



October 2016  
issue 193

# ABOUT FIRST

First United Methodist Church, Cedar Falls, Iowa

## Official Ballot

- Volunteering
- Offering
- Time & Talents
- Encouraging

**election rules:** V.O.T.E for as many as you like.  
V.O.T.E.ing makes you sexy.  
God loves a cheerful V.O.T.E.r  
V.O.T.E. early, V.O.T.E. often, and whatever  
you do, V.O.T.E. for First United Methodist Church!

**YOUR  
V.O.T.E.  
COUNTS**

## Thoughts from Steve

We are closing in on Election Day. As a house of worship, we have strict rules about our participation in the political arena. The government bars churches and other religious organizations “from directly and indirectly participating in, or intervening in any political campaign on behalf (or in opposition to) any candidate for elective public office.” There are harsh penalties for a church if they involve themselves in political races. For example, a church can lose their tax-exempt status if rules are violated. There is one thing I can do and that is to encourage you to vote! Your vote does make a difference.

Did you know that our congregation takes a vote every Sunday? We vote with our presence, our gifts, our service, our prayers and our witness. Your VOTE makes a difference in the church’s success in sharing the Gospel of Jesus Christ.

During the month of October you will have an opportunity to cast your ballot on supporting your church. Again, your vote makes a difference. The Finance Committee is using the acronym VOTE to demonstrate the many ways that you support our church. You vote for First United Methodist Church with your:

**Volunteerism:** You have many ways to support the church with your gifts of service. Just think how many volunteers it takes on Sunday morning! We start with our greeters and ushers who welcome us with a warm smile on Sunday morning. We have Chancel Choir, Bell Choir and Praise Band members enhancing our worship with their gifts of music. Our Sunday School needs the Teachers and Staff to help us grow in our faith and share the Good News with the little ones. And let’s not forget about Coffee Time! We wouldn’t be Methodists if we didn’t have coffee and treats! All done with volunteers!

**Offering:** Your financial support underwrites so much of our ministry and mission. Everything from bulletins and newsletters to curriculum and Bibles are made possible through your gifts. You support our staff that includes Pastors, Music Directors, Finance Managers, Ministry Professionals for Families, Children and Adults, Parish Visitors, Office and Support Staff. All help provide leadership and care for our church and its members. And remember our beautiful building needs to be taken care of weekly, and the light and utilities always need to be paid. Your gifts do make a difference!

**Time and Talent:** They say “Time has become more valuable than money these days.” This is so true when it comes to recruiting and staffing our Sunday School or filling the need for singers and musicians. We often take for granted the time a singer or musician puts into rehearsal and practice for Sunday morning. Our Sunday School teachers spend hours preparing for their class. Lawnmowers and gardeners, bus drivers and bulletin stuffers all donate their time because they love this church and want to witness their faith. Thank you to all for your time and talent!

**Encouragement:** The church runs on its prayers! Where would we be without the prayers and support of our church family during the hard times or joyful times? We’d be lost and alone in this world. Galatians 6:2 shares “Help carry one another’s burdens.” This is the church at its best when we care for one another. I am so grateful for our Prayer Warriors who make up our prayer chain, Stephen Ministers, Parish Visitors, and Grief Support Group who provide Christian Care Giving by encouraging others during challenging times. A church becomes a home, and we become like family when we care for one another.

I hope you will keep our church in your prayers as we begin our 2017 Stewardship Campaign. Your prayers really do make a difference, just as your gifts and presence. I encourage you to VOTE “YES” with your gifts, time, talent and prayers. Your VOTE counts!

Faithfully yours,  
Pastor Steve



## World Communion Sunday - October 2

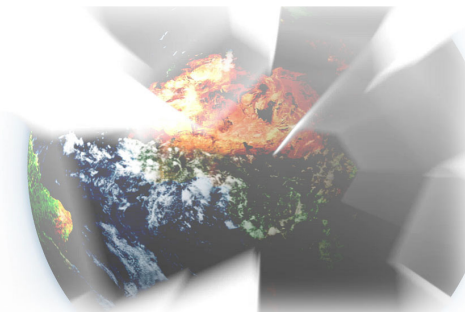
We will be celebrating Holy Communion with Christians around the world on Sunday, October 2. Communion will be served at all services. As we share in communion, we will be reminded that Christ is the Savior of the world. Christians will gather under trees in Africa and in Chapels in the Holy Land to break bread and share in the cup of salvation.

A special offering will be taken on World Communion Sunday. This offering provides Ethnic Scholarships and Crusade Scholarship for ethnic graduate students. Around the globe, countless gifted and qualified people face financial obstacles that hinder them from preparing for the vocation God has given them, especially youth and young adults. For ethnic students who will be the first generation in their families to attend college, or for those people of color who haven't historically had access to resources that make higher education possible, the road toward education has often been unwieldy. Dr. Martin Luther King, Jr. was a Crusade Scholar.



## Exploring UMC Social Principles

Did you know that there is a United Methodist Book of Social Principles? These are the stances that our global United Methodist Church takes on issues of social and cultural concern - they're the kinds of issues we discuss and argue about at coffee shops and on facebook. It is safe to say that we don't all agree on all of the issues, and we're going to explore them at our Wednesday night Fusion Tonight worship. We promise you will be challenged as our pool of lay speakers digs into these areas of social concern. Can you resolve your own viewpoint with the stated positions of the church? At the end of this series we hope to have made the point that even in our occasional disagreement on issues, we are one body of Christ, working together for the glory of God. Please join us for this special Fusion series:



Sept 28	The Natural World	Chris Congdon
Oct 5	Nurturing Communities	Jake Shaffer
Oct 12	Social Communities	Padma Templeton
Oct 19	Economic Communities	Shane Waltz
Oct 26	Political Communities	Frank Darrah
Nov 2	The World Community	Lisa Congdon

## Fusion Tonight

It's fun and it's serious: worship as a talk show. Fusion is a true worship venue with prayers, open mic time, offering and a real message of faith. Fusion Tonight is our laity-led Wednesday night worship where we're not afraid to have some fun while still digging deeply into the issues of faith that weigh heavily on all of us. Fusion is for everyone and you're invited. Find us upstairs in the theater, Wednesday nights at 7:15.

## Ingathering Sunday, October 30

We will dedicate our Ingathering Kits on Sunday, October 30. We have already reached 600+ School Kits, and we are working on filling others such as the Health kits and Layettes. It is a great way to be involved in the worldwide mission work of the church. We invite you to bring them on the 30th as we box them up for the Ingathering. See more Ingathering news on the "news" page!

## Wear Pink for Breast Cancer -October 9

October is Breast Cancer Awareness Month and we would like to show our support for those of our church family who are or have battled Breast Cancer. We invite you to wear pink or wear a pink ribbon. We will decorate the altars with pink roses. A pink candle will be lit as a sign of hope and a moment of silence taken for those who have been affected by Breast Cancer.

## Calling All Geeks...

We need more help on the Sunday morning tech teams. If you can help once a month, contact Chris Congdon [chris.congdon@aboutfirst.com](mailto:chris.congdon@aboutfirst.com)

## Who's At Washington Chapel?

It's been well over a year since we began our relationship with Washington Chapel UMC, and both of our churches have been blessed. Please visit the congregation at this country church in a beautiful rural setting. It's lovely, peaceful, and the regulars are always happy to meet Jordan Derhammer's friends from First UMC.

Washington Chapel is just north of Cedar Falls at the intersection of Ford and Bennington Roads. Services begin at 10:30 every Sunday morning. Here's who is preaching:

- October 2 - David Glenn-Burns - with communion
- October 9 - Jon Cooper
- October 16 - Karl Dance
- October 23 - Pat Cole
- October 30 - Shawna Brimm

## Join Up!

If you are interested in becoming a member of First U.M.C., our New Member Sunday School class is beginning soon! We will meet for two Sundays during the Sunday school hour, October 23rd and October 30th, in the Parlor to learn, grow and share. New members will join on November 6th at any of the services. Now is a great time to join, and many new faces have already signed up! Please contact Lesley Toma at (319) 266-1713 or [lesley.toma@aboutfirst.com](mailto:lesley.toma@aboutfirst.com) if you are interested. Hope to see you there!

## T.A.P. a Cop

### (Thank, Appreciate, Pray)

Next month (November) we will continue our journey of outreach and ministry. We'll be asking YOU to be a part of our T.A.P. program

As you recall, last year we sent cards to the employees of Lincoln Elementary. This year, we are lifting up the employees of The Cedar Falls Police Department. It is our mission to let each staff member know how much we value them.

For your part, please consider picking up a card at the Welcome Center and filling it out. We encourage every member of First UMC to participate (the more cards each employee receives, the better!) In the card, simply speak from your heart. Let the Cedar Falls Police Department know that we truly are THANKful for their service; we APPRECIATE all that they do, and we are PRAYING for them.

Thank you in advance for making T.A.P. an outreach success!

## Hello from Pastor Matt, Elizabeth and Addisyn German

Grace and peace to you in the name of our risen Savior Jesus Christ. It is with hopes of blessings and well wishes that I write to you today. I just wanted to take this opportunity to introduce myself and my family to you as I am the new Associate Pastor at First United Methodist Church of Cedar Falls. My wife Elizabeth, my daughter Addisyn, and I are very excited to be the newest members of the First Cedar Falls United Methodist Church family.

I went to the University of Dubuque Theological Seminary where I received a Masters of Divinity Degree in 2013 and was Ordained as an Elder in the UMC in 2015. While I am 31 years old and one of the youngest ordained ministers in the Iowa Annual Conference, I have over ten years of experience in contemporary worship settings. I have been appointed to the church by God's grace to breathe new life into the Transformation

Worship Service held at 8:30a.m. My passion is to preach the Gospel in relevant ways that speak to the hearts of those who hear. I believe every sermon should answer 3 questions:

- 1) What? (What is the context of the scripture?)
- 2) So What? (So what does this have to do with me?)
- 3) What Now? (What can I do with this new information NOW?)

It is through working with an incredibly gifted staff that we will strive for excellence in all areas of worship and ministry. Our job as pastors and lay staff is to equip you to live into your own call to ministry. I am a relational pastor and I love to spend time with people so that I may learn their stories. Sitting behind my desk has never been my passion! If I am not at the church you can probably find me on my fishing boat, in the duck blind, or spending time with my family.

I am excited for what lies ahead for the ministries of our church and I wish nothing more than to be in ministry with you. I look forward to getting to know each of you as we grow in grace toward our Lord and our neighbors. I love you, and there is nothing you can do about it!

Be Bold, Be Strong,

Pastor Matt, Elizabeth, and Addisyn German



## Red Bird Craft Sale –October 1 & 2!

The Red Bird Mission Craft Show and Sale is here October 1 & 2. They will be selling homemade, quality crafts by artisans from the Appalachian regions in and near Kentucky. Browse and purchase a wide variety of crafts including baskets, weaving, pottery, wooden toys and kitchen utensils, pewter jewelry, dolls, ornaments, corn shuck flowers, and nativity sets. Red Bird Mission Crafts markets for 100 crafters in the southeastern Kentucky mountains. Come and experience a bit of Kentucky heritage and purchase a gift for that special someone, or treat yourself to a beautiful handcrafted item.

**Saturday, October 1 (9:00-2:00) and Sunday, October 2 (10:00-1:00).**

**The Sale Will Take Place in our Fellowship Hall**

# INGATHERING

## annual celebration of missions, Saturday, November 5

Every year, Methodists from all over Iowa come together for the Ingathering - a big church-mission party, where we send-off our health kits and school kits and layette kits to the United Methodist relief agencies which will then deliver the kits to where they are needed most. Ingathering is also an information-sharing day, where representatives from church missions can tell their stories to the rest of us. There are five Ingathering sites in Iowa, and Cedar Falls First UMC is happy to be one of those hosts again this year. You're invited to be a part of the Ingathering, as we throw open our doors to United Methodists from all over northeast Iowa. The day begins with tabulating and re-packing the various kits, and also includes a craft bazaar, mission displays, a worship celebration, bake sale, lunch, and a giant quilt auction.

If you get excited about the outreach efforts of our church, you should be excited about Ingathering! At Ingathering, you can join us in celebrating the causes we have supported this year, or find a new one for next year! And, you can meet a lot of other Iowa United Methodists who are as passionate as you are about the work of the church. Of course, we could use your help to make this big party happen. Read on....

### Seize the Day!

What day? November 5th, the 35th annual Ingathering of the Iowa United Methodist Church. Many of you have taken part in this unique event in the past. If you haven't, now is your chance. In the next few weeks there will be opportunities for you to sign up as volunteers for a few hours of your time as **greeters, ticket sellers and takers, kitchen workers and kit packers**. As the host church for the northeast district we want to show our best hospitality to those attending. To volunteer call Kris Rash or Jan Benson.

Even if you can't help, come for the experience. View the mission displays that our mission offerings support. Attend the worship service with communion shared with others from around the district. Stay for a great sloppy Joe lunch. Last, but not least, bid on a quilt made by various stitching groups in churches around the district. The quilters of FUMC have been very busy. In the meantime, pick up a shopping list of items still needed for UMCOR kits at the display in the Gathering Place.



*United Methodists from all over Iowa help pack and load donated items @ Ingathering*



### District News

We welcomed Karen Wersinger as our new NE District Administrative Assistant on Monday, September 26. Karen comes with great experience and we can't wait for her to join our ministry team. Long time District Administrative Assistant Janet Congdon retired in June. Karen will be welcome help for our District Superintendent Jackie Bradford and Field Outreach Minister Jaymee Glenn-Burns.

### Meet Our New Bishop!

Bishop Laurie Haller will be on our District on October 5th. You are invited to Coffee and Conversation with our new Bishop Laurie Haller on Wednesday, October 5 9:00 to 10:30 a.m. at Trinity United Methodist Church in Waverly or 3:30-5:00 p.m. at Gladbrook United Methodist Church. Please keep Bishop Laurie Haller in your prayers as she begins her service as our new Bishop.

### Financial Update--

August Receipts	\$59,653
August Expenses	\$67,301
YTD Receipts	\$551,568
YTD Expenses	\$547,932

### As of September 25 -

2016 budget amount needed	\$661,186
2016 general fund received	\$590,281
Mortgage balance Sept 28	\$728,074
(Line of Credit & Mortgage merged)	

### 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, Deb Bernard for details. 319-266-1713 or emailed [deb.bernard@aboutfirst.com](mailto:deb.bernard@aboutfirst.com)

# INGATHERING

# events

## October 1-2 - Appalachian Craft Sale

The Red Bird Mission Craft Show and Sale is here! Get all of your Christmas shopping done at once.

## October 4 - Food Bank Work Crew

Here's a fun and easy way to help the food insecure in our community... Mark your calendar for Tuesday, October 4 to help at the Food Bank at 1605 Lafayette Street in Waterloo. You can carpool with Lisa or get yourself to the Food Bank and come into the Volunteer Entrance. The Methodists and friends will be there from 6:00 to no later than 8:00pm.

## October 4 - Grief Support Session

If you are grieving a loss, often it can help to meet with others who care and understand. Our next monthly session will be Tuesday, October 4th from 2:00 to 3:30 in the church parlor. These sessions provide a safe, confidential setting in which to share your feelings and concerns. Please call Carol through the church office for more information.

## October 20 - First Friends Potluck

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.

## October 20 - CardMaking at Western Home

Did you know that our Congregational Care Team card making group is now helping the Western Home Communities Friends group make recycled cards for many of the buildings to sell in their entryways? Money from their card sales goes to the Friends group for their projects. Our next session will be in the West Lounge of Windridge from 9:00 am to noon on Thursday, October 20th. We especially invite our members who live somewhere in Western Home Communities to join us. We meet every other month on the third Thursday.

## October 24 - LifeServe Blood Drive

We collected 42 units of blood at the September 26 blood drive! There were 36 donors and the units of blood collected made a lifesaving impact for up to 126 hospital patients.

We are hosting the next blood drive on Monday, October 24 from 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](http://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.

## October 26 - Trunk or Treat

For kids & everyone else! The night will kick off with a home-style Barbeque dinner, brought to you by Matt Porter at Ornerly Uncle Roy's. After dinner everyone will begin our Trunk-or Treat! Once you have stopped by all the trunks, continue the fun by making S'Mores, playing Put The Face On The Pumpkin and so much more. These stations will be set up outside and inside the church. Adults are asked to decorate the trunk of a car and pass out candy to the kids as they walk trunk to trunk in our parking lot. Adults can dress up as well to go along with the theme of their trunk. Each trunk will be competing for prizes in the categories of: Best All Around, Best Sport Theme, Best Movie Theme, Best Animal Theme, Best Holiday Theme, Best Hobby Theme, Best Music Theme and Best Character theme. We also encourage the adults to hand out their favorite bible verse to the kids. If you would like to hand out candy and decorate your car contact Linsey Zimmerman at [linseyfletcher@gmail.com](mailto:linseyfletcher@gmail.com) OR (641)777-6402.

## October 29 - Rake 'n' Run

Fall has arrived and soon the leaves will be covering our yards. That means our Rake & Run event will be happening soon! Mark it on your calendar!! Saturday, October 29th at 9 a.m. we need your help raking our church members' yards. We had a WONDERFUL group of volunteers last year, and we hope to see you all again, as well as some new comers! We need volunteers to help rake AND we need nominations of fellow church members who could use some help this Fall. There will be a sign up sheet at the Welcome Center for nominations. If you have any questions, contact Kaleb or Linsey Zimmerman at [linseyfletcher@gmail.com](mailto:linseyfletcher@gmail.com) or (641) 777-6402.

## November 4 - Youth Overnighter

Stay all night at the church - food and games with others from around northeast Iowa. Then get up and help with Ingathering the next morning. Have fun - serve God

## Every Wednesday

Wednesday night is church night for everybody!

5:15 - 6:00 **The Filling Station - a meal for everyone**

5:15 - 5:45 **Children's Choir**

6:00 - 7:10 **Jr / Sr High Youth**

6:00 - 7:15 **BLAST! (for kids)**

6:00 - 7:15 **More Than Moms**

6:00 - 7:15 **Seamless**

6:00 - 7:15 **Men's Group**

6:00 - 7:30 **John Study**

6:00 - 7:30 **Tower Bells**

7:15 - 8:00 **FUSION Tonight**

7:30 - 8:30 **Chancel Choir**

## Every Thursday - Zumba

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

## Recurring Weekly:

### Sunday

8:00 prayer in the chapel  
 8:30 Transformation Worship  
 8:30 Traditional Service, sanctuary  
 9:30 Fellowship time, Gathering Place  
 9:45 Sunday School for all ages  
 10:30 Washington Chapel Worship  
 11:00 Traditional Service, sanctuary  
 6:00 Les Cloches d'Or rehearsal, sanctuary  
 7:30 Chapel Ringers rehearsal, sanctuary

### Tuesday

7:00 Men's Breakfast  
 9:30 Tuesday Bible Study, chapel  
 9:30-1:00 Quilters/Stitchers, O59  
 4:30-6:00 Community Meal, Fellowship Hall  
 6:30 Transformation Band, Fellowship Hall  
 6:30-8:00 men's group  
 7:00-9:00 AA, O55

### Wednesday

9:00 Women Connected by Prayer, parlor  
 5:15 AA, O55  
 5:15 Filling Station Meal  
 5:15 Children's Choir  
 6:00 Jr/Sr High Youth  
 6:00 BLAST  
 6:00 More Than Moms  
 6:00 Seamless Study  
 6:00 Men's Group  
 6:00 Gospel of John Study  
 6:00 Tower Bells  
 6:30 WOW AA, O55  
 7:15 Fusion Tonight  
 7:30 Chancel Choir

### Thursday

5:30-6:30 Zumba, Fellowship Hall  
 7:00 Transformation Band, Fellowship Hall

## Also Scheduled....

### SATURDAY October 1

Redbird Mission Craft Sale - Fellowship Hall

### SUNDAY October 2

9:30-11:00 Flu Shots in Chapel  
 10:00-1:00 Redbird Mission craft sale  
 10:30 Washington Chapel - Dave GB  
 5:00-6:30 Confirmation class, library  
 7:00 Boy Scouts, Fellowship Hall

### MONDAY October 3

6:30 Stephen Ministry Supervision  
 7:00-9:00 Met Chorale, sanctuary

### TUESDAY October 4

2:30 Grief Supprt, Fellowship Hall  
 4:30-6:00 Community Meal, Fellowship Hall  
 6:00-8:00 Food Bank Work Crew  
 6:30-7:30 Daisy Girl Scouts, Gathering Place

### WEDNESDAY October 5

7:15 FUSION, speaker Jake Schaffer

### THURSDAY October 6

6:00 Cub Scout Den mtng, Gathering Place  
 6:00 Education Work Area, parlor  
 6:30 Trustees, library

### FRIDAY October 7

5:30 Flock sets up chairs for Transformation

### SUNDAY October 9

10:30 Washington Chapel - Jon Cooper  
 1:30 CROP Walk at the Food Bank  
 7:00 Boy Scouts, Fellowship Hall

### MONDAY October 10

9:30 UMW Board Meeting, library  
 3:45-5:00 Girl Scouts 6741, O55  
 5:45-7:45 Healthy Cooking, kitchen  
 6:30 HOME Team, chapel  
 7:00-9:00 Met Chorale, sanctuary

### TUESDAY October 11

1:30 Miriam Circle, library  
 6:30 Prayer Team, chapel  
 7:00-9:00 Feed My Starving Children

### WEDNESDAY October 12

Morning Stephen Ministry Training, O58  
 2:00 Communion Service, Western Home  
 6:30 Finance Committee, O57  
 7:15 FUSION speaker: Padma Templeton

### THURSDAY October 13

1:00 UMW Unit Meeting, Fellowship Hall  
 5:30 Staff Appreciation, Gathering Place

### SATURDAY October 15

FROGs set up Transformation Chairs

### SUNDAY October 16

10:30 Washington Chapel - Karl Dance  
 5:00-6:30 Confirmation class, library  
 7:00 Boy Scouts, Fellowship Hall

### MONDAY October 17

8:00-8:45 youth breakfast in cafe  
 10:00 Deborah Circle, parlor  
 6:30 Worship Committee, library  
 6:30-8:30 Cub Scouts, Fellowship Hall  
 7:00-9:00 Met Chorale, sanctuary

### WEDNESDAY October 19

11:00 Chapel Service, Windsor Care  
 9:30-11:30 MOMs group, library and gym  
 7:15 FUSION, speaker Shane Waltz

### THURSDAY October 20

Newsletter Deadline!  
 noon First Friends Potluck

### SATURDAY October 22

8:00-1:00 Stephen Ministry retreat, parlor

### SUNDAY October 23

9:45 New Member Class, parlour  
 10:30 Washington Chapel - Pat Cole  
 6:30 Webelo Den mtng, lower level room  
 7:00 Boy Scouts, Fellowship Hall

### MONDAY October 24

12:30-6:00 Blood Drive, Gathering Place  
 3:45-5:00 Girl Scouts 6741, O55  
 6:30 Endowment, library  
 7:00-9:00 Met Chorale, sanctuary

### TUESDAY October 25

Noonish - lunch at CF High School  
 1:30 Miriam Circle, library  
 3:30 Grief Support dinner planning, parlor  
 6:30 Transformation Band, Fellowship Hall

### WEDNESDAY October 26

9:00 Women Connected by Prayer, parlor  
 Morning Stephen Ministry Training, O58  
 2:00 Communion Service, Windermere  
 6:00-7:15 TRUNK OR TREAT  
 7:15 FUSION speaker: Frank Darrah

### THURSDAY October 27

9:30 Mary Circle, parlor  
 1:30 Joy Circle, parlor

### SATURDAY October 29

9:00 am RAKE & RUN

### SUNDAY October 30

9:45 New member class, parlor

### MONDAY October 31

Noon - newsletter labeling  
 7:00-9:00 Met Chorale, sanctuary

# Learn & Grow

## Adult Sunday School

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

### Living Word

Will spend time each week sharing and caring for each other then move on to study different books of the Bible. Room 057 Contact: Terri Grover

### CCF (Christ Centered Families) \*\*

This class will focus on strengthening our families and developing our young children into strong Christians. Room: 055, Kevin & Lori Price

### Growing Christians\*\*

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

### Open Door

Our discussions are based on videos that help us better understand the Bible and its influence on our lives. 061 Contact: Sue Mutchler & Pauline Harding

### Kaleidoscope

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

### Seekers

The Seekers will be watching a video drama of the Gospel of John for four weeks beginning September 18. Video will start at 10:00am. This class has already done the all-church study, and offers these videos as another look as the Gospel of John. Room: 060 Contact: Debbie Dance.

### The Flock\*\*

The Flock welcomes all young adults (college & beyond) for fun, fellowship and study as we look at how the world around us influences our lives as Christians. Third Floor Café, contact Lesley Toma

### F.R.O.G.\*\*

This class studies biblical themes and seeks concrete ways to put those lessons into action. Library: Contact Mark Schlatter.

\*\* these classes are taking part in the all-church study: *John, the Gospel of Light and Life*

## More Than Moms

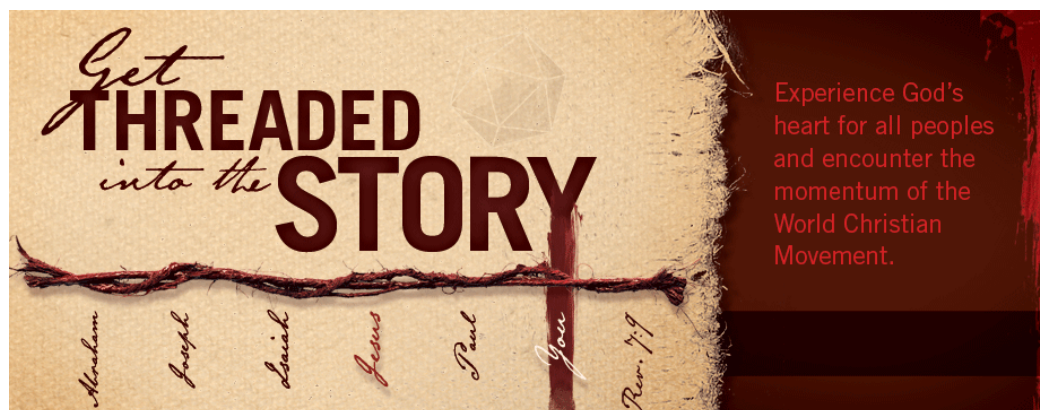
Attention all tired and stressed out women! There is a place for you on Wednesday nights to give you joy and rejuvenation. Join us in the Parlor from 6 - 7pm for a time of renewal, relaxation and fellowship (child care provided.)

We are also officially changing our name from Mommy Maintenance to More than Moms. This is a perfect description for the women of the group as individuals and as a collective body, since many come that don't have kids!

Fun times are already scheduled for this Fall.

Invite a friend . . . all are welcome!

Any questions, please contact Lesley Toma at (319) 266-1713 or [lesleytoma@aboutfirst.com](mailto:lesleytoma@aboutfirst.com)



## Get Threaded into the Story

Change your vision of the world! See the world like Jesus does. Dive into God's word and the story of his work on the earth. Learn to live your life with eternal significance and purpose. Register for Perspectives on the World Christian Movement. Immanuel Lutheran Church, Monday evenings, Jan 16-May 1, 6:00-8:45 pm. \$225 if registered before December 15th. First UMC and Threehouse students qualify for additional scholarship help, too (see Lisa in the church office). Register at [perspectives.org](http://perspectives.org). For more information, email [cfperspectives@gmail.com](mailto:cfperspectives@gmail.com)

### Do you have questions?

Get a brochure from the bulletin board at the back of the Welcome Center Contact the local coordinators at [cfperspectives@gmail.com](mailto:cfperspectives@gmail.com) or talk to alumni from this church (Jan Benson, Jerry Bernard, Lisa Congdon, Rus & Tony DeBonis, Jan Hoover, Janet Williams). It's a fascinating class that will change your life.





## Filling Station

It's tough to feed the family and get to church on-time, so let us handle dinner. Join us for the Filling Station on Wednesday nights. The Filling Station is in the Gathering Place 5:15-6:00pm. Everyone is welcome! A free-will donation will help us cover the cost of your meal. Wanna help? It's fun! Contact Jenna Engel.



Please join us Wednesday nights. BLAST is for students PK-6th grade. BLAST is from 6:15-7:15 in Fellowship Hall. This fall we will be participating in the John Study. In B.L.A.S.T the kids will learn that Jesus is the Light, Jesus Cares, Jesus Brings life, Jesus' Final Instructions, Jesus is the King, and how Jesus is Alive! If you would like to be involved with this Ministry please contact Jenna Engel at [jenna.engel@aboutfirst.com](mailto:jenna.engel@aboutfirst.com)

## Tuesday Bible Study

The Tuesday morning Bible Study meets in the chapel at 9:30 on Tuesday mornings. Bring your Bible - whichever one you prefer - and be prepared to read through and discuss. No homework or study guide is required, just read along with this group of women and offer your insight. Shirley Bolin is the contact for this group.

## Get Away For a Long Weekend and Renew Your Faith

This three-day retreat will take you away from the distractions of life and allow you to refocus on your faith. You'll be immersed in a Christian community, and will be encouraged to find ways to live out your faith in your home church. This is the Walk to Emmaus. During your "walk" you'll be amply fed, comfortably housed, and you'll have plenty of time for a good night's sleep. Guided activities and scheduled break times allow opportunities to enjoy the natural environment of the retreat location near Lake McBride.



How far? This walk is symbolic, not an actual physical challenge. Facilities and activities are fully accessible to pilgrims of all abilities. The name, Walk to Emmaus refers to Luke 24:13-35 where Jesus walks with two travelers who do not recognize the risen Christ in their midst until he breaks bread with them. In this weekend, you'll learn to see Christ in the world around you, and will be inspired to be an instrument of His love.

The Walk to Emmaus is an experience for adults, and there is a similar youth experience called Chrysalis. If you have interest in learning more about the Walk to Emmaus or Chrysalis, contact the church office, and we can arrange for you to meet someone who has already been - there are many in our congregation. Check out this video at [www.vimeo.com/8697255](http://www.vimeo.com/8697255).

### Upcoming retreats:

October 20-23 men Solon, IA  
November 3-6 women Solon, IA

## Only if You're Serious...

If you're ready

- to step forward in a bold, new way
- to unlock your potential as a servant in the Church
- to explore the history and structure of our United Methodist Church
- to commit yourself to your personal ministry at a higher level

You are just what we're looking for at the Iowa Annual Conference's School for Lay Ministry (SLM). SLM is designed to grow Iowa churches by providing a supplemental source of leadership. Some of the ways that SLM graduates serve are: volunteer management, Christian education, care-giving, youth programming, outreach, and the SLM is the pathway to becoming a Certified Lay Servant.

Students devote four weekends a year for three years to this program. Classes are held at the Cornell, Simpson and Morningside colleges. There are reading assignments, lecture sessions, group discussions and activities. It's not for everyone - you have to be serious about this - but if you are, you will end up having one of the most enlightening experiences in your Christian life. Weekend courses will dig into worship, congregational care, Christian ethics, theological perspectives, missions, social concerns, church history, doctrine and polity and strategizing for growth. You will emerge equipped and inspired to see your life as a ministry and to share it openly in ways that suit your strengths and skills. In our congregation, Lesley Toma, Karl Dance, Jan Hoover, Chris Congdon, Jim Reidy, Padma Templeton and Lisa Congdon are graduates of the program. Sue Ney, Jon Cooper and Shane Waltz are current students. Ask any of them about their experience, or talk to one of our pastors about the application process.

More information can be found at [www.iaumc.org](http://www.iaumc.org).

# INGATHERING

## Ingathering is our mission for October

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 and Iowa-Nigeria Partnership, 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.

During the month of October we will collect items for various United Methodist Committee on Relief kits. UMCOR Supply kits help to care for the most vulnerable people during times of crisis. They also help to sustain everyday life by providing basic necessities to people who lack ready access to essential supplies. Your donations of supplies make a direct and tangible difference to alleviate human suffering around the world.

If you don't care to shop but want to help, we are also collecting money to purchase toothpaste for health kits (\$1 a tube). This money will be sent to UMCOR and they will purchase and add the toothpaste to the health kits just before sending them on to the final destination. And, every kit costs \$2 for shipping to get the supplies to where they are needed most. We have a lot of kits to send, so any amount to help with shipping will be appreciated. Use the envelope at the display to donate to toothpaste and shipping costs.

Our church is a host site for Ingathering, which will be held Saturday, November 5 this year. You can help in many ways the day of Ingathering: setting up the quilt auction display, preparing or serving the lunch, packing and loading the UMCOR kits at Lincoln School, or ushering at the worship service. Contact Jan Benson if you would like to help.

Check out the display in the Gathering Place for information on several of the UMCOR kits and for more information about Ingathering on November 5.

## Help at Ingathering! November 5 at our church

(some of these are split into shifts):

Setup - Friday 3:00 p.m. - 5:00 p.m.

Greeter - Saturday 7:30 a.m. - 10:00 p.m.

Input financial remittance forms - Saturday 7:30 a.m. - 11:00 a.m.

Packing mission kits - Saturday 7:30 a.m. - 11:00 a.m.

Auction clerk - Saturday 12:45 p.m. - 2:00 p.m.

Teardown - Saturday 1:45 p.m. - 3:00 p.m.

If you have any questions please give me a call or give my information to anyone interested. Let us know if you can join us so we can plan for your help.

Contact: Jan Benson, NE District Chairperson, Thanksgiving Ingathering  
jbenson@cfu.net  
319-268-9111 (home) 319-269-2211 (cell)



## Kit Supplies for Ingathering

Thanks for all the school supplies! You have been VERY generous in your shopping for school supplies for the UMCOR school kits. Feel free to continue if this is something that you love to do, but we are moving our focus to two other UMCOR kits - Health Kits and Layettes. The list of items to complete the full kits are at the display in the Gathering Place, but here are the items we really need right now.

### For Health Kits:

Toothbrush (single wrapped)

### For Layette Kits:

Cloth diapers

Sleepers

Don't feel you need to complete a kit. If you find a good deal on any of the items go ahead and buy a bunch. Bring the items to the collection site at the back of the Welcome Center at church.



*There's work for everyone at the Ingathering kit-packing stations.*



*our friend Obadiah at BTS, with his PET handcart is an example of people who benefit directly from the Iowa Ingathering*

## Giving of Ourselves

No matter where we turn, it seems we see people are striving for riches, wealth, the perfect job, the easy life, the perfect family. It is hard to be satisfied with the daily struggle to make ends meet or keep up with what we see that others seem to have that we don't.

Satisfaction comes from different sources. But giving of self in Jesus' name, or being on the receiving end of such giving, is one of the most meaningful and satisfying experiences possible. There are many ministries at FUMC providing that opportunity. One of them is Stephen Ministry. A new training class will be starting this month. This will increase the number of people who can either formally or informally care for members of our congregation, friends, or family.

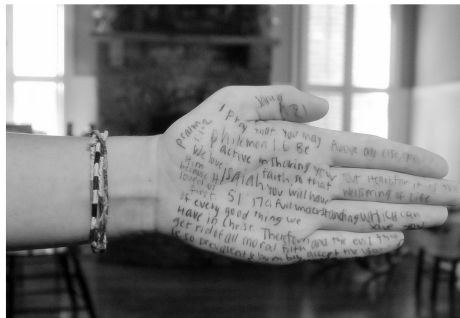
One factor in the success of this ministry is getting care-receivers and care-givers together. If you or someone you know can benefit from having the care of one of our current Stephen Ministers, please call the church office at 266-1713 and you will be directed in strict confidence.

## Bring Variety into Your Prayer Life

Have you ever wanted to get closer to God in your prayer life, but don't know where to begin?

The following is from: "Draw the Circle"  
the 40 Day Prayer Challenge

The reason most people don't feel intimacy with God is that they don't have a daily prayer rhythm. They may have a weekly rhythm of going to church, which is wonderful, but doing so in and of itself won't produce intimacy with God. Can you imagine talking with your best friend, spouse or child once a week? God wants a day-by-day, hour-by-hour, minute-by-minute relationship with you.



Try experimenting with a new posture like walking or kneeling. Try experimenting with different types of fasts—from food to television to sleep to Facebook—but remember that the key is giving something up and replacing it with prayer. Try praying at different times, like first thing in the morning or last thing at night. Try experimenting with different techniques. Create a prayer list or begin journaling your prayers. Change of pace & Change of place = Change of perspective.

## New Confirmation Class – Keep them in your prayers.

Our new Confirmation Class began their faith journey in September. Pastor Steve and Youth Director Becca Nims will be leading the class as they study our Christian faith and helping them confirm their faith in Jesus Christ. The class will include "field trips" to other denominations, funeral home, and Jewish Synagogue. Please keep our Confirmation Class in your prayers as they begin their studies: Molly Boevers, Maggie Burgett, Antoine Cuhat, Connor Derhammer, Sydney Herzmans, Makayla Kinder, Kaleb Price, Harrison Redfern, Madelynn Rous, Chet Schofield, Kate Tomson, Maddie Tomson, Dawson Walker, Katie Waltz, Alaina Wellendorf and Mason Wellendorf.



## On-Going 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.

## Wee Care

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.

## email Prayer Chain

If you would like to be on the church "eprayer" list, please let the church office know by emailing Lisa at [lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com). We send out prayer requests by email as they come in, and also include prayer requests noted on the attendance slips. Remember, to ensure privacy, please make sure to get permission from the party that you feel needs prayers.



## Feed Some Starving Children this month

Westminster Presbyterian Church in Waterloo has invited everyone to join them for the 10th annual food packing event for Feed My Starving Children. Join your friends at First UMC at our reserved time on Tuesday, October 11 from 7-9. Sign up on the clipboard at the Welcome Center. Or, register yourself on their website at [www.wpcw.org](http://www.wpcw.org) or on the Feed My Starving Children website. Dates are Monday, October 10-Wednesday, October 12. Packing shifts are 12-2, 4-6, and 7-9. It's a great event – a lot of fun –and a FREE hairnet is given to all!

← We never miss a chance to publish this picture of Denny in a hairnet. Get Yours!

## Got extra fabric? Bring it in!

Along with the supplies to fill the school kits, there is also a need for fabric to make the school bags and other stitching projects. The Quilters & Stitchers are looking for durable material for school bags, 3+ yards of cotton material for sewing kits, and flannel, fleece, and quilting materials for various other uses. There is a designated bin for your fabric donations in the church collection site on the main level in the little hall across from the drinking fountain.

## Fill the Heifer Ark

Check out the Heifer International Ark in the office window. We've been adding animals as the donations come in, but some of our critters are looking lonely. Use the offering envelopes beside the ark to donate, or make your check out to FUMC with "Heifer Ark" on the memo line.

## Women at the Well update

Thank you for your support to provide Bibles for our sisters in the Iowa Correctional Facility for Women in Mitchellville. We recently received this note:

*Dear First UMC,*

*This comes to you as an expression of thanks for your generous gift of over 85 Bibles this year to the women at the Iowa Correctional Institution for Women, through Women at the Well. Every week, we field requests for Bibles and hear our sisters' words of delight and thanks upon receiving them. You help make that possible, and have made a huge difference in helping us keep up with requests. Thank you so much.*

*Blessings,  
Pastor Lee Schott*

It only costs about \$10 to provide a Bible. You can give the gift of God's Word to a sister in Christ who needs a little hope in her life. Use the special "Bibles for our Sisters" offering envelopes available at the Welcome Center, or write "Bibles for prison" on the memo of your check.



## Change a Child's Story

We are making a difference to the students at Lincoln. Sixteen faithful volunteers spent about 525 hours as Reading Buddies for students last school year. Wouldn't it be great to double that for this year? If you are interested in being a Buddy, sign up on the clipboard at the display in the Gathering Place. We will contact you when the teachers and students are ready to welcome FUMC Reading Buddies to the classrooms (mid October) and you can pick a day and time that works in your schedule.

Your monetary donations provide books for students to take home as well as funds to enhance classroom libraries. 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. And, to sweeten the deal every dollar you contribute is matched by the lone Zach Endowment fund.

## CROP Hunger Walk is October 9

The annual CROP Hunger Walk happens Sunday, October 9 (registration at 1:30, walk at 2:00). This year the walk will make a three mile loop beginning and ending at the NE Iowa Food Bank in Waterloo. You'll have an opportunity to tour the facility and to hear about how this agency serves the food insecure not only in Black Hawk county, but 15 other counties in NE Iowa.

Sign up to be a walker or contribute to the cause. Every \$10 donated will add a footprint to the display. We also need some cookie bakers to provide refreshments for the walkers at the end of the walk, and some friendly people to help serve cookies at the Food Bank. Lisa could also use some help setting signs out on the route the day of the walk (late Sunday morning) and picking them up at the end.

For those who would like to help the NE Iowa Food Bank in another tangible way, we are collecting peanut butter again. Bring your jars to the church anytime before October 9. They need 12 to 18 oz jars to fill backpacks, and any variety is appreciated.

Check out the display in the Gathering Place for more information, and to sign up to walk or help in other ways.

## Special missionary guests October 30

For many years our church has partnered with Larry and Jane Kies, United Methodist missionaries serving Mutare, Zimbabwe, in southern Africa.

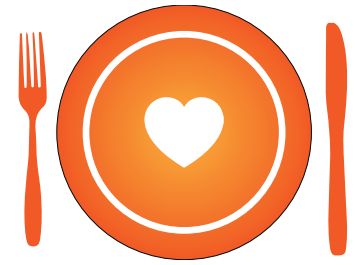
Larry serves as technical advisor to the Africa University Farm working with the farm manager to develop an agricultural program that makes the university farm more efficient, and Jane Kies, originally from Zambia, teaches intensive English to students from non-English-speaking countries at Africa University in Mutare.

They will be at our church on Sunday, October 30 and will be sharing their mission story between worship services, and perhaps share a bit at our 8:30 FUSION style Transformation service in Fellowship Hall.

## Midwest Mission and Disaster Relief

A group of five from our church was volunteering at Midwest Mission Distribution Center in Illinois the week that heavy rains north of us impacted the Cedar River. We packed UMCOR Health Kits and prepared garbage bags to be placed into Cleaning Buckets. These are the types of kits that are shipped to areas like ours after a flood or other disasters. Our next scheduled dates are May 30-June 3. Consider volunteering in this way. It's a great way to help, and there are jobs for all to do.

*Here's Harriet, Nancy, Lisa, Carol & Flo. Consider joining the next crew - it's a great week-long road trip of service and fellowship!*



## 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 Jan Benson. 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-every month

Our crew helps at the Food Bank the first Tuesday of each month, from 6:00 to 8:00pm. We're their "A" Team - they love to see the Methodists come to work. Would you like to be on the reminder email or do you want to know more? Contact Lisa in the church office. [lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com)

## Go

Do you have an idea for a church mission for work, learning or evangelism?

Contact Lisa Congdon in the church office and share your ideas. There may be ways that the church can help you realize your mission vision.

# Women @ First

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

## A Big Barn Full of Healing and Faith

Excitement was in the air on a beautiful day as the United Methodist Women made their first field trip on September 8, 2016, to Mark and Nancy Fransdal's Stables, located at 3418 Skyline Drive, Cedar Falls, IA. Thirty-five people attended, including one guest, Rowena Hardinger. Nancy Fransdal gave the presentation entitled "Sharing God's Gift of Horses with People in Need." She explained how her stables were built, which include some items that came from the former associate pastor's parsonage and two other houses that were torn down at the time our most recent addition was built onto the church. Nancy demonstrated how she works with her horses and explained how she uses them to help people who are in need or who want to spend time working with horses.



*Thanks, Nancy for a great program!*



# Fellas @ First

## Men's Tuesday Breakfast

Men's Breakfast Fellowship meets at the Cedar Falls Family Restaurant in North Cedar, Tuesday mornings at 7:00. The devotional is rotated among attendees. We usually finish before eight o'clock. Start your Tuesdays with us. Contact: Tim Houts and Steve Williams.

## Tuesday Night Fellas

Informal. Friendly. Hang out with us in the man-cave (room 059) on Tuesday nights from 6:30 - 8:00. All men of any age are welcome and invited. We usually have a video study going. Don't worry - we don't assign homework.

## Drugs, Gangs and Human Trafficking

Everyone is welcome to come to the October meeting, which will be a presentation given by a representative from the Cedar Falls Police Department who will talk on "Drugs, Gangs, and Human Trafficking." This meeting will be held on October 13, 2016, at 1:00 p.m. in Fellowship Hall.

## Hearts & Hands Stepping Back a Bit

At the last meeting of Hearts and Hands group, it was decided to suspend the schedule of meetings until next spring or summer. Attendance at our meetings has been low -- and we need to re-think our schedule and activities. The membership list will be retained so members will be contacted next year. We will be selling the pepper jelly and other jams at the Ingathering this fall. So your help then would be much appreciated. For questions or concerns, please contact Karen at 319-230-7200 or e-mail [kp224@cfu.net](mailto:kp224@cfu.net).  
Karen Page, H&H leader

## United Methodist Women, October Schedule

- Oct. 8 - Iowa Conference UMW Annual Meeting, Decorah UMC
- Oct. 10 - Board Meeting, 9:30 a.m., Library
- Oct. 11 - Miriam Circle, 1:30 p.m., Library
- Oct. 13 - Unit Meeting, 1:00 p.m., Fellowship Hall
- Oct. 17 - Deborah Circle, 10:00 a.m., Parlor
- Oct. 21-23 - Fall Mission u, Marshalltown
- Oct. 25 - Miriam Circle, 1:30 p.m., Library
- Oct. 27 - Mary Circle, 9:30 a.m., Parlor
- Oct. 27 - Joy Circle, 1:30 p.m., Parlor

### Thank yous

Thank yous to Jane and the staff for my first rose. I enjoyed Jane's visit.

*Sharron Haskin*

I appreciate so much the beautiful rose Jane brought me for my birthday and the card was a happy surprise. Thank you.

*Lusa Treloar*

A belated thank you for the delightful birthday card signed by all your staff. I'm comfortably settled here (at Stanard Care), but I miss the many good friends I left at First United Methodist Church. My son and I drove over to your Christmas Eve service last year and I hope to do it again this year if I can. Your music is always wonderful.

*Love, Ruby Hockey*

Dear staff members of the First United Methodist Church, Thank you all for signing my card for my 85th birthday! How nice! Also, I enjoyed Jane Wyckoff's visit and the beautiful large pink rose she gave me. Thanks!

*Love, Marlys Pals*

I would like to thank Jan Hoover and Flo and Pastor Steve for their prayers and the visits I had with Flo and Jan. It really helped me because I had to wait six days before I received my pacemaker!

I also wish to thank all who sent cards and flowers and gifts! I'm glad I'm a member of a very loving and caring church.

Thank you all.

*Pat Ackerman*

I would like to thank each and every one in this wonderful church for all the prayers and flowers and cards after my surgery. Thanks to all.

*Cindy Spragg*

Special thank you to Jim and Stephanie Buchs for putting up our fall bulletin boards downstairs in our Sunday school area.

*Jenna Engel*

The Toma Family would like to thank everyone for their thoughts and prayers during Lesley's surgery this summer. The meals were also greatly appreciated! Blessings to the wonderful church family here at First!

*The Toma Family*

### Sympathy to:

Tiana Oehler on the loss of her father in August.

Rita Congdon on the loss of her brother, Gary Craver, on September 10.

### Hospital reminder

Please call us, or have a family member or friend call us, if you are hospitalized. The hospitals are not able to contact us to give us this information. We want to support you and your family when illness or surgeries happen, but cannot do so if we are unaware.

### Altar Flowers

The altar flower calendar for 2016 & 2017 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.

### Pastor Appreciation Month

October is Pastor Appreciation Month. Express your gratitude to Pastor Steve and Pastor Matt for their ministry with us. Sometimes we forget how powerful the words "thank you" are.

### UNI Football! November 19

The Fun & Fellowship Committee invites you to a special event:

FUMC Football Fun

UNI Panthers vs. South Dakota State Jackrabbits

Saturday, November 19, 2016

4:00 p.m. Kickoff

Join your friends for the Panther's last game of the season. Thirty tickets are currently reserved, additional tickets are available.

Cost - \$15.00 per person, only kids 2 and under are free.

Sign-up sheet at the Welcome Center.

Pay Linda Kennedy (cash or check) no later than Nov. 1.

Tickets will be distributed following payment.

### Attendance- week ending

	9/4	9/11	9/18	9/25
FUSION (Wed)		37	27	29
Transformation	73	119	90	85
Traditional 8:30	121	132	140	141
Traditional 11:00	100	111	109	119

# First United Methodist Church

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

Van rides are available for the 10:00 Sunday service.  
Child care is provided in the nursery for infants and babies for Sunday Services.

## Spreading the Word

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

**Cedar Falls (CFU)** Channel 95.5, Friday @ 8:00 pm, Sunday @ 9:00 am  
**Waterloo (MediaCom)** Channel 17, Sundays @ 11:00am & 9:00 pm

## Our Pastors

Steve Williams, Senior Pastor, [steve.williams@aboutfirst.com](mailto:steve.williams@aboutfirst.com)  
Matt German, Associate Pastor, [matt.german@aboutfirst.com](mailto:matt.german@aboutfirst.com)

November newsletter deadline is October 20.

## Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator

Dee Behr, Parish Visitor  
[dee.behr@aboutfirst.com](mailto:dee.behr@aboutfirst.com)

John Bentley, Head Custodian

Deb Bernard, Financial Manager  
[deb.bernard@aboutfirst.com](mailto:deb.bernard@aboutfirst.com)

Chris Congdon, Media Coordinator  
[chris.congdon@aboutfirst.com](mailto:chris.congdon@aboutfirst.com)

Lisa Congdon, Office Ministry Coordinator  
[lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com)

Jenna Engel, Christian Education Coordinator  
[jenna.engel@aboutfirst.com](mailto:jenna.engel@aboutfirst.com)

Bryan Houts, Chancel Choir Director  
[bryan.houts@aboutfirst.com](mailto:bryan.houts@aboutfirst.com)

Flo Moble, Parish Visitor

Rebecca Nims, Youth Ministry Coordinator  
[rebecca.nims@aboutfirst.com](mailto:rebecca.nims@aboutfirst.com)

Doug Shaffer, Organist  
[musicman52151@gmail.com](mailto:musicman52151@gmail.com)  
610-4249

Emily Terpstra, Custodian

Lesley Toma, Family Ministries Coordinator  
[lesley.toma@aboutfirst.com](mailto:lesley.toma@aboutfirst.com)

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