

aboutfirst

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



MARCH 2024, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

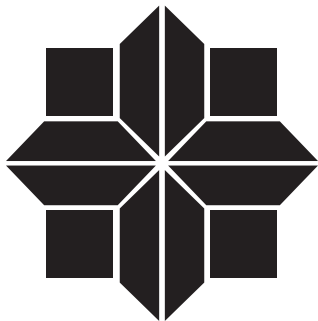
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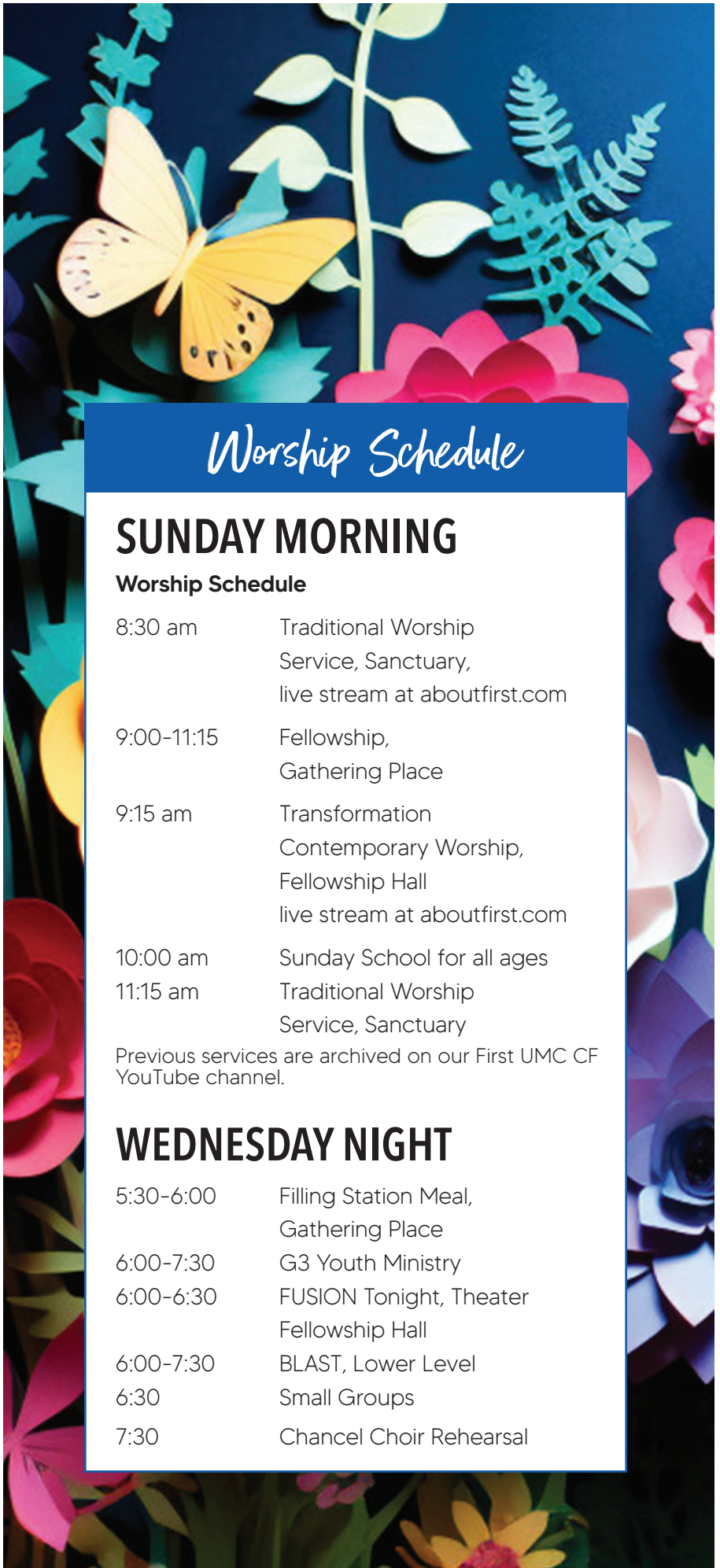
Issue 281,
March 2024

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



Worship Schedule

SUNDAY MORNING

Worship Schedule

8:30 am	Traditional Worship Service, Sanctuary, live stream at aboutfirst.com
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary Worship, Fellowship Hall live stream at aboutfirst.com
10:00 am	Sunday School for all ages
11:15 am	Traditional Worship Service, Sanctuary

Previous services are archived on our First UMC CF YouTube channel.

WEDNESDAY NIGHT

5:30-6:00	Filling Station Meal, Gathering Place
6:00-7:30	G3 Youth Ministry
6:00-6:30	FUSION Tonight, Theater Fellowship Hall
6:00-7:30	BLAST, Lower Level
6:30	Small Groups
7:30	Chancel Choir Rehearsal



Learning to Pray

Lord, teach us to pray, was a request the disciples asked of Jesus. I have found myself pondering that request as we have journeyed through this sermon series on the Lord's Prayer, Thy Kingdom Come.

I asked myself, how did I learn to pray?

I learned the Lord's Prayer by sitting in church with my family. I remember two prayers from my childhood.

Our mealtime prayer, which was actually a sentence;

Come Lord Jesus, be our guest, and let these gifts to us be blessed. Amen

And our bedtime prayer.

Now I lay me down to sleep.....

When I first started dating Gary, I was intrigued by their meal-time prayer. His father's heritage was Swedish, so they said a Swedish prayer, in Swedish. I was curious about the words, but Gary's father was our high school football coach and my driver education teacher, so I was too intimidated to ask. Finally, I got up the courage to ask Coach Nelson what the words meant, to which he replied, "I don't know."

We still laugh about that! My grandchildren actually looked up the prayer, on the internet of course, and found the translation.

I realized that what I learned about prayer as a young person, was the habit of prayer. To pray before a meal, to pray at night, to pray in church with others. That was a good thing to learn, and it has served me well.

How to pray is a whole other issue. A question that the disciples had the courage to ask Jesus.

We learn how to pray by listening to others pray, by reading the prayers of others. The Bible is full of people's prayers. And we learn how to pray by praying.

I once heard someone talk about praying the prayer that never fails, "Thy will be done." That is a good place to start!

So, it makes me wonder, how did you learn to pray? Might be a great conversation to have with someone!

Blessings,
Pastor Karen

Lenten Prayer Opportunity

Each Sunday during Lent there will be an opportunity for prayer in the Parlor from 10:30-11:00am. Lent is a wonderful time to focus on prayer. In the New Testament book of James we are reminded that "The prayers of the righteous are powerful and effective." Together let's explore the power of prayer.

Join Pastor Karen as she leads this time of prayer each Sunday from February 18 – March 24. Drop in any Sunday or every Sunday.

On Sunday, March 17 we will focus our time of prayer on our children who will be joining us for part of the time.



Welcome Pastor Chad and Wendy!

As you know Pastor Scott has been appointed as the next Pictured Rocks District Superintendent, a wonderful recognition of his skills and faithfulness. I am pleased to share that Scott's replacement has been named. Pastor Chad Jennings has been selected to serve our church beginning July 1st. Chad has served Iowa United Methodist churches for 22 years - in Glidden, Marion, and currently serves in Newton. The Staff-Parish Relations Committee, along with Ad Council Chair Justin Greuel met Chad and his wife Wendy. They will be wonderful additions to our church. They have been married 27 years and have two children. Son Nathan is an accountant in Cedar Rapids, and daughter Abby is a Junior at Simpson College, majoring in biology.

We will look for a time to schedule a meet and greet with Pastor Chad and Wendy, so keep your eyes open for that. We will want to give them a hearty Cedar Falls welcome!

- Steve Bernard, Chair of SPRC

Join Us to Celebrate Dee!!

We are announcing Dee Behr's retirement from her role as Parish Visitor. Dee's dedicated service has been invaluable, and we are deeply grateful for her contributions. We will be holding a reception for Dee on March 10 at 10:15 in her honor. Help us express our appreciation for her many years of service.



UWF Meeting Summary

Feb 8, 2024

The first meeting of 2024 was held with the program on Self Help International presented by Kassi Bailey, Deputy Director. Kassi just returned last week from a trip to Ghana to see their programs in action. Self help was started by an Iowa farmer to help alleviate hunger through improved farming practices. The group's mission was enhanced and bolstered by Norman Borlaug, another Iowan and Nobel Peace Prize recipient. Self Help International focuses their efforts in Ghana and Nicaragua. They improve the lives of people through 3 main programs; 1.) Empowering women through micro business loans and teen girls club, 2.) Improving agriculture through education and higher nutrient crops, 3.) Improving nutrition through education, clean water, and increasing use of higher nutrient foods especially in the first 1000 days of life. They employ and train local staff to assure culturally acceptable methods and messages. They will be having their Spring Gala fund raiser on April 18th and welcome help and attendance.

Maxine Kehret offered the response moment, Chris Werling offered devotions and Rus DeBonis gave the Call to Prayer and Self-denial.

monthly mission



Books for Lincoln School

Having books in the home is proven to positively benefit children in a myriad of ways. A two-decade long study found that the mere presence of a home library increases children’s academic success, vocabulary development, attention and job attainment. This is why our March mission again this year is Books for Lincoln School. Lincoln Elementary School is First United Methodist’s Partner In Education. One way FUMC can make a positive impact for their major focus on reading is to provide students with at least one book by the end of the school year in June. Let’s donate money to purchase books to allow each of the 428 students to have their own book. We have been able to meet the goal in the past, so let’s do it again this year!

One Day Missions

GATHER, GROW, GO

North East Iowa Food Bank

We need volunteers to help out for 2 hours at the food bank in March. The first opportunity is Thursday, March 14th from 2 p.m. to 4 p.m and the second is Tuesday, March 19th from 9:00 a.m. to 11 a.m. Rides are available. Please sign up at the Welcome Desk.

Rice Packing Event

Saturday, April 13

What has a huge heart, lots of hands and can make a meal for 21,000 people in under 4 hours?

We can! We need 100+ volunteers so we can package 3,500 bags that will feed 21,000 people.

The event will be held on Saturday, April 13 from 9:30

a.m. to 11:30 a.m. and from 12:00 p.m. to 2:00 p.m. at Cedar Falls First United Methodist Church, 718 Clay Street. This is a great opportunity for all ages. We’ll be filling bags with vitamin mix, dried veggies, soy, and rice. Midwest Mission Distribution Center will send the rice meals to hungry people somewhere in the world.

To work a two hour shift (or to help set up or clean up) sign up at <https://signup.com/go/CioPdfF>

Community Meal – Desserts Needed

First UMC provides, prepares, and serves the Community Meal the 4th Tuesday of the month. One highlight for our guests are the delicious homemade bars and cookies for dessert. If you like to bake, consider sharing your culinary gifts with our friends at Community Meal any time a 4th Tuesday comes around.

If you are willing to bake for the meal the 4th Tuesdays of each month, or any month, please contact Maxine Kehret at 319-610-4191.

Got extra fabric? Bring it in!

There is always a need for durable/sturdy fabric to make school bags and other stitching projects. The Stitchers & 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 LoveINC helps struggling families in our own community stretch their dollars.

In particular need now are:

Diapers sizes **4, 5, 6 only please**

Socks 18-24 month size

New Receiving blankets and bibs

New clothing 18-24 mo/2T, boys and girls

Baby wash & lotion

8oz bottles & sippy cups

Your donations do make a difference. Thanks to all of you who support our “wee ones”. The moms are always grateful.



March 5 - Grief Support

Where: Parlor

When: 2:30 pm

If you are struggling after a loss, this group is a great place to share or just to listen. It is a wonderful group of people who care for one another in times of loss.. If you have questions, call Sue Ney (319-939-9294) or email her at scney1952@gmail.com.

March 10 - Dee Behr Retirement Party

When: 10:15 am

We will be holding a reception for Dee on March 10 at 10:15 in her honor. Help us express our appreciation for her many years of service..

March 12 - Card Making

Where: Gathering Place

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

Come join the fun at our next Congregational Care Team card making party! If you haven't yet checked out the beautiful cards on the rack by the office, take a look. They sell for only \$.50 each, and profits go to a worthy organization each quarter. Last year a

total of \$804.45 was given to House of Hope, Wee Care, Ingathering, and the N.E. Iowa Food Bank. We also use the cards to send to members of our congregation during times of joy and challenge. This quarter the proceeds from the card rack are going to Midwest Mission.

March 14 & 19 - Food Bank

Where: Food Bank

We will continue to send two crews to the NEIFB. The first group will go Thursday, March 14 from 2 p.m. to 4 p.m. and the second group will go on Tuesday, March 19 from 9 a.m. to 11 a.m. Look for the sign up sheets at the Welcome Center Desk. Rides are available.

March 25 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, March 25 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

March 25 - 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. It's an opportunity to weave mats for homeless. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

March 10 - Town Hall Meeting

Where: Trinity UMC or virtually

1400 West Bremer Ave. Waverly, IA

When: Sunday March 10, 2024

2:00pm - 4:00pm

Join us for the Pictured Rocks District upcoming Town Hall meeting with Bishop Kennetha. The focus of the gatherings will be on our mission, vision, and core values at the Iowa Annual Conference. Bishop Kennetha Bigham-Tsai will be present at each of these district gatherings for a time of teaching, and together, we will share stories about what it means to be engaged and connected with one another. You may attend in person or virtually. Sunday March 10, 2024

March 29 - Good Friday

Where: Sanctuary

When: 12:00-6:00 pm

Participate in a Good Friday transformative experience at our Prayer Stations, where you can immerse yourself in the profound reflections on the 7 Last Words of Jesus. This self-guided opportunity invites you to contemplate the words spoken by Jesus on the cross, offering a moment for personal prayer and reflection. Feel free to come alone, with your family, or bring a friend along for this meaningful journey of spiritual introspection.

Easter Lilies

Lent has begun and Easter will be here before we know it! Once again we are inviting you to purchase a lily in honor or in memory of a loved one. You may come into the church and find an order form at the Welcome Center or in the office, or you can mail your check to the church and include a note clearly indicating who the lily is in memory or honor of, and

by whom. Cost for each lily is \$15. Checks can be made out to FUMC. The deadline to order your lily is Wednesday, March 27.

Facebook Fridays

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

Holy Week Schedule

March 24-31

Palm Sunday Services

Where/When: Sanctuary 8:30, 11:15,
Fellowship Hall 9:15

Wednesday: Easter Stations

Where: Meet in 3rd Floor Theater
When: 6:30 pm

Maundy Thursday Service

Where: Sanctuary
When: 7 pm
Communion will be served.

Good Friday: Prayer Stations

Where: Sanctuary
When: Noon - 6 pm

Easter Sunday Services

Where/When: Sanctuary 8:30, 11:15,
Fellowship Hall 9:15

Easter Egg Hunt

When: Easter Sunday, 10:00am
Where: Meet in Fellowship Hall



Find your Place in God's Great Story

Help Needed!

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.

EDUCATION

Explore various opportunities to join our ministry teams, including becoming a lead teacher for 1st-2nd graders in Sunday

school, engaging with kids from Kindergarten to 5th grade on Wednesday nights, or working with 6th-12th graders in the Youth program. Additionally, there's an opening in our Wednesday afternoon cook team. If your availability is limited you can still contribute by donating food for our Wednesday night meals. Reach out to Jenna Engel at jenna.engel@aboutfirst.com to learn more or get involved.

Reminders:

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.

HOSPITAL INFO

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.

DO YOU WANT TO RIDE THE BUS?

If you like the idea of door to door service and live in Cedar Falls, consider riding the bus to church as an option. The bus picks up riders for the 11:15 worship service. Please contact the bus coordinators Janet & Steve MacTaggart at 319-404-0077. They can answer your questions get you on the schedule for rides.

education

Save the Date!

Children's Choir March 3rd & March 24th

The children's choir will be singing at the 8:30 & 9:15 services

No Children's Sunday School - March 10

Easter Story Stations

– March 27

Join us on Wednesday, March 27th while we attend different stations and collect items that will help us to remember the Easter journey.

Annual Easter Egg Hunt

– March 31

We will hold our annual Easter Egg hunt on Easter morning during the Sunday School hour.

Please meet in Fellowship Hall at 10:00am!



Join us for Sunday School

Join us for Sunday School on Sunday mornings at 10:00! Children to grade 6 meet on the lower level Sunday School area. Youth in grades 7-12 meet in the cafe on the third floor.

crazyfunbusy Wednesday night

Join us on Wednesday nights for food, fun, and fellowship. Grab dinner at the Filling Station starting at 5:30, then join us on the third floor at 6:00 for Fusion while kids go to BLAST on the lower level. Games and small groups for youth in grades 6-12 will follow after Fusion. Our nights wrap up at 7:30. All are welcome— bring your friends!



Game Night Friday, March 1, 6:00-7:30

Join us for our next monthly game night on Friday, March 1 from 6:00-7:30 right here at the church! Our game nights happen on the Friday before the first Sunday of each month. Please RSVP to Haleigh no later than Thursday, February 29. Bring your friends— pizza will be provided!

Our April game night will be Friday, April 5, 6:00-7:30.

Service Opportunity: Mat Marathon on Saturday, March 2

If you are looking for an opportunity to serve and learn a new skill, consider the Mat Marathon on Saturday, March 2 from 9:00-3:00! Learn how to turn plastic grocery bags into a sleeping mat that will help others in our community and around the world. This is a great service opportunity for people of all ages, and we invite our youth to be part of it! RSVP to Rus DeBonis at ruselle.debonis@allencollege.edu if you'd like to come.

First Mission Trip Deposit Due April 1

If you are joining us for our summer mission trip to Henderson Settlement in Frakes, KY, the first trip

deposit of \$150 is due by April 1. The cost of the second deposit, coming later, is still TBD once we finalize transportation costs. If money is an issue, please let us know— we want all youth to have access to this opportunity. Contact Haleigh with any questions or concerns.

Save the Date: Lock-in April 12-13!

Join us for a lock-in here at our church, April 12-13! We will play games, worship together, and help at the rice meal packing event for Midwest Mission on Saturday the 13th. Let Haleigh know if you are interested in coming— your 7-12th grade friends are invited, too! More info will be coming in the month of March, so stay tuned.



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.

**Judy Focht (rm36),
Geri Gilbert (rm 39)**
Martin Suites
420 E. 11th St
Cedar Falls IA 50613

**Tony Lake (rm 9), Homer
Leymaster (rm 13), 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

Wanda Chase, Harold Krebs
Deery Suites
5301 Caraway Lane
Cedar Falls IA 50613

**Betty Goettsch (#104),
Becky Hardman (#113)**
Stanard Assisted Living at
Deery Suites
5301 Caraway Lane #104
Cedar Falls IA 50613

Faye Rohwedder
Nation Cottage
5111 Caraway Lane
Cedar Falls, IA 50613

**Vivian Hill, Donna Hoffman
(D109), Dorothy Schwab
(MC4), Mary Shepherd
(AL104)**
New Aldaya Lifescapes

7511 University Ave
Cedar Falls IA 50613

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

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

Charlene "Chuck" Gratten
Willow Winds Assisted Living #10
121 Bremer Ave
Denver IA 50622

Dixie Messerschmidt
Boysen Heights Senior Living
765 Boysen Rd NE #115
Cedar Rapids IA 52402

Delores Berger
613 W. North St Apt 7
Madrid IA 50156

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. Or use our handy QR Code below!



Thank You

I wanted to express my sincere gratitude to Jane Wyckoff and members at First who presented a beautiful red carnation with greenery to my door. The bouquet is a bright spot in the winter landscape and I appreciate the fresh flowers and our time together. - Rowena L. Hardinger

Roger and I want to thank our church family for remembering our birthdays. Thank you so much.- Rosie & Roger Uhlenhopp

Thank you for the card and the flowers. - Homer Leymaster

I would like to thank all who sent me get well cards with my surgery

and also the many Valentine cards I received. God bless you all.

- Dorothy Schwab

Dear First United Methodist Church,
Thank you so much for your recent gift to support the ACE-SAP free clinic. Through your generosity, we are able to provide basic healthcare services to the members of our community who are most vulnerable, at no cost to them. Your gift will make a big difference in our community.

Thank you!

- Jared Seliger

President, Allen College

Sympathy

Keep Lisa Orsborn and her family in your prayers on the death of her sister, Angie Mikkelsen Kendall, on January 7.

Keep the family and friends of Darlene Prashak in your prayers. Darlene died February 9.

Keep Don & Bonny Findlay in your prayers on the death of Don's brother, Steve, on February 10.

Keep the family and friends of Jack Hovelson in your prayers. Jack died February 13.



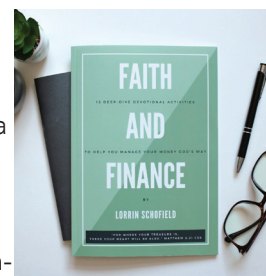
The Best of Summer in Iowa

Enjoy the best of Iowa as a member of the #BeUMC Ragbrai

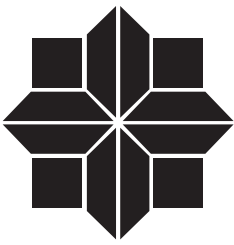
team. We'll join tens of thousands of other cyclists riding from the Missouri to the Mississippi along a scenic, southern Iowa route. Along the way we'll experience wonderful food, fellowship, scenery, and Iowa's famous hospitality. As a member of Team BeUMC, you'll get to camp indoors, have access to a private sag service, and we'll haul your gear from town to town. You do not need to be an Iowan or a Methodist to join Team BeUMC – in fact, it would be fun to have riders from all 50 states and beyond! Register now to be a rider or team support person at Ragbrai.com. Be sure to choose BeUMC from the list of teams. Find the team's Facebook group at RAGBRAI Team #BeUMC. Questions? Contact chris in the church media office.

Faith and Finance

Our own Lorrin Schofield wrote a devotional book with the hopes of helping others— Faith and Finance: 12 Deep-Dive Devotional Activities to Help You Manage Your Money God's Way! It became available on January 24. Visit Lorrin's website at www.faithfinancelife.com to learn more and order your copy. A limited number of copies will be made available for purchase by cash or check in the church office for \$20 those who aren't able to order online. For every copy sold, \$2 will go directly toward the missions and ministries of Cedar Falls First United Methodist Church. Contact Lorrin at lorrinschofield@gmail.com with questions!



We are a Dementia Friendly Organization!



FIRST UNITED
METHODIST CHURCH

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First United Methodist Church, Cedar Falls

Sunday Worship

8:30 am	Traditional Worship Service, Sanctuary
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary Worship, Fellowship Hall
10:00 am	Sunday School for all ages
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

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