. It's a fun way to do a little good, meet some new people, and get to know fellow travelers from First UMC better. See Lisa in the church office for more details about this mission opportunity.



Jan and Lisa built this desk! You can, too!

# 14 Men & Women

## fellas @ first

### Tuesday Men's Breakfast

This group is taking a break until springtime. They will still be meeting at the church at 9:00am on the 4th Tuesday of each month to help set up tables and chairs for Community Meals. You are invited to join them for this service project.

### Tuesday Night Fellas

All men of all ages are welcome - punks to geezers. We're relaxed and informal, but not afraid to tackle tough questions and deep topics. This is a no-homework group and it's easy for new fellas to jump right in, just show up and say, "Hi, I'm new here", and we'll take it from there. Meet downstairs in room 059, Tuesday nights from 6:30 - 8:00.

### Spring Fever Day Trip UMC Sportsmen

UMC Sportsmen are planning a Spring Fever day trip to Bass Pro in Des Moines plus lunch TBD on Saturday, March 2nd. We'll leave from the church at 9 AM and be back before supper. We're planning on taking the bus, so please bring a few extra bucks to throw in for gas. This will be an event that's kid friendly, so feel free to bring them along if you want to spend some quality time with them. The sign up sheet is at the Welcome Center desk.

## Women @ First

VISION STATEMENT OF UNITED METHODIST WOMEN: We are "turning faith, hope and love into action on behalf of women, children and youth around the world."



On February 14, 2019, the United Methodist Women held their Unit Meeting in Fellowship Hall. Chris Werling presented the program, "A Call to Prayer and Self Denial Service." Chris described three ministry programs in the United States that serve children that have needs through no fault of their own but rather because of reasons such as their race, ethnicity, gender, ability or social class. Days For Girls based out of Bellingham, Washington helps girls with feminine hygiene kits; the Holding Institute Community Center in Laredo, Texas assists women and children immigrants from the Mexican/US border; and Murphy/Harpst in Cedartown, Georgia that provides children's services for orphans and children that suffer physical and/or emotional abuse.

Karen Page described how the Quilters and Stitchers are involved in the Days for Girls program in our church!

Deborah Circle was in charge of refreshments. Grace was provided by Nancy Murdock. Devotions were given by Fely Houts. The Response Moment was presented by Arlene Fleming.

Next month's program on March 14, 2019 will be Love, Inc. of the Cedar Valley with Erin Tink, the Executive Director giving the program on their mission work in the local area.

## Hearts and Hands

Hearts and Hands is a supportive group of United Methodist Women with about 20 members. As a supportive group, they do not take part in the monthly unit meetings of UMW, but do support their mission and ministries. This is done with financial pledges as well as activities for ministry and mission work that benefits women, youth and children. Some examples of these activities are making pepper jelly and apple butter and selling it at the fall Ingathering; making Easter baskets for shut-ins; providing meals for the "Begin Now" classes offered through Love, Inc.; helping with making the kits for the DAYS4GIRLS project; baking cookies for the youth to decorate at Christmas; and serving the hot dog meal during the annual rummage sale.

This group has a heart for service and tries to serve as the hands and feet of Christ. Contact is Karen Page.

## March UMW Calendar

- Mar. 01 - World Day of Prayer
- Mar. 06 - More Than Moms, 6:00-7:15 p.m., Parlor
- Mar. 08 - International Bell Ringing for Women's Rights
- Mar. 11 - Board Meeting, 9:30 a.m., Library
- Mar. 13 - More Than Moms, 6:00-7:15 p.m., Parlor
- Mar. 14 - Unit Meeting, 1:00 p.m., Fellowship Hall
- Mar. 18 - Deborah Circle, 10:00 a.m., Parlor
- Mar. 23 - NE District Mission Study, Shell Rock UMC w/ Greene UMW
- Mar. 23 - 150th Anniversary United Methodist Women
- Mar. 27 - More Than Moms, 6:00-7:15 p.m., Parlor
- Mar. 28 - Mary Circle, 9:30 a.m., Parlor
- Mar. 28 - Joy Circle, 1:30 p.m., Parlor

## Thank You

Thank you to the staff for the birthday card, and thank you to Jane Wyckoff for the birthday rose. It is beautiful! I appreciate all the good wishes and the visit from Jane.  
Jane Marsh

I never thought about reaching 90 but here I am. I will never get tired of Jane's visit and the lovely rose. And thanks also to the people who responded to my card shower. It was fun.  
Doris Crandall

Thank you for the beautiful rose Jane delivered to me my birthday. I treasure the birthday card from the staff. I feel so blessed to be part of such a caring church family.  
Donna Cuvelier

Thank you for the rose I got for my birthday.  
Richard Aschenbrenner

Thank for your sympathy and best wishes in the passing of Ruth Anne Leymaster.  
Homer Leymaster

I wanted to thank you again for allowing us to use your church for assembling our annual giving campaign mailing. It was a perfect space for all of us to spread out and get the job done. The EPI volunteers had a great time, especially since many of them were familiar with your beautiful church. Our campaign has been very successful so far, and I think we'll be able to award even more grants to our teachers next fall. Thank you so much for helping us make that happen again!  
Susan Lantz  
Cedar Falls Schools Foundation

## Sympathy to:

- Family and friends of Richard Halstead. Dick passed away January 28. His funeral was February 2.
- Marlene Baumhover on the death of her brother on February 3.
- Bill Ruder on the death of his fiancée, Jeri Brenning, on February 8.
- Ronnie Bankston and Laura Terlip on the death of Ronnie's mother, LaVaughn Bankston, on February 16.

## Congratulations to

Gabi Sullivan on the birth of a baby boy. Aaron was born February 17. Diane Sullivan is the proud grandma.

## Thank You From Pastor Steve & Janet

We had a gas insert fireplace installed in our home just in time for Christmas. We used the love gift from the church to pay for it. It is a perfect gift that will always remind us of the warmth of Cedar Falls First. We have appreciated the fireplace during these cool evenings. Please pass our thank you around to everyone.

## Celebrate Colleen Crow's birthday

Colleen Crow will celebrate her 88th birthday on Wednesday, March 13 with an open house celebration in our Gathering Place from 11:30-1:30.

## 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)

## Winter Weather Policies

### Worship

It is our goal and our intention to provide at least one worship opportunity every week, but this is Iowa, and it is winter, and weather happens. When winter weather gets bad, the pastors will decide if changes should be made to the worship schedule.

### Weekly Activities

Cedar Falls Schools will be our guide. If Cedar Falls Schools have cancelled classes or dismissed early then church activities will also be cancelled for the evening.

Cancellations will be broadcast on both KWWL Channel 7 and KCRG Television Channel 9 and posted online at [www.aboutfirst.com](http://www.aboutfirst.com). We also ask that you use your best judgement and do not venture out into dangerous weather.

## Financial Update as of February 25

YTD Budget received:	\$115,548
YTD Budget needs:	\$129,716
YTD Budget deficit:	\$14,167
Mortgage balance:	\$283,234

## Consider Automatic Giving

You'll never need to remember to write a check again! It is quick and easy to set up. Contact our Financial Manager, Debbie Dance for details. 319-266-1713 or email [debbie.dance@aboutfirst.com](mailto:debbie.dance@aboutfirst.com).

## Attendance- week ending

	02/3	02/10	02/17	02/24
Transformation	83	84	50	x
Traditional 8:30	107	88	61	x
Traditional 11:00	92	73	39	38
FUSION	x	29	29	x

# First United Methodist Church

718 Clay Street

Cedar Falls, Iowa 50613

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## aboutfirst news

First United Methodist Church, Cedar Falls



**Sunday, 8:30 & 11:00 a.m.** Traditional services

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

Van rides are available for the 11:00 Sunday service.

Child care is provided in the nursery for infants and babies for Sunday Services.

### Spreading the Word

If you miss a Sunday, or want to hear a message again, find us on the local Public Access cable television channels. If you are unable to receive the television broadcast, weekly dvds are also available, or find the video links for sermons at [www.aboutfirst.com](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

Ted Bonebrake, Chancel Choir director  
[tbonebrake@hotmail.com](mailto:tbonebrake@hotmail.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)

Debbie Dance, Financial Manager  
[debbie.dance@aboutfirst.com](mailto:debbie.dance@aboutfirst.com)

Jordan Derhammer, Youth Co-Coordinator  
[pastorjordan.washingtonchapel@gmail.com](mailto:pastorjordan.washingtonchapel@gmail.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)

Lorri Schofield, Youth Co-Coordinator

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

Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor