

aboutfirst news

November, 2019 First United Methodist Church, Cedar Falls



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



The Generous Life

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

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“Generous persons will prosper;
those who refresh others will themselves be refreshed.”
Proverbs 11:25 Common English Bible

A few years back I read a book entitled *Deep Economy* by Bill McKibben. It's intelligent writing so, I wasn't surprised to find out he's United Methodist. McKibben points out that we Americans are richer than generations ago, but we're not happier. We have more music, more education, more communication, and more entertainment, but it doesn't add up to happiness.

McKibben reveals that there's a certain point where more money does mean a happier life, but there's a point where that ends. He shares research that money consistently buys happiness right up to about \$10,000 per person and after that the addition of money doesn't bring huge amounts of more happiness. Once our needs are met, money just doesn't make us happier.

It seems that a single-minded focus on increasing wealth has driven us to the brink of failure, and all without making us happier. How did we get here?

I love the Harry Potter series of books and the movies too. There is a poignant moment in *Harry Potter and the Secret Chamber*. Harry and Professor Dumbledore were talking about the fact that Harry had many similarities to a Tom Riddle (whom Harry didn't want to be associated) Dumbledore says to Harry, “It is our choices, Harry, that show what we truly are, far more than our abilities.”

And there lies the blame for how we got here, a focus on self or what McKibben refers to as hyper-individualism. Consider this:

75% of American Christians think the saying “God helps those who help themselves” can be found in the Bible. The saying is actually from Ben Franklin. And the Bible says pretty much the opposite. Every time Jesus tries to sum up his message he falls back on the formula “Love your God, and love your neighbor as yourself.” (Bill McKibben. *Deep Economy*. 98.)

Jesus is forever saying that happiness is built around love of God and love of others. The generous life is to be focused on entering the joy of the Master, not on stockpiling more for ourselves, more than we need, more than is necessary. We would do well to remember that more is not always better. The truth is, enough is best, and practice the generous life.

Pastor Scott

Newcomers' Coffee with the Pastors - Nov 10

If you are new or newer to First United Methodist Church, our pastors want to get to know you! Come have a coffee with the pastors on Sunday November 10 at 9:45 in the gathering space to hear about what is happening at First United Methodist Church and how you can begin to take next steps in getting connected. We look forward to seeing you there!

Winter Weather Policies

Worship

This is Iowa and winter 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 rest of the day and evening.

Cancellations will be broadcast on both KWWL Channel 7 and KCRG Channel 9 and posted online at aboutfirst.com. We'll also try to get the word out on facebook and twitter. We also ask that you use your best judgement and do not venture out if it is dangerous to do so.

Do Babies, and Children Belong in Worship Services?

Yes, Absolutely!

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 coloring 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, it's OK to get up and move.
- **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.



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.

Wednesdays Are CrazyFunBusy

Wednesday night is YOUR church night and there's something for everyone.

Filling Station: We know it's hard to get the family fed before coming to church, so come and eat here. The Filling Station is in the Gathering Place 5:00-6:00pm. Everyone is welcome to attend. A free-will contribution helps to cover the cost

B.L.A.S.T: Bible Learning And Serving Together for students PK-6th grade. We meet from 6:15-7:15, starting out in Fellowship Hall. We'll have active time and some hands-on learning experiences that are sure to be fun (and sometimes messy).

Youth Groups for middle-school and high-school students meet upstairs in the theater at 6:00. **More Than Moms** is a group for all women, and is using their Wednesday night meetings to dig deeper into the pastors' Sunday teachings. You'll find them in the church parlor at 6:00

End your CrazyFunBusy Wednesday night at **Fusion Tonight**, our weekly worship talk show. It's fun, it's serious, and it's free. We tell some jokes, pray, learn about our church, and a featured guest brings a message of faith. We try to be outta there by 8:00 so you can get everyone to bed on-time, and we guarantee you'll go home encouraged to be Christ for one another.



4 Worship Page

- FALL/WINTER WORSHIP SCHEDULE -

Sunday, 8:30 am Contemporary & Traditional

Sunday, 11:00 am Traditional

Wednesday, 7:15 pm, Fusion Tonight Worship Talk Show

Usher Team Opening

Join the usher team at 11:00

We are in need of an usher to join the 11:00 usher team for the months of September/January/May. Please contact Marilyn Teig.



A Special Time to Sing

The Chancel Choir will soon be rehearsing music for Advent and Christmas, including a special Christmas cantata of seven lessons and carols. If you like to sing holiday music, lend your voice to our Chancel Choir.

As a member of the Chancel choir, you'll be a conduit for God's spirit to enter our worship through the beauty of song. Now under the direction of Bevan Lucas, the Chancel Choir welcomes all who wish to sing - you don't have to try out, if you like to sing, we want you to sing with us! The Chancel Choir rehearses Wednesday evenings at 7:30, but even if you can't come to rehearsals you can sing on Sunday mornings.

The Generous Life

We live in a time when many feel they will never have enough. As the basics of living become more expensive, how do we find the wisdom to manage our financial resources to take good care of ourselves, be generous to others, and experience hope for abundance in the future?

To be generous, to be secure, and to be responsible means learning to be a good steward of the blessings we've been given. There are the practical behaviors of spending and saving to consider, as well as our concept of contentment.

Beginning Sunday, November 3rd, we're going to explore what the Bible teaches us about generosity through financial management. Each week we'll be providing you with some tools you can use to assess your financial situation, and develop a financial plan with a Biblical foundation.

Three Ten Connect

Here's an easy way to welcome our guests in Sunday worship: **3 • 10 • Connect.**

It's simple: in the **first three minutes** after a worship service has ended, look around in a **ten-foot radius** and see if there's someone you don't know. If so, stick out your hand and say "hi". Make a little conversation. Ask them if they have any questions about our church, and if so, volunteer to introduce them to a pastor, a staff person, or someone you know to have the answer. Then, be sure to say that you, personally, are glad that they are here, and that you hope to see them again. It's that easy. **3 • 10 • Connect.**

First UMC Live Online

The whole world - including you - can watch our Sunday sermons live, online at our First UMC facebook page. The video stream for Transformation worship starts around 8:55, and the Traditional worship stream starts around 10:25. Please, if you can't make it in-person, consider watching on Facebook!

Also, be aware that this means there are live cameras in our worship spaces. Our cameras are usually positioned to show only the morning's speaker, but it is possible that the congregation may also appear in the livestream. If, for any reason you wish to ensure that you do not appear on-camera, please ask our camera operator for a safe place to sit.



INGATHERING

Saturday, November 2

Ingathering is the annual party to celebrate the missions of the Iowa United Methodist Church. For 40 years, Iowa United Methodists have been gathering to share how they are working to address humanitarian problems here at home and around the world, including hunger, poverty, disease, and disaster.

At five sites around the state, United Methodists will gather all of the health kits, school kits, hygiene kits that they've made this year, and will celebrate all of the other missional projects in which we work for humanitarian causes worldwide. Our church, First UMC, Cedar Falls is one of those host sites. Join us on Saturday November 2.

You are invited to come to the Ingathering to see mission displays, hear a message from Midwest Mission personnel, 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.

At Ingathering, we gather in body and we also gather-in all of the school kits, health kits, birthing kits and hygiene kits that we have made this year. We will pack them and load them for shipment to Midwest Mission Distribution Center.

Our church is a host site for Ingathering, which will be held Saturday, November 2. You're welcome to hang out, or help out - there's lots to do!



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

We're Updating the Picture Directory

One of the perks of using Lifetouch for our church directory is an opportunity to get updated ones at no cost. If you have joined us in worship recently, or have added or lost family members since our last directory, or simply don't like your photo... please save the afternoon or evening of November 4. Lifetouch will be here from 2:00-9:00 to take photos for an updated directory. Our directory won't be complete without YOU.

To schedule your appointment, visit our website (www.aboutfirst.com) scroll down just a little, and click on the "schedule your portrait" block. There will also be opportunities to sign up on Sunday mornings at the table outside the chapel. Sign up now to get the best time for you and your family. More information is available at the table outside the chapel in the Gathering Place

AND, if your address, phone number, email has changed since the last directory, please remind Lisa in the office of the updated info. Our directory won't be complete without YOU.

MISSION: IMPOSSIBLE

We're about to do the possible - there's nothing "im" about it.

It's not the first time we've done the **impossible**. About ten years ago our congregation was frustrated by an aging facility which was a hindrance to our ministry goals. Our response to that frustration was to do the **impossible**: a huge construction project that touched all areas of our building. The project resulted in a church home that is more welcoming, more functional, more efficient, and safer than at any other time in our 170 year history. It was a project valued upwards of \$4 million dollars, and at its completion, we were left with a mortgage of \$1,400,000.

Since the end of construction, we've enjoyed our new and remodeled spaces, and we've done the nearly **impossible** task of reducing that loan to less than \$200,000 in just six years. This sets the stage for our next **MISSION: POSSIBLE**.

Our Mission, should we choose to accept it, is:

- Pay off our mortgage once and for all (this year or early next)
- Raise some additional funds for known needs (i.e. Fellowship Hall roof)

Here's the benefit

When our mortgage loan is paid in full we can move forward with a church budget that is directed toward today's ministries and tomorrow's dreams, instead of yesterday's debts. And, by raising more than we owe on the loan, we're creating a fund to tackle the next big building need, without having to ask you again for a special contribution in a year's time.

MISSION: POSSIBLE

We're boldly expecting success, and once we've written that final mortgage check, we'll have a mortgage burning party and you'll all get to light a match! As of this printing, the total left to pay on the mortgage loan is under \$100,000!

Here's what to do

Prayerfully consider how you can help us in this effort, then drop a check or a pledge note into the Sunday offering plate on or before October 13. If you prefer, you may also work directly with Finance Manager Susan Chizek.

susan.chizek@aboutfirst.com




Endowment Q & A



Q Do I need to pay any part of my endowment commitment now?

A Bequests are deferred gifts that are given at the time of your death. However, if you choose to donate a current gift, you may do so at any time.

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

News From "The Connection"

Does First UMC give you a feeling that you're connected to something big? The United Methodist Church is 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

Nov 5 - Grief Support Session

Where: church parlor

When: 2:00-3:30 pm

The First UMC Grief Support Team offers many types of support depending upon the individual's needs. These group grief support sessions are open to all who are grieving a loss. If you wish some additional individual support, please do not hesitate to call the church office, and you will be directed. New participants are always welcome.

Nov 12 - Card-Making Party

Where: Gathering Place

When: 1:00 to 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. Bring a snack to share if you'd like and stay for Community Meals, too.

Nov 21 - First Friends Potluck

Where: Gathering Place

When: noon - 2:00

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.

Nov 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.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.

Would you like to help coordinate these blood drives? Let the church office know. It's pretty easy to find people to provide cookies and to host - often as easy as an email to some of the faithful who almost always plan on it.

Nov 26 - Crafters' Corner

Where: church parlor

When: 6:00-8:00pm

Attention crafters! Join us on Tuesday, November 26 from 6:00-8:00 in the parlor. 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. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

Boy Scout Can Drives

Our chartered Boy Scout Troop is planning monthly can drives to raise money for troop activities. The plan is to collect cans the last Saturday of each month from 9:00-noon in the north parking lot of our church. Save your cans to support the scout programs of our church.

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 Hang Out**
- it's what men do
- 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

8 Calendar

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
6:30 Les Cloches d'Or rehearsal, sanctuary

Tuesday

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

Wednesday

9:00 Women Connected by Prayer, parlor
5:15 AA, O55
5:00-6:00 Filling Station, Gathering Place
6:00-7:15 More than Moms, parlor
6:00-7:00 BLAST Fellowship Hall
6:00 Youth Group, 3rd floor
6:15-7:30 Tower Bell rehearsal, sanctuary
6:30 WOW AA, O55
7:15 Fusion Tonight
7:30 Chancel Choir rehearsal, choir room

Also Scheduled....

FRIDAY November 1

Set up for Ingathering

SATURDAY November 2

Ingathering
Set your clocks back tonight

SUNDAY November 3

Daylight Saving time ends
Communion at all services
10:00 Ad Council special meeting, sanctuary
9:45 Discipleship Pathway class, chapel
9:45 King/Reidy GPS parlor
10:00 Rus DeBonis at Frederika
3:00-4:00 Den Meeting, library
7:00-8:00 Troop 44, Fellowship Hall

MONDAY November 4

2:00-9:00 LifeTouch photography
5:30 Charge Conference - sanctuary
5:00-7:00 Stephen Ministry training, O58
6:30 Stephen Ministry Supervision, lower level

TUESDAY November 5

2:00-3:30 Grief support, parlor
7:00 GPS group (Bankston/Terlip), chapel

WEDNESDAY November 6

6:00-7:15 CrazyFunBusy Wednesday
7:15 Fusion Tonight

THURSDAY November 7

10:00-12:00 Renovare group, chapel
6:30 Trustees, library

FRIDAY November 8

9:30-11:30 MOMs group, library/nursery
5:30-7:00 Daisy Troop 4029, library

SUNDAY November 10

9:45 Coffee with the pastor, Gathering place
9:45 Discipleship Pathway class, chapel
9:45 King/Reidy GPS parlor
10:30 Shawna Brimm at Washington Chapel
3:00-5:00 Cub Scouts, library
6:00 Bear Den, library
6:00 Girl Scouts, Gathering Place
7:00 Pack 44 Parent committee meeting
7:00-8:00 Troop 44, Fellowship Hall

MONDAY November 11

9:30 UMW Board meeting, library
5:30-6:30 First kids board meeting
5:00-7:00 Stephen Ministry training, O58
6:00 HOME Team, Chapel

TUESDAY November 12

1:00-5:00 Cardmaking, Gathering Place
6:30 Farmer's Market mtg, Gathering Place
6:30 Finance Meeting, library
7:00 GPS group (Bankston/Terlip), chapel

WEDNESDAY November 13

2:00 communion service at Stanard Care

THURSDAY November 14

NO UMW Unit meeting

SUNDAY November 17

9:45 Discipleship Pathway class, chapel
9:45 King/Reidy GPS parlor
10:00 Chris Werling at Frederika
3:00-5:00 Cub Scouts, library
6:00-7:30 GS Troop 1871 (3/4gr), chapel
7:00-8:00 Troop 44, Fellowship Hall

MONDAY November 18

10:00 Deborah Circle, parlor
6:00 Pack 44, Fellowship Hall
5:00-7:00 Stephen Ministry training, O58

TUESDAY November 19

5:30 Worship Committee, library
7:00 GPS group (Bankston/Terlip), chapel

WEDNESDAY November 20

Newsletter deadline
11:00 service at Pinnacle Care

THURSDAY November 21

9:30 Mary Circle, parlor
10:00-12:00 Renovare group, chapel
1:30 Joy Circle, parlor
Noon-3:00 First Friends potluck, Gather Plac

FRIDAY November 22

Grief Support to Festival of Trees
5:30-7:00 Daisy Troop 4029, library

SATURDAY November 23

6:00 New Member dinner - parlor

SUNDAY November 24

New Member Sunday
9:45 King/Reidy GPS parlor
10:00 Roberta Robbins at Frederika
7:00-8:00 Troop 44, Fellowship Hall

MONDAY November 25

12:30-6:00 Blood Drive, Gathering Place
NO Stephen Ministry

TUESDAY November 26

NO Community Meal tonight
6:30-8:30 Crafter's corner, parlor

WEDNESDAY November 27

2:00 service at Windhaven
NO BLAST, Youth Group, or Fusion

THURSDAY November 28

Thanksgiving Day

FRIDAY November 29

Church Office Closed

SATURDAY November 30

9:00-noon Troop 44 can drive

What Have the Youth Been Up to?

Our FUMC youth have had a fun and busy first quarter! In August we added Haleigh Derhammer as our new middle school coordinator, and on September 11 we officially kicked off our Wednesday night programming. October was an exciting month as we got to experience flying with the Young Eagles program of the EAA Chapter 227 (thank you to Carl and Ann Campbell for organizing this!), as well as a trip out to the Waterhawks Ski Team Haunted Hayride on October 27.

Coming Up Next... **Thanksgiving Mission Project** (and more!)

On Wednesday, November 13 during the regular youth group hour, the youth will be completing a Thanksgiving Mission Project. This year, they decided to make cookies and cards for our local police and firemen to thank them for all they do for our community. If you would like to help with this project, we are accepting donations of ready-to-bake frozen cookie dough (can be any recipe, either store-bought or homemade) before Sunday, November 10.

Youth Calendar

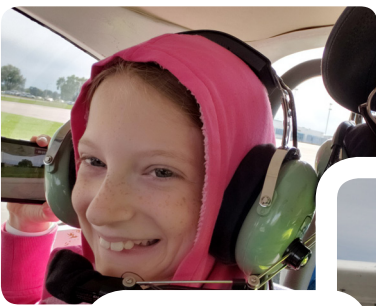
November 1-2: District Ingathering Lock-in at Threehouse and the UNIWRC, 7pm-11am
 November 6: Humane Society Mission Project with the BLAST kids: 6:15-7:15pm
 November 27: No youth group, Thanksgiving break
 November 29: No game night, Thanksgiving break

Join Us!

All youth in grades 7-12 are welcome to join us and get in on the fun! We meet upstairs in the theater on CrazyFunBusy Wednesday nights from 6:00-7:15. We play a few games, engage in a large group message, and connect in small groups. Bring a friend!

Stay Connected

To stay up to date on what's happening, like us on Facebook (Cedar Falls FUMC Youth Group) and follow us on Instagram (@cedarfallsumcyouth).



UMW Calendar

November -

No Unit Meeting

Nov. 06 - More than Moms, 6:00
 Nov. 11 - Board Meeting, 9:30, Library
 Nov. 13 - More than Moms, 6:00
 Nov. 18 - Deborah Circle, 10:00
 Nov. 21 - Mary Circle, 9:30
 Nov. 21 - Joy Circle, 1:30
 Nov. 27 - More than Moms, 6:00

fellas @ first

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 to jump right in, just show up and say, "Hi, I'm new here", and we'll take it from there.

This fall, we're following the pastor's teaching series: Making Sense of the Bible. If the Sunday morning messages are provoking some thought, why not show up Tuesday nights and talk about it. Meet downstairs in room O59, Tuesday nights from 6:30 - 8:00.

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 5th and we will meet every other Sunday until March 1st. 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

Christmas Program:

Mark your calendar for our Children's Christmas Program on Sunday, Dec 8th. This year our program will be incorporated into the first half the 11:00 church service. Be sure to come and see our children share the Christmas story! They are working hard and will be excited to share the morning with you.

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.



We had a blast at Trunk or Treat. On a chilly Wednesday night, kids Trunk or Treated in our parking lot, then went inside to warm up and have fun with hot cider, pumpkin decorating, gargoyle shooting, and balloon prizes. Kids came dressed in all sorts of costumes: Mary Poppins, angels, football players, police officers, robots. A couple of kids even came dressed as Curt and Denny.

Locate Yourself in a GPS Group

Whether you're just starting to explore the faith, or you're a long-time Christian, we want to help you on your journey to know, love and serve God. In these GPS groups you will Gather, Pray, Support.

Gather

The first component of small groups is fellowship. In your GPS groups, you will enjoy conversation on experience of worship, study on scripture, and laughter with one another.

Pray

Pray is vital to the health of a small group. It is one of the main ways we draw closer to God and one another. Therefore, you will spend extended time in prayer as a group.

Support

A crucial part of the early Methodist movement was to "watch over one another in love," to support and encourage one another in their lives with God.

GPS Groups beginning in September will be structured to enable Gathering, Praying and Support with and for each other. If you are interested in being a part of a GPS group, give your contact information to Pastor Scott.



Question, Answer, Study, Lead

One way to challenge yourself and explore new areas of faith is to lead a short-term study group. We would love to fill our calendar with six to eight week bible studies and small groups. Short-term studies offer a chance to dig into issues without a long-term obligation. It's not as hard as you might think to be a leader. We have resources available for book and/or video-based studies on all kinds of Christian topics. If you have interest in pursuing a study, contact Jenna Engel. We'll help you get the materials, reserve meeting space, get your group on the church calendar, and we'll even publicize your study.

New Resources for Study Groups

We have some exciting news for our small group leaders and Sunday school teachers. We have a subscription to United Methodist Resource Center. This resource center has an easy to use online catalog. If you are in leading a Sunday school class, small group or want to find a study to do on your own please be sure to check it out at www.igrc.org/UMRC.

Tuesday Bible Study

The Tuesday morning Bible Study is taking the cold months off. Watch for announcements when we start up again next spring.

12 Mission of the Month

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 family and friends. 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.

Give Us A Hand Once A Month

The Tuesday Men's Breakfast Group has traditionally been the table set-up crew for our Community Meal on the 4th Tuesday of every month. But the group is not meeting through the cold months of the year, and could use some help. If you're able, meet them in Fellowship Hall at 9:00 a.m. on the 4th Tuesdays. It won't take long if we have a few good folks give us a hand.

November Mission Giving Tree

November is a time of harvest and abundance, but not all of us are blessed with plenty. So, this month we have a variety of mission opportunities to assist those living in scarcity. This month's missions that we are supporting include House of Hope, Hospitality House, Love Inc.(Wee Care), Bibles for Women at the Well, Salvation Army and the Food Bank Thanksgiving Dinner. Find the giving tree outside the church office and take a card. Follow the instructions to contribute to:

House of Hope is a mission that provides a home and supportive community for homeless, single mothers. This group does so much more than provide a place to stay. They offer support and resources for finding work and completing an education, childcare, mentoring for children, transportation assistance and so much more.

Hospitality House supports the homeless by providing a variety of services from providing a warm meal, bus passes, hygiene products and much more.

The **Wee Care** ministry helps provide diapers and other baby items for those in need of such items. This is a part of the Love Inc. ministries organization.

Bibles for **Women at the Well** is just what the name says. This mission provides Bibles to women who are incarcerated.

For the **Salvation Army**, we are hoping to help provide bus passes for those who are in need of them.

Last but not least, for the **Northeast Iowa Food Bank**, we are asking for monetary donations as well as food items in order to provide the fixin's to make a Thanksgiving meal. Examples of food items that can be donated include canned vegetables, dressing, jarred gravy, instant potatoes, dessert mixes and money for turkeys.

All of these are important missions. No donation is too small. Please consider donating to any of these wonderful causes!



Got extra fabric? Bring it in!

There is always a need for fabric to make school bags and other stitching projects. The Quilters & Stitchers are looking for durable/sturdy material for school bags. They also could use decent sized lengths of cotton quilting fabric for comfort quilts, baptism quilts, quilts for foster kids, and of course - for the beautiful items they make for the quilt auction each November. 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.

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.

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.

SoDA Volunteers

Would you be interested in becoming a Social Determinants Advocate (SoDA) Volunteer? A SoDA is a specially trained volunteer who works in a clinic or doctor's office to help patients who have identified some needs or barriers to staying healthy. Issues commonly identified are ability to afford medications, lack of transportation, of access to healthy food or services. The Social Determinants Advocates assist patients to navigate the system and connect with services that can help them. You don't have to have a healthcare background but it can help to have some familiarity with the health system. Martha Kroese currently works as a SoDA and can share her experience if you are interested. You would receive 15-18 hours of training, much of which focuses on community resources. Generally, the SoDAs are scheduled in the clinic once a week for about 3-4 hours at time. Please contact Rus DeBonis if you would like more information at 319-226-2022 or ruselle.debonis@allencollege.edu

Be a Blessing to Someone - 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 29.

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 or call 266-1264.

Help the Wee Ones

Contribute 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. 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.

14 How To Help

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?

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, and Jan Hoover.

Sunday Morning Hospitality

How many people does it take to make a Sunday morning happen at First UMC? A lot! We have greeters, Welcome Center hosts, refreshment servers, ushers, chair-setter-uppers, communion stewards, bus drivers, musicians, Sunday School teachers, camera, sound and tech operators and more. Everything happens because someone makes it happen. How can you help? Contact Jenna Engel to fill one of these slots!

Altar Flowers

The altar flower calendar for 2020 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 Maxine Kehret or 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.

Note: no community meal November 26 or December 24

Got extra fabric? Bring it in!

There is always a need for fabric to make school bags and other stitching projects. The Quilters & Stitchers are looking for durable/sturdy material for school bags. They also could use decent sized lengths of cotton quilting fabric for comfort quilts, baptism quilts, quilts for foster kids, and of course - for the beautiful items they make for the quilt auction each November. 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.

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.

Thank You's

Another year has come, meaning another birthday beautiful rose delivered by Jane along with a visit and a hug. I enjoyed the card from the staff and others, too. I am thankful for every day that goes by.

Hube Gaard

The following very special people helped us with our move in residence on October 12th. These "angels" appeared Saturday morning: Jim & Dianne Larson, Nancy Fransdal, Sam Barr, Mike Butler, Craig & Kris Rash, Bill & Julie Fee, and Pauline & Jim Harding. Their hands and feet were a true blessing for us.

Doug & Maxine Kehret

Thank you for the cards and lovely rose from the church. The rose lasted a long time and I enjoyed it and Jane's visit.

Margaret Willoughby

Thank you to Jane and the church for the flowers. We both enjoyed them.

Keith and Marlene Thurman

Thank you for the beautiful red rose and card, and to Jane for another great visit.

Winnie Clayton

Thanks to Jane for the beautiful lavender rose she delivered for my 81st birthday. Thanks also for the many cards and hugs. Our church is very special.

Love, Buelah Stock

Thank you to the Congregational Care Team for the beautiful yellow rose delivered by Jane Wyckoff, and the card signed by the staff. I also enjoyed using the Gathering Place for my birthday Open House. Thank you, John, for your help setting up tables, etc.

Marilyn Roudebush

I would like to thank everyone for allowing me the time I needed to heal from my foot surgery. It has been a blessing to know that so many people support and love my family. During this time my boys have really come to understand what it means to be a part of such a wonderful church family. I would also like to thank everyone in advance for being patient with me as I do have a little more ways to go before I can be back to my normal self.

God is Good!

Jenna Engel

Sympathy to:

- Sympathy to Ed and Gloria Pierson on the death of their son Bryant on September 9.
- Jeremy L'Heureux on the loss of his grandmother and his great-aunt.
- Denise and Sam Barr on the death of Denise's father, Ray Frederick on September 28. His funeral was held October 5.
- Family and friends of Jack Jennett. Jack died October 20.

Baptism

We welcomed Samuel Clinton Zimmerman into our family of faith. Samuel was baptized on October 20. His parents are Kaleb & Linsey Zimmerman.

Financial Update

YTD Received:	\$595,648
YTD Budget Needs:	\$681,009
Mortgage Balance	\$95,400
	as of Oct 20

Mobile Giving Options 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

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 for details. 319-266-1713..

Attendance- week ending

	10/6	10/13	10/20	10/27
Fusion (Wednesday)	20	17	17	19
Transformation	73	64	58	87
Traditional 8:30	124	125	128	111
Traditional 11:00	119	124	78	125

First United Methodist Church

718 Clay Street

Cedar Falls, Iowa 50613

Phone: 319.266.1713

Fax: 319.266.1715

Email: churchoffice@aboutfirst.com

www.aboutfirst.com

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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

Bus rides are available for the 11:00 Sunday service. Our bus is wheelchair-accessible.
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

Susan Chizek, Finance Manager
susan.chizek@aboutfirst.com

Chris Congdon, Media Coordinator
chris.congdon@aboutfirst.com

Lisa Congdon, Office Ministry Coordinator
lisa.congdon@aboutfirst.com

Haleigh Derhammer, Middle School Youth
youth@aboutfirst.com

Carol Dick, Parish/Grief Support Coordinator
carol.dick@aboutfirst.com

Jenna Engel, Christian Education Coordinator
jenna.engel@aboutfirst.com

Bevan Lucas, Music Ministry Coordinator

Lorin Schofield, High School Youth
youth@aboutfirst.com

Doug Shaffer, Organist
musicman52151@gmail.com

Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor