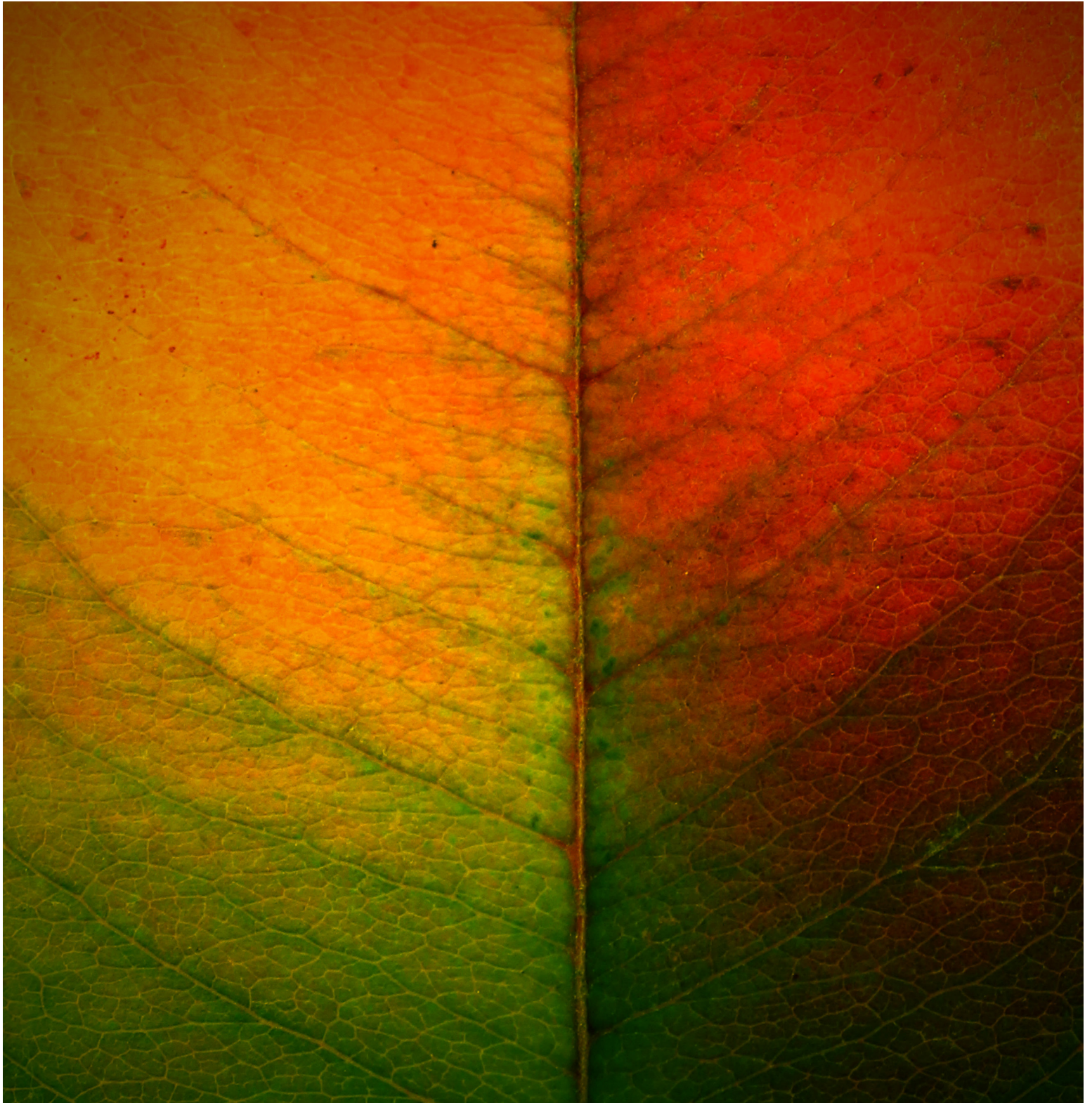


aboutfirst news

October, 2019 First United Methodist Church, Cedar Falls



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



CONTENTS

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

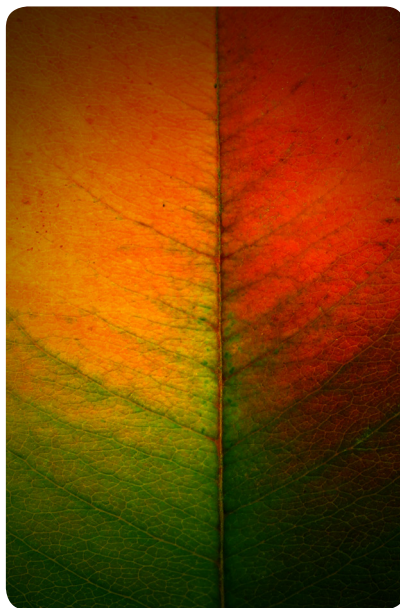
issue 228, October, 2019

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

Announcements and editorial content for publication may be submitted to the First UMC media office by the 20th of each preceding month. Email to: chris.congdon@aboutfirst.com

Be Still and Know That I Am God—Psalm 46:10

We live in a fast paced society where 60 hour work weeks are the norm and where rest is seen as laziness. It seems that when we accomplish one task, there is always a mile long list of others to complete. I have often times found myself growing weary this year. It feels like I have more to accomplish in a day than the hours I am provided with. I have heard this from several of you as well. We are so burdened with “stuff” to do, that many of us are on the brink of burn out. We have little time for leisure, family, and quiet time with God.



In the midst of a busy fall season, we need to remember that God is the author of all good things and is our source of strength. If we are feeling weary, it is because we are doing too much. If the weight of the world is on our shoulders, we are probably lifting beyond our capacity. I want to encourage you as your pastor, and I want you to hold me accountable as my brothers and sisters in Christ that we need to take pause in the midst of our business. We need to take time to be still and we need to take time to know that God is still Lord of our life as Psalm 46:10 encourages us. John Calvin was a 16th century theologian and had a significant influence in the protestant reformation. He was once quoted saying, “I have so much that the Lord has for me to accomplish today, that I must take an extra hour in prayer.”

Spend time with the Lord, and do it regularly. You will be surprised how much more energy you have and how encouraged you will be to glorify God in your work. Work hard, and work well, all for the glory of God. But also, take time to be still. Take time to know that your God is still your God, and will give you rest for your weary soul.

Be Bold, Be Strong,
Rev. Matt German

Newcomers' Coffee with the Pastors

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 October 6th 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!

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.

Warm, Cozy, Beautiful, and Yours!

Get a head start on the Mission Ingathering Quilt Auction. Bid on the "Stained Glass" Batik quilt in the Silent Auction in the Gathering Place. This quilt is 56" x 64" and is machine quilted. Put the Ingathering Quilt Auction date on your calendar - 1:00 pm November 2 in Fellowship Hall. The Quilters and Stitches will have three antique quilts in the auction from donated pieced tops which they have quilted, some as old as the 1930's; a King size quilt - from donated embroidered squares - is hand quilted. Several smaller lap quilts pieced and machine quilted (sizes approximately 50"x60" to 60" x 70"), youth quilts, a baby quilt or two, wall-hangings, seasonal table toppers and table runners will be included in the auction as well as quilt items donated from other churches.



New Members Exploration Class Starting Soon!

If you are new to FUMC and feel that this is your spiritual home, we want to invite you to our new member exploration class that will be starting soon. We will be offering a Sunday morning opportunity at 9:45am beginning October 13th. Class sessions will last 1 hour and will run six consecutive weeks taught by the pastors. Calling FUMC your church home is a great way to take the next steps in your faith journey. Please contact Pastor Matt German at 319-266-1713 or matt.german@aboutfirst.com if you are interested. You can also sign up in the gathering space. Hope to see you there!



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 out 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.

Mistakes & Redemption at Fusion Tonight

This fall, we're looking at the Seven Deadly Sins through real stories of mistakes and redemption by the people who lived them. Our speakers are lay people from our church and around the community who have felt the weight of their own shortcomings, and sought freedom and solace through their faith.



Fusion Tonight is our weekly worship talk show. It's fun and it's serious and you're invited to be a part of our live studio audience. It's fun and it's serious and it's free! Jon Cooper is our host and Coved Oswald sets the mood with Fusion Funk. Come to Fusion - you'll have a good time, and you'll go home encouraged to Be Christ for One Another. Wednesday nights, 7:15, upstairs in the theater.

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.

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)
- Gather \$250,000 in cash and/or pledges by October 13

Is this Mission Possible? Absolutely. Here's how.

A group of very generous and future-focused First UMC families has already committed to provide a pool of funds which we are asking the rest of the church to match. Your matching funds, along with these early contributions, will add up quickly! This mission is fast-paced and short-term. We're looking for contributions and pledges which will be fulfilled yet this year, or the first quarter of 2020. We want to get this DONE.

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!

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

Contacts for this effort: Mike Butler, Endowment Chair; Jim Noelting, Finance Team Liaison, Sue Chizek, Finance Manager; Pastor Scott Kober

Thanksgiving Mission Ingathering

The Ingathering is celebrating its 40th year with a new name and a new mission statement. “Mission Ingathering is a way for Iowa United Methodists to address humanitarian problems locally and around the world including hunger, poverty and disaster.”

On Saturday, November 2nd, United Methodists across Iowa will gather to celebrate the mission of the church. First UMC CFis one of five host sites and you are invited to come and visit or, even better, help with the event. We need smiling faces to greet our guests, prepare and serve lunch, set up quilt displays, pack and load Midwest Mission kits at Lincoln school or usher at the worship service.

Check out the mission displays in the Gathering Place while enjoying a cup of coffee and a breakfast treat. You may find a mission that is the right fit for you. Peruse the bazaar room for a great gift for someone you love or even yourself. Take home a baked good and grab some lunch. At 1:00 stay for the quilt auction and bid on something cozy or a lovely wall hanging to spruce up that drab wall. Lest I forget, join other United Methodists for worship and communion at 10:00 with our featured speaker from Midwest Mission Distribution Center in Illinois. Having been there on a mission trip I can tell you this is an impressive place that is ready when the need presents itself. All of our kits from Iowa are being sent there this year.

So you see, this is a big deal! You can still catch a game later. Call Kris Rash 319-984-5608 or Jan Benson 319-269-2211 to lend a hand or ask a question.



Do you know how to reach these members?

We are in the process of updating our Membership Rolls this October in preparation for our annual Charge Conference on November 4. As part of the process of updating our records we review our church membership rolls each year to determine who may be attending elsewhere or who may have moved away from the area. We make every effort to contact these members to ask about their preference concerning their membership at First United Methodist Church in Cedar Falls, Iowa.

But, often we do not know how to contact them. Many are young adults who have graduated from college and moved on to new communities. If you, as a parent or friend of the family, are able to provide the church office with contact information we can get in touch to ask if they would like to remain on our membership roll or have found a new church home in a new community.

We are trying to locate these members: Dustin Anderson, Megan Aries, Elise Berry, Jill Bonsall, Casey Connor, Melissa Eliassen, Jacob Jamison, Samuel Jamison, Dan Karns, Emma Karns, Wes Kolpek, Zachary Lane, Andrew Leonard, Jacob Limkemann, Benjamin Main, Andrew McDermott, Alicia Pierce, Carla Pierce, Mark Pierce, Edward Pruisner, Jennifer Rusch, Josh Sager, Brenda Young, Luke Zwanziger, Mason Zwanziger.

You can let Lisa in the office know how to reach the member (mailing address or email), or you can let her know if the member wishes to remain a member or chooses not to.

First UMC Endowment Secures Our Future

Did you know . . .

that the First United Methodist Church Endowment Committee's purpose is to endow and support the future needs of our church's ministries by encouraging our members to remember their church in their planned giving. Planned giving includes wills, trusts, life insurance and retirement accounts.

The Committee also encourages members to consider making gifts to the Endowment Funds while they are still living. By giving gifts while still living, the donor can see and experience the benefits their gift has on the church ministries.

While annual giving to the budget supports the operational expenses of the church, the Endowment Funds offer a way for our church to address needs beyond those contained in the annual budget.

Throughout the life of the church, gifts are used for a variety of purposes including:

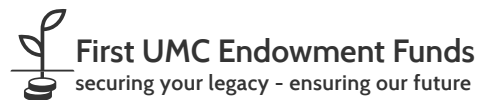
- Building improvements and maintenance
- Education and curriculum
- Scholarships
- Missions
- Staff development
- Technology updates
- Worship and music
- Equipment



A gift to the Church without restrictions is the most useful gift we can receive, because this allows the Endowment Committee flexibility in applying the gift to our most pressing needs. You also have the right to specify how the funds will be used. If you wish to do this, we urge you to consult with us before you execute the gift or your will, to make certain the conditions are ones we are able to meet.

If you have any questions or concerns, please contact a member of the Endowment Committee.

As always, we urge you to consult your professional advisors.



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

Oct 1 - Grief Support Session

Where: church parlor

When: 2:00-3:30 pm

The coming holiday season can bring with it many emotions when you are grieving. Our First UMC Grief Support team offers monthly group sessions to provide a time to reflect and talk about any feelings you might have. Our next session will be in the church parlor on Tuesday, October 1st from 2:00 to 3:30. If you are grieving a loss, please know you are welcome.

Oct 7 - Washington Chapel Turkey Dinner

The folks at Washington Chapel are going to offer their fabulous turkey supper again on Monday, October 7 at the church at the corner of Ford Road and Bennington Road (just north of town). Lisa Congdon is selling tickets to the dinner: \$10 for adults, \$5 for kids age 6-12. Get your tickets at the FUMC church office during office hours, or before 10:00 Sunday mornings.

There are two seatings - 5:30 and 6:30, and carry-out is also available from 4:30-7:00. **Seats are limited...buy now!** Help make this meal a success by providing pie or a 9x13 dessert, or by providing coleslaw supplies - sign up at the Welcome Center

Oct 17 - First Friends Potluck

Where: Gathering Place

When: noon - 2:00pm

Everyone is welcome! Spend some time enjoying good food, card games, dominos, cribbage, etc. Fellowship is an important part of the gathering. Check us out! Come and get better acquainted with others in the church. Couples and singles are welcome. Bring a dish to share and your own table service. We meet on the third Thursday of every month from noon until 2 pm in the Gathering Place.

Oct 28 - 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.

Oct 22 - Crafter's Corner

Where: Parlor

When: 6:00-8:00

Attention crafters! Join us on Tuesday, October 22 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.

Oct 30 - Trunk or Treat

Where: Parking Lot

When: 5:30-7:00

Some Halloween fun for the First UMC family, and the whole neighborhood. Bring your car. Park it in the lot. Open the trunk. Decorate the car and put on a costume. Have some Halloween fun with our trunk or treaters! We'll also have a bouncy house set up and a fall craft indoors. Sign up to reserve your parking spot at the Welcome Center.

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

7:00 Tuesday Men's Breakfast, CF Family Rest.
9:30 Quilters/Stitchers, 059
9:30-10:30 Tuesday Bible Study, chapel
4:30-6:00 Community Meal, Fellowship Hall
6:30-8:00 Tuesday Night Fellas, 059
7:00-9:00 AA, 055

Wednesday

9:00 Women Connected by Prayer, parlor
5:15 AA, 055
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, 055
7:15 Fusion Tonight
7:30 Chancel Choir rehearsal, choir room

Also Scheduled....

TUESDAY October 1

2:00-3:30 Grief support, parlor
6:00-7:00 GPS group DeBonis, CF Panera
7:00 GPS group (Bankston/Terlip), chapel

WEDNESDAY October 2

CrazyFunBusy Wednesday Night

THURSDAY October 3

10:00-12:00 Renovare group, chapel
2:00 UMC Clergy Cluster, library
6:30-7:15 GPS group (Waltz), chapel
6:30 Trustees, library

FRIDAY October 4

Youth Game Night

SATURDAY October 5

11:00 Ray Frederick Funeral (10 visitation)

SUNDAY October 6

World Communion Sunday
9:45 Coffee with the pastor, chapel
9:45 GPS group King/Reidy, parlor
1:00-3:00 Marilyn Roudebush open house
2:00 Youth Fly, airport
6:00 Girl Scouts, Gathering Place
6:30 Les Cloches d'Or rehearsal, sanctuary
7:00 Pack 44 parent meeting, library
7:00-8:00 Troop 44, Fellowship Hall

MONDAY October 7

9:30-11:00 UMW Board meeting, library
6:00-8:00 Stephen Ministry training, 058
6:30 Stephen Ministry Supervision
7:00 Feed Starving Kids, Westminster Pres.

TUESDAY October 8

6:00-7:00 GPS group DeBonis, CF Panera
6:30 In Mission together, parlor
6:30 Finance Meeting, library
7:00 GPS group (Bankston/Terlip), chapel

WEDNESDAY October 9

2:00 communion service, Stanard Care
CrazyFunBusy Wednesday Night!

THURSDAY October 10

1:00 UMW Unit meeting, Fellowship Hall
6:30-7:15 GPS group (Waltz), chapel
7:00 Transformation Band, Fellowship Hall

FRIDAY October 11

5:30-7:00 Daisy Troop 4029, library

SUNDAY October 13

9:45 Discipleship Pathway class, chapel
9:45 GPS group King/Reidy, parlor
6:00-7:30 GS Troop 1871, chapel
7:00-8:00 Troop 44, Fellowship Hall

MONDAY October 14

6:00-8:00 Stephen Ministry training, 058
6:00 HOME Team, Chapel
6:30-9:30 PEO group in the library

TUESDAY October 15

6:00-7:00 GPS group DeBonis, CF Panera
6:30 Ad Council, library
7:00 GPS group (Bankston/Terlip), chapel

WEDNESDAY October 16

11:00 service at Pinnacle Care
CrazyFunBusy Wednesday Night

THURSDAY October 17

10:00-12:00 Renovare group, chapel
Noon-3:00 First Friends potluck, Gather Plac
2:00 Grief Team meeting, parlor
6:30-7:15 GPS group (Waltz), chapel

FRIDAY October 18

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

SUNDAY October 20

November Newsletter deadline
UMW Bake Sale in the morning
9:45 Discipleship Pathway class, chapel
6:00 Girl Scouts, Gathering Place
7:00-8:00 Troop 44, Fellowship Hall

MONDAY October 21

10:00 Deborah Circle, parlor
6:00 Pack 44, Fellowship Hall
6:00-8:00 Stephen Ministry training, 058
6:30 Worship Committee, library

TUESDAY October 22

6:30-8:30 Crafter's corner, parlor
7:00 GPS group (Bankston/Terlip), chapel

WEDNESDAY October 23

2:00 service at Windhaven
CrazyFunBusy Wednesday Night

THURSDAY October 24

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

FRIDAY October 25

Lincoln School Kale day in kitchen
5:30-7:00 Daisy Troop 4029, Parlor
6:00-8:00 Girl Scout dance, Gathering Place

SATURDAY October 26

9:00 Troop 44 can drive, north parking lot
10:00-3:00 Clergy Spouse retreat, GP

SUNDAY October 27

9:45 Discipleship Pathway class, chapel
6:00-7:30 GS Troop 1871, chapel
7:00-8:00 Troop 44, Fellowship Hall

MONDAY October 28

12:30-6:00 Blood Drive, Gathering Place
6:00-8:00 Stephen Ministry training, 058

WEDNESDAY October 30

2:00 service at Windhaven
TRUNK or TREAT

Getting To Know Our Neighbors

UMW Field Trip, Thursday, September 12th

In response to a Cedar Falls initiative called “Knowing Your Neighbor” that introduces Christian women’s organizations to each other, our UMW Unit visited the Church of Jesus Christ of Latter-day Saints. Approximately 30 women and youth hosted a visit by six of our ladies. We opened and closed the meeting in prayer. The youth welcomed us with their theme song from last year. A short presentation was given by their women’s Relief Society. Lorna Ericson and Lisa Congdon described UMW and the United Methodist Church, respectively. We learned that both churches participate in a main service, known as a sacrament (communion) meeting. Further members sing hymns, pray and preach. We share a primary focus to support children, women, youth and families. We were blessed by a great discussion, refreshments and table decorations. We pray that we can maintain a relationship with each other and identify ways to work together in the future.

Submitted by Chris Werling, UMW Vice President

UMW Meeting October 10

The UMW Unit meeting’s program on October 10th will have speakers from the Black Hawk County Veterans Affairs/ UNI Veterans’ program. They will be speaking on the statistics of women veterans in Black Hawk County as well as describe life adjustments they need to make when they return to civilian status. All are welcome to attend with the speakers starting at 1 pm and refreshments to follow.

UMW Bake Sale

The members of United Methodist Women will be having a Bake Sale Sunday October 20th between services in the Gathering Space. We need UMW members and supportive members to donate items for the sale. We also want everyone to come hungry for the yummy goodies.

Faith Over Fear

Event coming next spring

The UMW is preparing to have Mandy Sullivan come share her spiritual ministry with an amazing afternoon covering the subject FAITH OVER FEAR. Accomplish God’s best for yourself and learn how to overcome stress, anxiety, and fear. Save the Date April 4, 2020 from 12:30 to 4:00. More information about this exciting event will be coming soon.

UMW Purpose Statement

The organized unit of the United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

October UMW Calendar

- Oct. 02 – More than Moms, 6:00 p.m.
- Oct. 04 – Iowa Conference UMW Ubuntu Day, Des Moines
- Oct. 05 – Iowa UMW Annual Meeting, Des Moines Staves UMC
- Oct. 07 – Board Meeting, 9:30 a.m.
- Oct. 09 – More than Moms, 6:00 p.m.
- Oct. 10 – Unit Meeting, 1:00 p.m.
- Oct. 16 – More than Moms, 6:00 p.m.
- Oct. 18 – 20 – Fall Mission u
- Oct. 21 – Deborah Circle, 10:00 a.m.
- Oct. 23 – More than Moms, 6:00 p.m.
- Oct. 24 – Mary Circle, 9:30 a.m., Parlor
- Oct. 24 – Joy Circle, 1:30 p.m.,
- Oct. 30 – More than Moms, 6:00 p.m.

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 059, Tuesday nights from 6:30 – 8:00.

Invest a Weekend, Gain a Lifetime Purpose



- Learn to **see** the Christ among us
- Learn to **be** the Christ among us
- **Jump-start** your faith
- **Live** with a new sense of purpose
- A great opportunity for **EVERYONE** including **YOU**

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. The activities and discussions will encourage you to live out your faith in new ways. You'll be amply fed,

comfortably housed, and you'll have plenty of time for a good night's sleep. Scheduled break times allow opportunities for private meditation, social interaction, and fresh air.

This is the **Walk to Emmaus**. How far, you ask? This "walk" is symbolic, not an actual physical challenge. Facilities and activities are fully accessible to people of all abilities. The name, **Walk to Emmaus** refers to Luke 24:13-35 where Jesus walks with two travelers who do not, at first, recognize him. In this weekend, you'll learn to recognize Christ in the world around you, and will be inspired to be an instrument of His love.

If you have interest in learning more about the **Walk to Emmaus**, contact the church office. 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.

Upcoming retreats:

October 17-20, 2019 men Solon, IA
November 7-10, 2019 women Solon, IA

Equipping Your Life of Ministry

We hope you see your life as a personal ministry and your ministry can take many forms: sharing your story, serving others, preaching, leading, visiting, praying, and working.

The **School for Lay Ministry** is a program of the Iowa Conference of the United Methodist Church, designed to grow and equip new lay-leaders. Some of the ways that SLM graduates serve are: volunteer management, Christian education, care-giving, youth programming, outreach, pulpit supply, and the SLM is the pathway to becoming a Certified Lay Minister.

Students devote four weekends a year for three years to this program. Classes are held at the Cornell and Simpson colleges. Our own Pastor Scott Kober is an instructor for the **School for Lay Ministry**. There are reading assignments, lecture sessions, group discussions and activities. It's not for everyone - you have to want to do this - but if you do, you will end up having one of the most enlightening and empowering 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.

If you are curious about the **School For Lay Ministry**, talk to us in the church office and we can connect you with someone who has been - there are many in our congregation.

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.

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.



2019 Mission u: Learning Together for Transformation of the World

The United Methodist Women (UMW) Mission u events are wonderful mission education opportunities to study current issues impacting society. Whether you are young or old, laity or clergy, a UMW member or not, a first timer or attend every year, you are invited. All participate in the Spiritual Growth Study - "Practicing Resurrection: The Gospel of Mark and Radical Discipleship". Also, attendees may choose to attend either the special anniversary study "Women United for Change: 150 Years in Mission", or the social issue study "What About Our Money? A Faith Response".

When: October 18-20. (Friday afternoon through Sunday afternoon)

Where: Iowa Valley Continuing Education Center, Marshalltown, Iowa

You may obtain a copy of the brochure and registration form at the counter on the Welcome Center in the Gathering Place. If you have any questions please contact Chris Werling (contact info is on the brochure)

Stephanie Buchs, Lisa Congdon, Chris Werling, and Crystal Wilken were at the July session of Mission u and learned so much about the rich history of women in mission work not only in the USA, but globally. We also were challenged to step out in radical discipleship, using examples from stories of Jesus found in the Gospel of Mark. The instructors are engaging and passionate about Jesus and missions, especially as it relates to women in mission and how we DO make a difference in the world. We encourage you to check it out this fall, or save the dates for next year: July 19-21 and October 16-18, 2020. Next year the study topics will be "Finding Peace in the Midst of Anxiety" and "Mass Incarceration: School-to-Prison Pipeline".

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 always welcomes new friends - men and women! This group meets in the chapel near our main entrance at 9:30 on Tuesday mornings. Bring your Bible - whichever one you prefer - and be prepared to read through and discuss the Bible. It's an easy group to join at any time. No homework or study guide is required, just read along with this group and offer your insight. Shirley Bolin and Linda Berneking are the contacts for this group.

12 Mission of the Month

UMCOR Kit Needs for Ingathering

Our First UMC crews are working hard compiling school kits and hygiene kits for the Mission Ingathering. This effort is our October Mission of the Month, and you can help! These kits will be distributed through Midwest Mission Distribution Center - a UMC-affiliated mission depot in Chatham, Illinois. They will be distributed to students and people whose lives have been interrupted by disaster, and to those in chronic poverty situations.

We are packing School Kits again this year and could use:

- *Rulers (12 inches of a sturdy or flexible material)
- *12-packs of colored pencils
- *Spiral Notebooks (with wide-rule paper)



We never get tired of this picture of Denny in a hairnet

Hygiene Kits are much appreciated by those who are temporarily displaced due to floods, hurricanes, wildfires, and other natural disasters. We could use additional:

- *Hand towels (15x25 to 17x27 - new and unwashed)
- *3 oz (or larger) bars of soap (no Jergens or Ivory)

Donate Cash - Envelopes at the Welcome Center

Toothpaste: If you don't care to shop but want to help we are also collecting money to purchase toothpaste for Hygiene Kits (\$1 a tube). This money will be sent to UMCOR and they will purchase and add the toothpaste to the Kits just before they are shipped.

Shipping: Each kit costs \$2 for shipping to get it to its destination. We have hundreds of kits to send, so any amount to help with shipping will be appreciated.

Thank you for support of our October Mission of the Month.



Ship the Kits, \$2 each!

Free, Sexy Hairnets

Hint: A great mission project for a

Sunday School Class, or small group

Our church has been invited to help with the 13th annual food-packing event for **Feed My Starving Children!** It's a ton of fun and in just two hours you'll pack thousands of meals to make a difference to hungry people around the world. You'll also get a free, sexy hairnet, just like Denny's. We will need 10 people to help on Monday, October 7th from 7 pm to 9 pm at the Westminster Presbyterian Church in Waterloo. Contact Julie Fee (266-9365).

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.

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

Here are some ways you can help the wee ones, both locally and far away.

Donate to our Wee Care closet. Grateful parents of wee ones come to our church every Tuesday afternoon to pick up a supply of much needed baby goods. This gap ministry through LoveINC helps struggling families in our own community stretch their dollars. 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.

Or, provide items for **Layette Kits** for Midwest Mission Distribution Center. These items will be collected until Ingathering, and Midwest Mission will ship them to those in need all over the world. You can purchase enough to complete a kit, or simply an abundance of what you can get a good deal on. Find the list on the back counter of the Welcome Center.

For Layette Kits:

- 6 cloth diapers
- 2 gowns or sleepers
- 2 undershirts or onesies
- 2 infant washcloths - no adult washcloths
- 2 diaper pins with protective plastic closures
- 1 sweater, sweatshirt, or jacket open in front (no buttons or ties)
- 2 receiving blankets (28"x28" to 32"x32")- no crib, fleece, or thermal blankets

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

Outreach & Missions:

Community Meal

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

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

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

Dear FUMC volunteers,
Thank you AGAIN for helping to sort and organize the second grade math worksheets. Your group effort saves us countless hours! We are so thankful to have you as our Partners in Education. We appreciate all the volunteers your church provides all year long as well as the funds that are donated to provide books for our students. THANK YOU!
Mrs. Witt, Mrs. Mounce, and Mrs. Lindgren

Thank you for the beautiful rose and cards I received for my birthday. I am so sorry I missed seeing Jane.
Rosalee McMullen

Thank you Congregational Care Team for the beautiful rose delivered by Jane Wyckoff, and for the card signed by the staff in honor of my birthday. I always look forward to the visit by Jane.
Charles Roudebush

I want to thank the First United Methodist Congregational Care Team and Jane Wyckoff for the beautiful red-tipped rose delivered to me for my 88th birthday on September 17, 2019! I appreciate the great visit with Jane! Thank you!
Love, Marlys Pals

Thank you all for the beautiful birthday rose and for your general "keeping in touch". We appreciate you! May you feel God's blessings for all you do...
Lura Treloar

Thank you so much for all of the food you provided for our September 8th Block Party! We had a fun event with live music from "Youth Gone Wild", yard games, and lots of great food! Thanks again for your support.
Students, staff, and Board of Directors of Threehouse Campus Ministry

We both appreciated so much the many prayers and sincere get well wishes following our emergency room visits on 8/15 (Doug) and 8/20 (Maxine). The food brought in by Pauline & Jim Harding and Linda Kennedy was greatly appreciated and yummy as well! We made it last for many meals. Jim Buchs has graciously been mowing our Cedar Falls home as well; "thank you Jim"! The care and concern of this congregation when need arises is very evident when your health falls apart! You are indeed the hands and feet of Jesus! Doug & Maxine Kehret

Sympathy to:

- Family and friends of Jack and Leah Berg. Jack passed away September 19 and Leah died September 20.
- Dave Harris on the death of his brother, Stuart "Skip" Harris, on September 22.
- Denise Barr on the death of her father, Ray Frederick, on September 28

Congratulations Ike and Aileen!

Ike and Aileen Anderson celebrated 66 years of marriage on September 26, 2019. They were married at the Little Brown Church in the Vale, and have been thankful for every day since!

Happy Birthday, Marilyn!

Marilyn Roudebush is celebrating her 90th birthday with an Open House on Sunday, October 6 from 1:00-3:00 in the church Gathering Place. Please come and celebrate with her.

Financial Update

YTD Received:	\$547,594
YTD Budget Needs:	\$632,365
Mortgage Balance as of Sept 29	\$185,400

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

	9/1	9/8	9/15	9/22
Fusion (Wednesday)	x	x	35	17
Transformation	75	71	66	90
Traditional 8:30	122	114	133	123
Traditional 11:00	65	130	72	119

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

aboutFirst (USPS 671-710)
is published monthly by
First United Methodist Church
718 Clay Street
Cedar Falls, IA 50613.
Periodical postage paid at
Cedar Falls, IA. POSTMASTER
Send changes to:
aboutFirst
718 Clay Street
Cedar Falls, IA 50613

aboutfirst news

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