

aboutfirst news

November, 2018 First United Methodist Church, Cedar Falls



november series: Job: when the bottom of life falls out

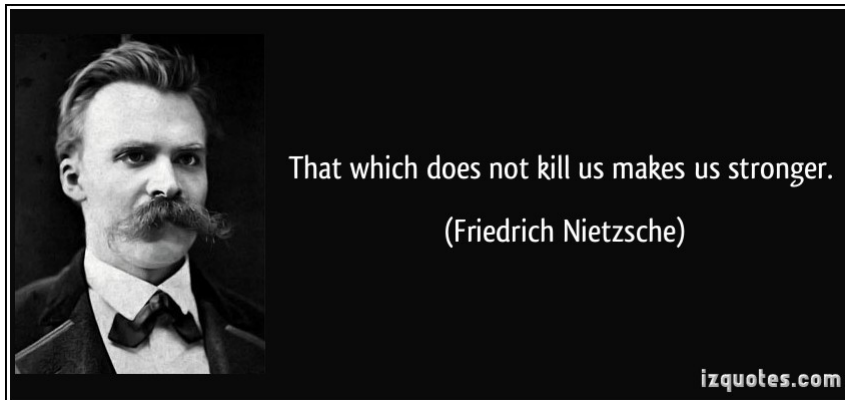
CONTENTS

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

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First United Methodist Church
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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



You've heard that quote before, it's fairly popular nowadays. Let's consider if that's even true though. It may work for an athlete, but what about in the rest of life.

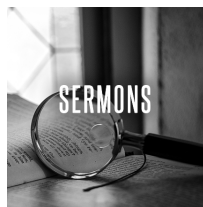
Psychology professor Noam Shpancer suggests that the bulk of psychological research on the topic shows that, as a rule, if you are stronger after hardship, it is probably despite, not because of the hardship.

We're not stronger in the broken places. What doesn't kill us in fact makes us weaker. Shpancer tells of taking part in an anti-terrorist training that involved working with the K-9 unit.

He asked the unit commander where he found those vicious attack dogs of his. "Most people," he said, "believe that wild street dogs make the best anti-terrorist dogs, having survived the, well, dog-eat-dog world of the mean streets. But the truth is just the opposite. Street dogs are useless for this--or any other--work because they are unpredictable and not trainable. Dogs that have been well cared for, loved, and protected all their lives--those are the best anti-terrorist dog candidates."

Shpancer says that this is true for humans as well. Mayhem and chaos don't toughen you up, and they don't prepare you well to deal with the terror of this world. No, we are held together by an abiding love and connections that sustain us in life. It is relationships in our family, friends and even the church that make us stronger. May we connect with such abiding love!

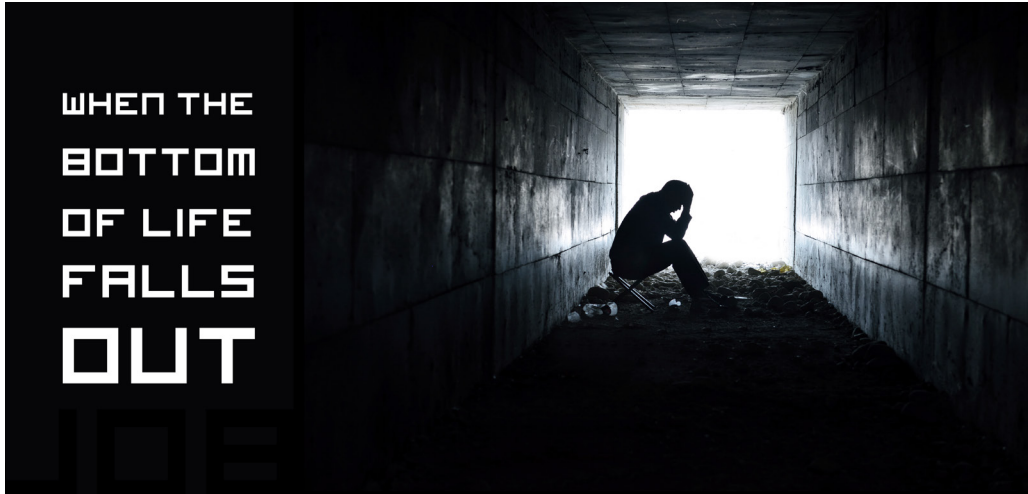
Blessings,
Pastor Scott



Miss A Sermon?

If you miss a Sunday message from Pastor Scott or Pastor Matt, you'll find it on our youtube channel.

Go to our website at aboutfirst.com and scroll down to the "sermons" graphic, which will link you to all of our sermons and public videos.



November Mini-Series - Job: When the Bottom of Life Falls Out

Job is a difficult book to read and interpret, but focusing on the book of Job can be an opportunity to embrace human emotion, and the mysterious nature of God.

It seems confusing that someone as “blameless and upright” as Job would be tested so vehemently. For many people, this probably doesn’t seem to fit the image of God as a loving Creator. Our disoriented feelings likely mirror Job’s as he was probably a bit confused himself.

So this November, let’s look at the book of Job and explore the depths of the human condition. Like Job, we’ll cry out to God and plead for his presence and his mercy, and if you really think about it, that perfectly sets the stage for the coming seasons of Advent and Christmas.

Heavy-Hitters Coming to Fusion

What if we asked some of the best preachers in the Iowa Conference of the United Methodist Church to speak on the theme, “If I could preach my last sermon”?

Well, we did exactly that! Join us at Fusion and hear the best bring their best. Look at who’s coming:

- Rev. Dr. Lanette Plambeck, Iowa’s Director of Clergy and Leadership Excellence
- Rev. William Poland, Iowa’s Director of New Communities of Faith
- Rev. David Glenn-Burns, Director of Campus Ministry, Threehouse
- Rev. Nate Nims, Pastor, First UMC, Waterloo

Rev.s Plambeck and Poland have long resumes serving local churches and leadership positions in the Iowa Conference. These are the big guns from the home office and they’re coming here to our little Fusion Tonight talk show.

Rev Glenn-Burns is a Fusion favorite who brings an inclusive, global perspective, and Rev. Nims is a pastor, eloquent writer and host of the monthly Beverages & Bible event.

We hope you’re excited to hear these deep and dynamic speakers. Join us for Fusion Tonight our weekly worship talk show, Wednesday nights, 7:15, upstairs in the theater.



Q Do Babies, Toddlers and Children Belong in Worship Services?

A Absolutely, Yes!

A note to kids:

We’re glad you’re here. We hope you have fun today singing and praying and learning about Jesus. Thanks for coming! Be sure to check out the kids tables with color sheets and quiet games you can use during the service

A Note to Parents:

Our church enthusiastically welcomes your growing family to fully celebrate with us.

May we suggest:

- **Relax.** God put the wiggle in children; don’t feel like you have to suppress it in God’s house. If you need a little more wiggle room, there’s lots of space behind the last row.
- **Sit towards the front or an aisle** where it is easier for young ones to see & hear. Quietly explain the parts of the the worship service
- **Sing the songs, pray the prayers and say the responses.** Children learn from our actions.
- If you feel as though you must leave worship with your child, please come back! Remember, Jesus says, “Let the children come to me”, Matthew 19:14

A Note to All

The presence of children is a gift to our church. Like all of us, they are members of the Body of Christ and a reminder of the growth and future of our church. Please welcome our children and their parents, and give them a big smile of encouragement.

Church Directories are here!

Pick up your new church directory at the Welcome Center! If your photo is in it, there should be one with your name on it. If you see one for a neighbor or friend who may not be in church this Sunday or next, please feel free to deliver their directory to them. We have few extra for sale for those who did not have a photo taken. \$5 each while supplies last.

Hanging of the Greens

Everyone is invited to be part of First United Methodist Church's Annual Hanging of the Greens on Saturday, December 1 at 9 a.m. Bring your family and friends for church decorating fun. We will be done by noon or earlier. If you listen closely you might hear a Christmas song or two being sung.

Church Conference - Sunday, November 11th, 2:00 p.m.

All church members are invited to attend our annual Church Conference on Sunday, November 11 at 2:00 p.m. at Waterloo First United Methodist Church. They will be hosting a number of churches in a Cluster Church Conference. Our District Superintendent, Paul Wilcox, will preside over the meeting. This is our annual Congregational Meeting where we celebrate our year and set goals for the coming year. All are invited to attend.

Youth Coordinators Hired

At our print deadline, SPRC announced the hiring of two new staff members. Lorrin Schofield and Jordan Derhammer will be splitting the youth ministry duties. Watch for expanded information in the December newsletter.

INGATHERING

Saturday, November 3

What is the Ingathering? It's the annual party to celebrate the missions of the Iowa United Methodist church. At five sites around the state, United Methodists will gather with all of the health kits, school kits, hygiene kits that they've made this year, and will celebrate all of the other missional projects which work for humanitarian causes worldwide. Our church, First UMC, Cedar Falls is one of those host sites. Join us on Saturday November 3.

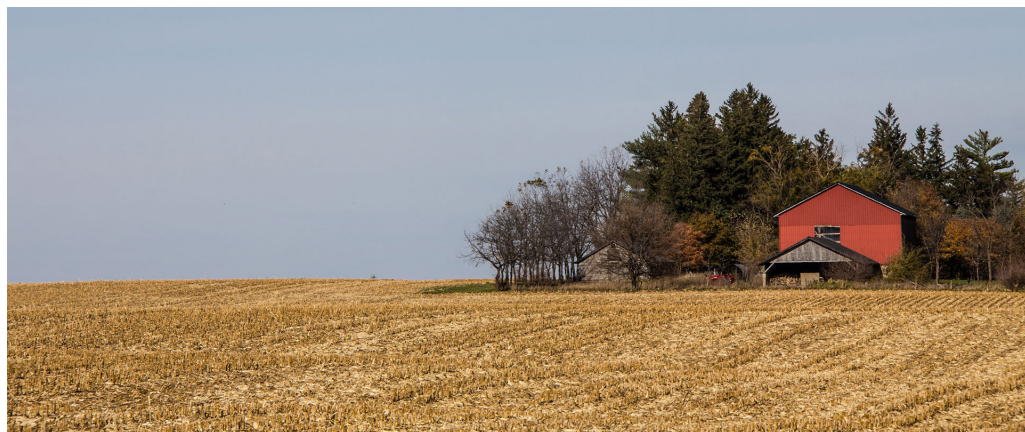
The Thanksgiving Ingathering is a way for local churches in the Iowa Conference to help alleviate hunger in Iowa and around the world. Churches put together kits for the UMCOR Depot, make bazaar and auction items, and collect money for several hunger projects. Micah 6:8 says that the Lord requires us "to act justly and to love mercy and to walk humbly with your God." When we share from our abundance we are acting justly and reflecting our desire to serve God. It's a great way to learn about and teach kids about local and world missions.

You are invited to come to the Ingathering to see mission displays, hear a message about UM disaster relief, enjoy lunch and get a great deal at the quilt auction. Check out the bazaar items and bake sale goods, too. You might just find a perfect Christmas gift for someone on your list.

Our church is a host site for Ingathering, which will be held Saturday, November 3 this year.

Schedule of Events

7:30 to 10:30 am	Check-in kits, quilts, bazaar & bake sale items Fellowship time with coffee and rolls Voucher room open
8:30 to 10:00 am	Self-guided tours of kit area at Lincoln School Mission Presentations in library
9:00 to 12:30 pm	Bazaar in the parlor
10:00 to 11:00am	Worship with Communion in the sanctuary
11:00 to 12:45 pm	Hot meat sandwich lunch (\$6-adults; \$3 for 5-12, under 5 free)
1:00 pm	Quilt auction-large & baby quilts, wall hangings, table runners





- 1 My spiritual experiences often impact the way I look at life.
- Strongly disagree Disagree Tend to disagree
 Tend to agree Agree Strongly agree
 Don't know

CAT Survey for First UMC (has nothing to do with animals)

As part of our church's process to understand ourselves and to position us for our future ministries, we are employing an in-depth survey and we are asking you to take part.

The Congregation Assessment Tool (CAT) provides our congregation objective organizational information that includes energy level, satisfaction, flexibility, and ministry priorities. Every person connected to the church can complete the assessment. The results will provide our leadership with broad and in-depth information about several areas:

- The Level of Satisfaction and Energy in the Congregation
- Critical Success Factors for Improving Organizational Climate
- Pinpoint the Strengths of Your Congregation's Culture
- Discover Where Members Would Like to Go in the Future

There are two options for completing the survey: online or on paper.

For the paper option, you may pick up a copy in the church office. Take it home, fill it out, and bring it back **before November 15**. For either option, surveys must be complete to count - you must answer every question.

If you choose the online option, be prepared for the survey to take up to an hour to complete (you will not be able to stop and restart). Find the survey link at our church website or use the one below. Online surveys must be complete by November 21.

<https://www.surveymonkey.com/r/FirstUMCCedarFalls>

All Church Visioning Workshop- November 4

The Visioning Workshop is Sunday, November 4th 1 - 4pm.

Our pastors will be leading an afternoon of visioning for the future ministries of our church. All who are interested are welcome to attend.

The workshop includes the following elements:

- Understanding of vision and its link to mission
- Community prayer walk
- Small groups sharing of prayer walk experience and drafting vision statements

Living Within Our Means, And Beyond Ourselves

Our Finance team is currently working on next year's budget. They're looking at how we fund our ongoing programs, building maintenance, and staffing, as well as how to achieve some new goals.

It isn't too hard to estimate how much our operations are going to cost, but *what is* hard to estimate is how much income we will have to cover those costs.

That's the challenge faced by our Finance Team and you can help them by completing and returning an estimate of giving card for 2019. Note that an estimate of giving is not a firm commitment - it is simply your best guess of your giving for the next year. Also know that your estimate of giving is always kept confidential. Only you and our Finance Manager Debbie Dance know what you estimate or what you give. Not even the pastors get that information!



If you do not have an estimate of giving card, you can pick one up in the office. Fill it out and place it in the accompanying envelope, and then drop it by the office, or in the offering plate any Sunday morning.

UMC #GivingTuesday is November 27

Advance hope, love and healing around the world!

On November 27, United Methodists will come together to support vital ministry projects and missionaries around the world on #GivingTuesday as they generously #GiveUMC.

Giving through The Advance empowers hundreds of dedicated project leaders and missionaries to share the love of Christ in meaningful, life-saving ways. As always, 100% of all giving will support the designated Advance ministry! What is your passion? Consider supporting a project in an area you care about, such as food and agriculture, church development, disaster response and relief, education, health, economic empowerment, social justice, WASH/ Water and Sanitation, women and children, and mission personnel. Wherever your heart points you, The Advance can connect you with projects and missionaries who need your help bringing hope, love, and healing to every corner of the world.

How will you #GiveUMC? Find a project you are passionate about and make a donation!

Visit umcmmission.org/give and check out the amazing opportunities that The Advance offers. More than 300 missionaries and more than 800 projects. And every dollar you give goes directly to the recipient(s) you select.

Thank you for your passion as we live out God's mission together. Should you have any questions about UMC #GivingTuesday, please contact advance@umcmmission.org.



Iowa United Methodist's Conversations On a Way Forward

November 18 – Conversations On A Way Forward

The United Methodist Church is at a defining point in its history and for its future. In February, a special General Conference will be held to address our church's position on issues of gender identity.

While the outcomes of that General Conference are unknown at this time, we want all United Methodists to be fully informed of the issues and the importance surrounding the proposed Way Forward. Please plan to attend.

To that end, Bishop Laurie Haller will be here to lead us in Conversations On A Way Forward. This is a follow-up to a similar meeting held here last April.

United Methodists from all over the Northeast District will be joining us for this event here at First UMC Cedar Falls. As we open our doors to others, we will need some greeters, hosts, and cookie makers, to serve our visiting friends.

Conversations On A Way Forward | November 18 | 2:30 - 4:00pm

News From “The Connection”

Does First UMC give you a feeling that you're connected to something big? That's by design. “Connectional” is a word we use to describe the structure of the global United Methodist Church. Each local church is connected to every other local church through a network of districts, jurisdictions and conferences. It's a structure that allows churches to function locally, while still being “connected” to the ideas and resources of a global faith community.

If you'd like to know more about how the United Methodist Church is working around our state, our nation and the world, check the news updates on the following websites. We think you'll be encouraged and inspired to know that you're a member of an organization that promotes the Gospel, justice and works for the peace of Christ worldwide.

For Iowa UMC news:

iaumc.org

For global UMC news:

umc.org

Worship:

Share your musical talent

We have openings for special music at several Sunday morning services. Contact Doug Shaffer if you would like to share your gift of music. Contact: musicman52151@gmail.com

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

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 - Every Month

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 - Every Month

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

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

Nov 6 - 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. They love to see the Methodists come to work. 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

Nov 6 - Grief Support Session

Where: church parlor

When: 2:00-3:30pm

The coming holiday season brings with it many emotions, especially if you have suffered a loss. The First UMC Grief Support Team offers many types of support, depending upon the individual's needs. If you wish some additional support, please do not hesitate to call the church office and you will be directed. Our next grief support session will be held on Tuesday, November 6th from 2:00 to 3:30 pm in the parlor. New participants are always welcome.

Nov 13 - Cardmaking Party

Where: Gathering Place

When: 1:00-5:00

Come join the fun! Come-and-go and come-as-you-are and help us make cards to sell on the card rack outside the church office. Cards are just \$.50 each; last quarter over \$175.00 was given to Ingathering for postage. This quarter the money will be donated to Lincoln School for books. Bring a snack to share if you'd like and stay for Community Meals, too.

Nov 15 - 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. 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.

Nov 26 - 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.lifeservebloodcenter.org. Use the sign-up sheet at the Welcome Center to let Lisa know if you can donate cookies or chat and serve cookies to the donors for an hour or so.

28 units of blood was collected at the October 23 blood drive - up to 84 lives were saved or sustained! You do make a difference to the lives of so many in the Cedar Valley.

Nov 20 - Crafter's Corner

Where: Parlor

When: 6:00 - 8:00 pm

This is a laid back and hands-on group for all skill levels. Bring your own craft project, or volunteer to make sleep mats for the homeless, handmade essentials for those in need, or prayer shawls. Contact Crystal Wilken at crystalwilken@gmail.com with questions.

M T **W** T F

Wednesday is 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 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
 10:00 Frederika UMC worship
 11:00 Traditional Service, sanctuary
 10:30 Washington Chapel Worship
 6:30 Les Cloches d'Or rehearsal, sanctuary
 7:00 Boy Scouts, Fellowship Hall

Tuesday

9:30 Tuesday Bible Study, chapel
 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 - 7:10 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....

THURSDAY November 1

8:00-noon ingathering food prep, kitchen
 11:00 Diane Sorenson funeral
 2:00 Clergy Cluster, library
 6:15-8:00 Cadette Girl Scouts, parlor
 6:30 Trustees, O57

FRIDAY November 2

Set up for Ingathering

SATURDAY November 3

Ingathering is today

SUNDAY November 4

All Saints Sunday
 Communion at all services
 10:00 Padma Templeton at Frederika
 1:00-5:00 Visioning Workshop
 6:00 Tiger Cubs, O57

MONDAY November 5

9:30 UMW Board meeting, library
 2:00 Theresa Buchheit funeral
 6:30 Stephen Ministry supervision

TUESDAY November 6

2:00-3:30 Grief support, parlor
 6:00 - 8:30 Food Bank Work Crew

WEDNESDAY November 7

7:15 FUSION #8-

THURSDAY November 8

6:30 SPRC, O57

SATURDAY November 10

1:00-4:00 Jim Buchs Retirement

SUNDAY November 11

Job series #1
 2:00-5:00 Church Conference W'loo First

MONDAY November 12

5:30 First Kids Board, 1st kid office
 6:00 Farmer's Market meeting, Gather Plac
 6:30 HOME Team ,chapel

TUESDAY November 13

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

WEDNESDAY November 14

2:00 communion at Stanard chapel
 6:30 Finance Committee, O57
 7:15 FUSION #9-

THURSDAY November 15

deadline CAT surveys - paper version
 9:30 Mary Circle, parlor
 Noon-3:00 1st Friends potluck, Gather place
 1:30 Joy Circle, parlor
 6:00-7:00 Boy Scouts Den mtg

FRIDAY November 16

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

SUNDAY November 18

Job series #2
 10:00 Lisa Congdon at Frederika
 Padma at New Hope Parish
 2:30 pm Conversations On A Way Forward
 Led By Bishop Laurie Haller
 6:00 Pack 44
 6:00 Boy Scouts Wolf Den
 7:00 Webelos, O55

MONDAY November 19

10:00 Deborah Circle, parlor
 5:30-8:00 Pack 3044 Cub Scouts
 6:30 Worship Committee
 6:30 Ad Council, library

TUESDAY November 20

Newsletter deadline
 6:00-8:00 Crafter's Corner, parlor

WEDNESDAY November 21

deadline CAT surveys - online version
 No CrazyFunBusy Wednesday Activities
 11:00 worship service at Pinnacle Care

THURSDAY November 22

Thanksgiving Day

FRIDAY November 23

Church Office closed

SUNDAY November 25

Job series #3
 10:00 Chris Werling at Frederika
 6:00-7:30 Girl Scout Troop1874, chapel

MONDAY November 26

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

TUESDAY November 27

9:00 Community meal set up

WEDNESDAY November 28

2:00 communion at Windhaven
 7:15 FUSION #10-

THURSDAY November 29

Grief support dinner, parlor

10 Learn & Grow

Trunk or Treat:

Another year, another success! Thank you to everyone that had a trunk and helped make the night a fun successful time. Thank you to everyone who came and participated and enjoyed the night with our wonderful Church family. Here are some of our memorable moments from the night.



Christmas Program:

Mark your calendar for our Children's Christmas Program. Join us in the sanctuary at 10:00am on Sunday, December 9th. The children will be working hard from now until then to put on a great program!

Third Grade Bible Class:

Starting in January we will begin the 3rd Grade Family Bible class, which will be a five week course that will meet from 9:45 a.m. - 10:45, you and your child learn how to use the Bible together. Our first class will be Sunday January 6th and we will meet every other Sunday until March 3rd. There will be a letter going out to 3rd grade families in November. If you have question please contact Jenna Engel at Jenna.engel@aboutfirst.com

Sunday School Classes for Everyone

Preschool through 6th grade rooms are down stairs. 7th-12th room is on the 3rd floor. If you are new to the church or have a three year old and would like to get them involved with Sunday School please contact Jenna Engel.

Adults are also encouraged to sit in with any of our six adult Sunday study groups. You'll find a variety of topics and perspectives. A list of adult Sunday School classes is available at the Welcome Center.



November Mission of the Month: Blessed to Be a Blessing Tree

It seems WAY too early for a Christmas tree, we know, but sure enough you'll find one in the church. We are calling this our "Blessed to Be a Blessing" Tree. This tree is decorated with colored envelopes. You may choose an envelope to donate funds to one or more of the ministries First UMC supports such as WeeCare, Bibles for our sisters in Mitchellville, books for Lincoln Elementary kids through Change a Child's Story, Hospitality House, the NE Iowa Food Bank, or House of Hope.

There are ongoing needs throughout the year with these ministries, and your generosity helps immeasurably. As we move toward the season of Thanksgiving and Christmas and a time to take note of all of our blessings, please consider how you may be called to bless others around you.



Bibles for our Sisters

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. The Navigation Bible is an easy to read Bible and includes guidelines for effective Bible study. We have sent many Bibles to prison and they are treasured by those who receive them.

These Bibles normally sell for over \$30, 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 in the Gathering Place. You can take a look at the type of Bible that your \$10 will provide, too.

Sponsor a Family Tradition

Join others in our community to help provide a Thanksgiving meal to those who are hungry this Thanksgiving. You can bring contributions to the church, or donate online at the Northeast Iowa Food Bank's website.

A sponsored Thanksgiving meal includes:

- 1) a canned vegetable,
- 2) stuffing box or packet,
- 3) a boxed dessert,
- 4) AND \$25 to cover the cost of ham and a bag of potatoes

(checks to FUMC with Food Bank Thanksgiving on the memo).



A shopping list with an offering envelope is at the "Thanksgiving Dinner" display in the church office.

An alternative to bringing groceries to the church, is to contribute money to the foodbank online. Go to their website at northeastiowafoodbank.org and click the "sponsor a family" button. As you fill out the giving information, be sure to note Cedar Falls First United Methodist Church as your organization!

Bring your items to the church by Monday, November 12 as this will allow the Food Bank to adjust for any shortfalls prior to Thanksgiving delivery. All items will be delivered to the Food Bank by November 14.

Help is needed to pack and distribute these meals at the Food Bank a few days before Thanksgiving. Contact the Food Bank to volunteer, or check the Sunday bulletins for more information as the week nears.

12 Reaching Out & In

Family Caregivers' Month

November is National Family Caregivers' Month, a time to honor those who are caring for loved ones. We encourage those of you who are caring for someone, either physically, emotionally, or long distance, to also care for yourself.

Make sure you have a good support system, others who can help you by taking some of the burden off your shoulders. God is always present in your care giving, often through the loving concern of friends and family. Watch for some special information this month on a special rack at the Welcome Center. Please take and keep whatever handouts might be of help. If you are interested in some individual, listening support, please do not hesitate to call the church office at 266-1713, and you will be directed.

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.

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. 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.

God is the Caregiver, We are the Caregivers



It takes more than a set of ears to be a good listener to another. Stephen Ministry is a nationwide program in which congregation members go through intensive training to be there for others in their times of need. Fifty hours of training are provided for Stephen Ministers and a week-long training session is required for Stephen Leaders.

Stephen Ministries, which is based in St. Louis, was started in 1975 by the Rev. Kenneth C. Haugk, Ph.D., a pastor and clinical psychologist. The basic premise is that "God is the caregiver and we are the caregivers." In other words, God can use people to be the hands and feet of Jesus in times of difficulty.

In Stephen Ministry congregations, lay caregivers---called Stephen Ministers---provide one-to-one confidential Christian care to the bereaved, hospitalized, terminally ill, divorced, unemployed, relocated, empty-nesters, and others facing a crisis or life challenge. Stephen Ministers and care receivers are paired by gender---women with women, and men with men.

Our church has been a part of Stephen Ministry since 2001. It is a quiet ministry. Only the people who are receiving and have received care since that time can talk about that care. The Stephen Ministers themselves have given countless hours of listening, compassionate care to others. If you are in need of someone like a Stephen Minister, please call the church office, and you will be directed to the right person.

Pastor's Discretionary Fund

Our Pastor's Discretionary Fund is in place for helping those who walk in to our church looking for assistance. They are often folks who are in a crisis situation, and have few resources of their own. These funds are to be used at the discretion of the pastors to help with requests for emergency help. Typical requests are to put gas in a car for a transient passing through town or someone needing to get to a doctor's appointment, paying a portion of a utility bill, or perhaps a night in a hotel for a person in crisis. We refer many requests for financial help to Love INC, but the discretionary fund is helpful for immediate needs.

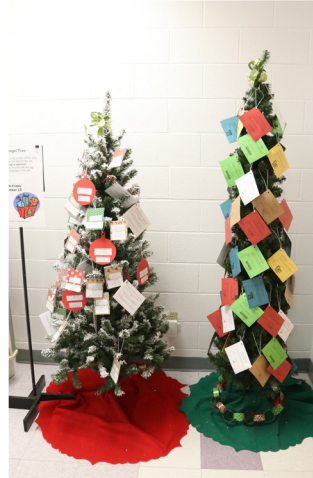
The Pastor's Discretionary Fund is supported solely by your donations. If you would like to contribute, please write your check to First UMC with "Discretionary Fund" on the memo. Thank you for partnering with the pastors to be the hands and feet of Christ for our neighbors in crisis.

Angel Tree for area families

This year we are again partnering with Lincoln School and North Cedar School to share a little Christmas love to some families in our own community. The school guidance counselors are providing us with a wish list for families from each school. The Angel Tree and wish list tags will be on display by Thanksgiving.

Here's how it works: select a tag, purchase the gift, and return the gift to the church by Sunday, December 16. You may wrap it if you like, or bring it back unwrapped. Just be sure the tag is securely attached.

Lisa Congdon is the contact for the Angel Tree ministries this year. Feel free to direct your questions to her.



Continue to Change a Child's Story

Early elementary literacy is an accurate predictor of success later in life. That's why we have teamed-up with our partner in education, Lincoln Elementary School, to work with K-3rd graders on their reading skills. First UMC volunteers serve as reading buddies so the kiddos have someone to practice their reading with.

Also, your monetary donations provide books for students to take home, and funds to enhance classroom libraries. Last year we were able to give EVERY student at Lincoln a book to take home with them! You may help with this by using the special offering envelopes at the display or note "Change a Child's Story" on your check to FUMC. Helping kids read, and providing books are just two small ways that we are helping Lincoln kids get a head-start on life. When you help with these projects, you are helping to change a child's story.



Wee Care For Wee Ones

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 stretch their dollars. Diapers of all sizes are always appreciated, along with wipes, baby wash, baby lotion, 8 oz bottles and sippy cups. If you see a good deal on end-of-season baby clothes feel free to bring them in. We have a place to store them until the appropriate season.

Heifer - Barn Almost Full!

Farm animals are a common sight in Iowa, and it seemed appropriate to fill a barnyard to support Heifer International. Donate as you wish throughout the year and we'll keep adding animals like cows, sheep, goats, donkeys, pigs, ducks, geese, chickens, rabbits, and beehives to the barn in the window of the church office.

We only need \$160 to fill the barn!

A pig, a chicken, and a rabbit will complete the pairs of animals in our red barn.

14 Women & Men

Tuesday Bible Study

The Tuesday morning Bible Study always welcomes new friends. This group meets in the chapel at 9:30 on Tuesday mornings. Bring your Bible – whichever one you prefer. No homework or study guide is required, just read along with this group of women and offer your insight. Shirley Bolin and Linda Berneking are the contacts for this group.

November UMW Calendar

No Unit Meeting

Nov. 05 – Board Meeting, 9:30 a.m.

Nov. 07 – More than Moms, 6:00 p.m.

Nov. 13 – Hearts & Hands Circle, 5:30

Nov. 14 – More than Moms, 6:00 p.m.

Nov. 15 – Mary Circle, 9:30 a.m., Parlor

Nov. 15 – Joy Circle, 1:30 p.m., Parlor

Nov. 19 – Deborah Circle, 10:00 a.m.

Nov. 28 – More than Moms, 6:00 p.m.

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

Our Tuesday night men's group is currently working with the video-based study, *Along the Road: How Jesus used geography to tell God's Story*.

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.

UMW News

Approximately 30 UMW members met on October 11, 2018 for a very special program to honor our living past presidents of UMW! Maxine Kehret gave a historical perspective of UMW in Cedar Falls starting in 1886 when our church was known as the Methodist Episcopal Church. She described the name changes from Ladies Aid Circle, to the Women's Society of Christian Service in the 1940's, to United Methodist Women in 1973.

Pauline Harding and Maxine Kehret presented a special tribute to the leadership legacy our current living past presidents have provided for us. The names and years they served are:



Margaret Willoughby	1953-1956
Ruth Hovelson	1980-1981
Wanda Anderson	1993-1994
Faye Rohwedder	1999
Barb Pershing	2002-2003
Donna Hoffman	2004
Ellen Opsal	2005-2006
Karen Page	2009-2010
Mary Schlicher	2011-2012
Pat Ackerman	2013-2014
Lorna Ericson	2015-2016

Each past president attending was presented with a corsage to commemorate the day. Joy Circle provided refreshments. Devotions were provided by Pat Huxsol, UMW Shepherdess from Charles City, Iowa.

Worship Center was provided and explained by Betty Goetsch and the Response Moment was provided by Marlys Simpson.

Our next Unit meeting will be the Christmas Luncheon on December 13, 2018, at 11:30 am in Fellowship Hall. Christmas music by Lincoln School 5th & 6th grade chorus in the sanctuary is pending approval by their principal. Installation of UMW officers for next year will follow the program.



Thank You's

This is a short note thanking Jane for the beautiful rose she brought to me for my birthday. I also thank the staff and the Congregational Care Team for the cards they sent me. You are a great group of people.

May God Bless You,

Al Messerschmidt

The family of Alicia Caley acknowledges with grateful appreciation your kind expressions of sympathy. Your love and support was so special to us as we celebrated and said goodbye to Alicia.

Sue, Tom & Kathy

Thank you to everyone who helped with or participated in Pastor Paul Wilcox's District Superintendent Installation service by ushering, greeting, serving refreshments, donating supplies or bars.

District Staff Support Team

Thanks to Jane Wyckoff for the beautiful yellow roses she delivered to us for our birthdays, Their beauty was enjoyed many days. Thanks also for the wishes sent by the church staff.

Sid and Alvira Morris

Thank you to Jane for the beautiful rose and to the staff for the birthday greetings.

Keith Thurman

Thank you for beautiful white rose, the enjoyable visit from Jane Wyckoff and the birthday cards I received from the staff and the Congregational Care Team. Your kindness is greatly appreciated. (no signature)

Thanks to Jane for the beautiful pink rose she brought to me for my 80th birthday, and also the card from the First UMC staff. Our church and church family are really special. Hugs to All,

Buelah Stock

I'm so overjoyed with the rose from Jane for my birthday. Thank you to my church family! .

Judy Focht

Welcome to:

We welcome Avery Jonathan Cooper to our family of faith. Avery is the son of Jon and Gabbi Cooper. He was baptized October 21.

Sympathy to:

Clark Van Hauen and his family on the death of his brother, Stanley, on October 5.

Family and friends of Diane Sorenson, who died October 29. Her service was held November 1.

Family and friends of Wanda Nielsen, who died October 29. A private family service was held the same day.

Jim Buchs Retirement Open House

- November 10

Jim Buchs has finally decided to hang up his clipboard, turn in his laptop, and say goodbye to his business cell phone. And they are even taking his badge away so he can't sneak back in. Please come celebrate with Jim on Saturday, November 10, 2018.

Come to the Gathering Space right here at First United Methodist Church between 1:00-4:00pm. Enjoy refreshments and good conversation. Everyone is welcome.

World's Window Coming December 9

World's Window will be at our church on Sunday, December 9 with all kinds of fair trade items to sell. They will have lovely items for display and sale all morning in the chapel and the Gathering Place. Their mission is to market handcrafted items made by fair trade artisans from economically depressed countries around the world. By choosing fair trade products, you are not only accessing high quality products, but you are also making a difference in the lives of people who would otherwise be unemployed or underemployed. World's Window will bring many kinds of items to sell Sunday morning, December 9. There is sure to be something just right for your loved ones this Christmas.

Christmas Bell Concert Scheduled

Mark your calendars now for the Christmas Bell Concert. Some people say it doesn't feel like Christmas until they hear the bells ring. You are welcome to join us Sunday, December 2 at 3:00pm. (note the new afternoon time!) This annual holiday tradition is our bell ringers' gift to you.

Financial Update as of October 21

YTD Budget Received:	\$ 731,330
YTD Budget Needs:	\$ 723,040
YTD Surplus	\$ 8,290
Mortgage Balance	\$ 310,717

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.

Attendance- week ending

	10/7	10/14	10/21	10/28
Transformation	89	77	105	x
Traditional 8:30	127	111	105	196
Traditional 11:00	110	92	101	116
FUSION	22	18	20	20

First United Methodist Church

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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

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

Matt German, Associate Pastor, matt.german@aboutfirst.com

Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator

Dee Behr, Parish Visitor
dee.behr@aboutfirst.com

John Bentley, Head Custodian

Ted Bonebrake, Chancel Choir director
tbonebrake@hotmail.com

Chris Congdon, Media Coordinator
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Emily Terpstra, Custodian