

# aboutfirst news

September, 2019 First United Methodist Church, Cedar Falls



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

fall kickoff

## PICNIC

everyone's invited for

**free food & fun**

Wednesday, September 4, 2019

5:30-7:00pm

We'll have burgers and dogs on the grill,  
salads, and other good eats.  
Games for kids and families.

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issue 227, September, 2019

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## We All Go Back to School

Jaroslav Pelikan wrote, "The Church is always more than a school, but it can never be less than a school."

I have been so enriched in my Christian faith through the faithfulness of many Church school teachers over the years. They have shaped and encouraged me to grow in my love and knowledge of God.

Thomas Long in his book *Testimony* feels the same way about his Sunday School teachers:

*They dragged their weekday-weary bodies, their sometimes halting knowledge of the Bible, their own struggles with doubt, and their clearly evident humanity into spare Sunday school classrooms and dared to talk to other people's children as best they could about the Christian faith.*

*I look back now and realize how much what they did mattered, how much what they said continues to nourish what I believe and what I do with my life. Some people might ... scoff at their lack of knowledge and their capacity for misinformation. Some others might sniff at their primitive pedagogy—their crinkled lesson books, their almost comical attempts to make cutout paper sheep stick to flannel boards, and their often futile struggles to instruct restless nine-year-olds—and call it a waste of time. I don't. I call it courage. I call it love. I call it faithful testimony (Long, 112).*



Beginning Sunday, September 8 th Sunday school classes will embark on yet another outing into Christian education. All are invited to join whether you are age 3 to 103!

Scott Keele Kober  
Lead Pastor



## 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](http://aboutfirst.com) and scroll down to the "sermons" graphic, which will link you to all of our sermons and public videos.

## Wednesdays Are About To Get CrazyFunBusy

Wednesday night is YOUR church night and there's something for everyone. All of the CrazyFunBusy events start September 11.

**Filling Station:** We know it's hard to get the family fed before coming to church, so we will kick off our fun packed Wednesday nights with a meal. Please join us for the Filling Station on Wednesday, Sept 11. The Filling Station is in the gathering place 5:00-6:00pm. Everyone is welcome to attend. Cost of the meal is a free-will contribution. We do need help with serving and clean up. If you feel called to help with this ministry contact Jenna Engel at [jenna.engel@aboutfirst.com](mailto:jenna.engel@aboutfirst.com).



### **B.L.A.S.T: Bible Learning And Serving Together.**

BLAST (Bible Learning And Service Together) is our Wednesday night fun & learning for elementary-age kids. B.L.A.S.T will be taking on a new look this year. Instead of spending all of Wednesday night in the gym, we will be utilizing the Gathering Space as well. The reason for this minor change is the activities that the children will be doing may be messy, and carpet is hard to clean. Our learning focus will follow the Sunday sermons and will bring the scriptures alive in a way that makes sense to young minds. We'll still be active, but will be more intentional about the learning process. We will be doing this through hands-on projects, acting out the stories, and games. We are looking for 3-4 adult volunteers to help. If interested please let Jenna Engel know.

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

## Camp Scholarship Thanks

Iowa United Methodist Church Camps give children and youth an adventurous summer experience, while also providing a grounding in Christian principles and awareness. Thank you to everyone who helped make camp a reality by contributing to our camp scholarship fund. Here's what some of our campers had to say:

- Thank you for helping me go to camp. My favorite part was playing games. I learned new songs, too.
- My favorite part was leading horses when you are standing on the ground, riding with a saddle, and going bareback. I learned what hard words mean in the Bible.
- My favorite part was doing all of the activities that they had. I learned how to play invisible football.
- I had so much fun. My favorite part was swimming in the pond. I learned lots of stories from the Bible and what they mean.
- My favorite part was riding the horses. I also learned how to steer a horse and how to canoe.
- I appreciate the help. My favorite part of camp was riding horses, meeting the newborn foal, fishing, canoeing, games on the mound, stargazing, and the chapel services. I loved meeting new people, learning new games, trying new foods, and night swimming. I learned a lot about stars and about Jesus.
- Thank you for helping me go to camp. My favorite part was visiting the goats. I learned new songs.

## - FALL/WINTER WORSHIP SCHEDULE -

begins September 8

Sunday, 8:30 am Contemporary & Traditional

Sunday, 11:00 am Traditional

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

### Worship Teams

What could be a better way to reach out to others than to lead them and assist them in worship? There are opportunities in both Transformation Worship and in Traditional Worship to lead the time of welcome and announcements, read scripture, lead prayers, make music, serve communion, present the children's message, and help on the tech team. There also are roles to fill on our hospitality team as greeters, ushers, Welcome Center hosts, and snack servers. There are plenty of jobs for everyone to have one! Talk to Jenna or one of the pastors about how you can help others have a great Sunday morning!

### Making Sense of the Bible

a teaching series beginning September 8

*Why is there so much violence in the Bible - I thought God was love?*

*When Bible scholars have opposing viewpoints, who do I believe?*

*The Bible stories are 2 thousand years old - is that it? Is that all? Doesn't it go on from there?*

*What is God's story today?*

There's truth in the Bible and there's beauty in the Bible. The text is sacred, but it's not an easy read. There are pieces of the Bible that we find confusing, troubling, or frightening.

Pieces of the Biblical text seem to contradict each other, and conflict with our modern concepts of fairness and equality. It

seems that any attempt to understand the Bible leaves us with as many questions as answers.



Beginning September 8, we will present a new Sunday morning teaching series which will look into the challenges of reading and understanding our holy book. God's story is alive and well today. With this series, we hope to inspire you to approach the text again, and to read it in a way that you find truth, and meaning, and your own place in the story.

**Sept 8 Making Sense of the Old Testament**

**Sept 15 Making Sense of the New Testament**

**Sept 22 Questions About the Nature of Scripture**

**Sept 29 The Bible and Science**

**Oct 6 Violence, Suffering, Other Troubling Issues**

**Oct 13 Wrestling With Issues of Sexuality & Relationships**

## Powerful Start to the Season

As we think of high-profile people in our community who have made mistakes and faced the consequences, one of the compelling stories is that of Dr. Mark Louviere.

At the height of building a successful medical practice, his personal life fell apart, and some new “friends” turned out to not be the right people to hang out with. He got caught holding illegal drugs with a street value of almost a million dollars. He lost his medical practice and went to prison for a decade.



This fall at Fusion Tonight we'll be wrestling with the concepts of sin and redemption. Having served his sentence, Mark Louviere is now out of prison, and is learning to point his life in new directions. Hear his story in person, Wednesday, September 11, as we welcome Dr. Mark Louviere to join us at Fusion Tonight. Fusion Tonight is our weekly worship talk show. It's fun and it's serious. You'll hear real life stories from the people who live them, 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

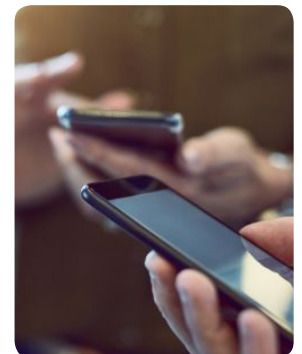
The whole world - including you - can watch our Sunday sermons live, online at our First UMC facebook page. The video stream for Transformation worship starts around 8:55, and the Traditional worship stream starts around 10:25. Please, if you can't make it in-person, consider watching on Facebook!

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.



## Are Phones OK in Worship?


Yes. Today's personal communication devices are amazing in their ability to immediately connect us to online resources and networks of friends. There's a place in the worship setting for this kind of connectivity. Maybe the pastor reads a scriptural passage that really interests you, and you want to look it up right now. Go for it. Maybe you're moved by the the message, and you want to share a particular point with someone before you forget it. Do it. Maybe you just want to tell the world where you are at this moment - don't hold back. Go ahead and use that phone or tablet as a tool to get more out of worship, and to share the experience with others. The only thing we ask ... turn the sound off.





**Q** Can I make a restricted gift, i.e. require the gift be used for a specific purpose?

**A** While all gifts are welcome, restricting a gift is discouraged because of the uncertainty of future needs. It is preferred to allow the future leaders of the church to determine the appropriate uses of the funds based upon the needs of the church. If you prefer to designate a use of the funds we have 6 categories to use; Education, Missions, Church building maintenance and equipment, Music, Technology and Unrestricted.

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

## RUMMAGE SALE 2019 FINAL REPORT

Another very successful sale is now in our history books! I can't begin to thank all of you who donated, volunteered your time to help before, during and after the sale, or baked items for the bake sale/luncheons served!

I am always amazed that in 3 hours on Thursday evening we had sales over \$6,000!! The final net proceeds (\$10,184.00) will be split into thirds as decided by the Rummage Sale Committee and be given to Midwest Missions; the Trustees for use to update our antiquated phone system; and Christian Education (for Jenna to use at her discretion).

Our Rummage Sale helped others in our community in many different ways as well. Our "leftovers" will be used by:

- Denny Mills – stuffed animals which he drops to Amish children from his airplane
- Love Inc. – bedding, dish sets
- Salvation Army Shelters – winter coats, gloves, hats, scarves
- Carl and Ann Campbell – shoes to take to Mexico/south Texas border
- Trinket and Togs, Cedar Falls – women & children's clothing
- AAUW – shoes to go to Africa
- Waterloo middle school teacher – formals to use for teaching sewing, and making costumes
- Allen Hospital – 2 wedding gowns to have made into burial gowns for stillborn infants
- Sandi Routh – t-shirts to make diapers/underwear for foreign countries
- Threehouse – several items for student use
- ReStore (Habitat for Humanity) – furniture, books, outdoor items
- Women At the Well – clothes for re-entry women
- Emily Terpstra – blankets to be used for bedding for the Humane Society animals
- Ann Campbell – leftover jewelry for game prizes at retirement homes
- Family & Children's Council – children's clothing
- Bobbette Fortney for F.U.M.C.'s Wee Care Ministry – a few new baby items
- Goodwill – the remainder of the leftovers

The continued dedication and commitment of the Rummage Sale coordinators is truly an inspiration to me. The following individuals coordinated their own areas and called upon most of you to help with the sale: Mary Shepherd – books; Carol Dick – children's clothes/toys; Mark Canby – men's clothes, and set-up of clothing racks with John Bentley; Craig and Kris Rash – household items in Fellowship Hall; Paul Klotz – electronics and watches; Bill & Donna Mincks – sorting/pricing of all jewelry; Annette Pease & Jan Hoover – women's clothes & accessories, shoes; Marcia Simpson, Donna Allee, and Arlene Fleming in the "Knick Knack" Room; Lorna Ericson – Holiday Room; Carl & Ann Campbell – antiques and jewelry; Jim Schwab – weekly Wednesday night sorting; Dorothy Schwab – arrangement of artificial flowers; the UMW Circle "Hearts and Hands" – Thursday night meal; Gale Carlson – Friday & Saturday Luncheons; Linda Kennedy – the Bake Sale. Thank you to the Youth who provided ice cream sundaes after the sale. Also to Phoenix Jones for his help carrying bags of merchandise for customers at the sale! My greatest appreciation goes to Jim & Stephanie Buchs for their co-coordination of this rummage sale. Their prior experience is invaluable! Also, enough cannot be said about the continued support of the Church Staff! The custodians John & Emily spent much time in the set-up and clean-up before, during, and after the sale. Lisa and Chris Congdon were invaluable at assisting with distributing information to you during the summer months through paper bulletins, newsletters, and electronic news. Sue Chizek was available each day of the sale to handle the monies taken in and to make sure the final proceeds reach their intended destinations. And, finally "thank you" to Pastors Scott and Matt for allowing the weekly rummage sale news during the Sunday services and their continued support of the sale. Thank you "everyone" for another successful sale!

*Maxine Kehret*

## Sept 3 - Grief Support Session

**Where:** church parlor

**When:** 2:00-3:30 pm

If you are grieving a loss, you are welcome. We provide a safe, confidential time to share feelings and thoughts. If you have questions, please call Carol through the church office at 266-1713.

## Sept 19 - 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.

## Sept 10 - Card Making Party

**Where:** Gathering Place

**When:** 1:00-5:00 (come and go)

Come join the fun as we make recycled greeting cards to send and sell on the card rack. No experience is needed. This quarter's profits go to the Salvation Army Women's Shelter.

## Sept 13 - Girl Scouts Make Your Dinner

**Where:** Fellowship Hall

**When:** 5:00-8:00

GS Troop 6581 will prepare and serve Sloppy Joes, Baked Beans, Chips and Dessert Bars. A free will offering will be accepted. This event is one of a series of fundraisers to raise money for our trip to Savannah, GA in June of 2020. Along with the meal we are holding a **silent auction** from 5 to 7:30 pm. Join us for a tasty meal and check out the special items offered at the silent auction.

## Sept 23 - 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](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.

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.

## Sept 24 - Crafter's Corner

**Where:** Parlor

**When:** 6:00-8:00

Attention crafters! Join us on Tuesday, September 24 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](mailto:crystalwilken@gmail.com) with any questions.

## Sept 29 - Come Home For Dinner

**Where:** Fellowship Hall

**When:** 11:00 - 1:00

Our United Methodist Women is a missions powerhouse, and you can help sustain this outreach in the tastiest way possible - eating hamballs! UMW's annual Come Home For Dinner is Sunday, Sept 29. Stick around after worship for a Sunday dinner of hamballs, potatoes, veggies and dessert. Cost of the meal is a free-will contribution. Come enjoy the fellowship and the food while contributing to a good cause.

## 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.

# 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\*  
10:00 Traditional Service, Sept 1  
11:00 Traditional Service\*  
6:30 Les Cloches d'Or rehearsal, sanctuary\*  
\* weekly beginning Sept 8

### Tuesday

7:00 Tuesday Men's Breakfast, CF Family Rest.  
9:30 Quilters/Stitchers, O59  
9:30-10:30 Tuesday Bible Study, chapel  
4:30-6:00 Community Meal, Fellowship Hall  
7:00-9:00 AA, O55

### Wednesday

9:00 Women Connected by Prayer, parlor  
5:15 AA, O55  
5:00-6:00 Filling Station. Gathering Place\*\*  
6:00-7:15 More than Moms, parlor\*\*  
6:00-7:00 BLAST Fellowship Hall\*\*  
6:00 Youth Group, 3rd floor\*\*  
6:15-7:30 Tower Bell rehearsal, sanctuary  
6:30 WOW AA, O55  
7:15 Fusion Tonight\*\*  
7:30 Chancel Choir rehearsal, choir room  
\*\* weekly beginning Sept 11

## Also Scheduled....

### SUNDAY September 1

Pat Benda at Frederika UMC  
Mark Fransdal at Jesup UMC

### MONDAY September 2

Labor Day - office is closed

### TUESDAY September 3

2:00-3:30 Grief support, parlor  
7:00 GPS group, chapel

### WEDNESDAY September 4

9:00 Women Connected by Prayer PANERA  
5:30 Fall kickoff picnic  
6:00 Burger with the pastor

### THURSDAY September 5

10:00-12:00 Renovare group, chapel  
2:00 UMC Clergy Cluster, library  
5:00-7:00 Girl Scout, Gathering Place  
6:30 Trustees, library or chapel  
7:00 Transformation Band, Fellowship Hall

### SUNDAY September 8

School year worship schedule resumes  
First Day of Sunday School  
8:30 Transformation Worship, Fellowship Hall  
8:30 Traditional Service, sanctuary  
9:30 Fellowship time, Gathering Place  
9:45 Sunday School for all ages  
11:00 Traditional Service, sanctuary  
5:00-7:00 Threehouse Block Party  
6:30-7:30 Girl Scouts, library or GP  
6:30 Les Cloches d'Or rehearsal, sanctuary

### MONDAY September 9

9:30-11:00 UMW Board meeting, library  
5:30 FirstKids Board, director's office  
5:30-7:00 Pack 44, Gather place & library  
6:00 HOME Team. chapel

### TUESDAY September 10

1:00-5:00 Cardmaking, Gathering Place  
6:30 Finance Meeting, library  
6:30 Transformation Band, Fellowship Hall  
6:30 men's group, O59  
7:00 GPS group, chapel

### WEDNESDAY September 11

CrazyFunBusy Wednesday Night!  
2:00 Communion Service, Stanard Care  
5:00-6:00 Filling Station. Gathering Place\*\*  
6:00-7:15 More than Moms, parlor\*\*  
6:00-7:00 BLAST Fellowship Hall\*\*  
6:00 Youth Group, 3rd floor\*\*  
6:15-7:30 Tower Bell rehearsal, sanctuary  
6:30 WOW AA, O55  
7:15 Fusion Tonight\*\*

### THURSDAY September 12

UMW Field Trip

### FRIDAY September 13

5:00-8:00 Sloppy Joe Dinner, y'all come

### MONDAY September 16

10:00 Deborah Circle, parlor  
6:30 Stephen Ministry Supervision

### TUESDAY September 17

7:00 GPS group, chapel

### WEDNESDAY September 18

11:00 service at Pinnacle Care

### THURSDAY September 19

8:00 - Grief Support Trip to Reiman Gardens  
10:00-12:00 Renovare group, chapel  
Noon-3:00 First Friends potluck, Gather Plac  
7:00 Transformation Band, Fellowship Hall

### FRIDAY September 20

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

### SUNDAY September 22

Chris Werling at Frederika UMC

### MONDAY September 23

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

### TUESDAY September 24

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

### WEDNESDAY September 25

2:00 service at Windhaven

### THURSDAY September 26

9:30 Mary Circle, parlor  
1:30 Joy Circle, parlor  
7:00 Transformation Band, Fellowship Hall

### SUNDAY September 29

UMW Serves Come home for Dinner  
CROP Walk is today  
Chris Werling at Frederika UMC

### MONDAY September 30

noon Newsletter mailing crew



## Annual Field Trip

United Methodist Women is scheduled for its annual field trip in September. This year we will be visiting the Church of Jesus Christ of Latter-day Saints, 3006 Pleasant Drive, Cedar Falls, on Thursday, September 12th beginning 6:30 p.m. and ending between 7:30 – 8 p.m. We have reserved the bus to provide our transportation and to encourage attendance by UMW ladies and guests. Anyone interested in riding the bus should meet at the Church at 6 p.m. and plan to return by 8:15 p.m. UMW please contact your Circle Chair if you are interested, specifically letting her know if you would like a seat reserved on the bus. Guests are welcome! Anyone not affiliated with a UMW Circle should contact Chris Werling at [cwerling72@gmail.com](mailto:cwerling72@gmail.com) or call 319-594-2404. We will need an estimated head count by Monday, September 8th by 8 p.m.

We are looking forward to a discussion between their Relief Society, “Knowing Your Neighbor,” and UMW in conjunction with living out our purpose of women in service to others and children.

## September UMW Calendar -

- Sept. 04 – More than Moms, 6:00 p.m., Parlor
- Sept. 05 – NE District Leadership Team Workday, Strawberry Point UMC
- Sept. 06 – NE District UMW Annual Meeting, Strawberry Point UMC
- Sept. 09 – Board Meeting, 9:30 a.m., Library
- Sept. 10 – Hearts & Hands Circle, 5:30 p.m., Gathering Place
- Sept. 11 – More than Moms, 6:00 p.m., Parlor
- Sept. 12 – Unit Meeting – evening field trip
- Sept. 16 – Deborah Circle, 10:00 a.m., Parlor
- Sept. 18 – More than Moms, 6:00 p.m., Parlor
- Sept. 25 – More than Moms, 6:00 p.m., Parlor
- Sept. 26 – Mary Circle, 9:30 a.m., Parlor
- Sept. 26 – Joy Circle, 1:30 p.m., Parlor
- Sept. 29 – Come Home To Dinner, 11:00 a.m., Fellowship Hall

## 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.

## fellas @ first

### Men’s Tuesday Breakfast

All men are welcome to join them at 7:00am at the Cedar Falls Family Restaurant (2627 Center St) every Tuesday. After a quick devotion, you’ll have time to eat and be on your way by 8:00. Start your Tuesdays with a great group of guys.

### 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.

We’ll start this semester with video-based ice-breaker questions on our personal understanding of Christian topics and then we’ll continue watching the video series Drive Through History - The Holy Land. The host takes us through the places and stories of the Bible, exploring the geography and history as we go.

Meet downstairs in room 059, Tuesday nights from 6:30 – 8:00.



## Keep Packing School Kits

You can help by keeping your eyes open for good deals on school supplies and bringing them to the Welcome Center (back counter). The list has changed...we are working with Midwest Mission and their request list is slightly different. This is what is needed to fill each school kit:

- 3 - 8 x 10 ½ spiral-bound one-subject notebooks, 70-80 pgs each (wide OR college rule)
- 1 - pencil sharpener (hand held - at least 1" long)
- 6 - unsharpened pencils with erasers (plain - no advertising)
- 1 - box 24 crayons (ONLY 24 count, please)
- 1 - box of 12 colored pencils
- 1 - pair BLUNT scissors (rounded tip, no plastic scissors)
- 1 - 2 inch or larger eraser
- 1 - 12 inch/30 centimeter ruler (hard or flexible, must be flat and have metric markings)

## 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](http://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.

## 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](http://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.

## You Want To Do This

I've never thought of myself as a "kid person", but last year I volunteered as a Reading Buddy at Lincoln School. Every Thursday afternoon I walked across the street and hung out with Mrs. Moody's third grade class. I spent a few minutes with each student as they read a short assignment. I coached them when they stumbled over big words and asked them questions to be sure they understood.

I loved when I could see that they were excited about learning, and reading had become a doorway to discovery. One week the kids were reading biographies and they all wanted to teach me about King Tut, Mark Twain, Marie Curie, Milton Hershey, Annie Moore, Anne Frank and Barak Obama.

One 3rd grader, who at the beginning of the year said she didn't like to read, was eager to tell me all about Rosa Parks, and every week after that, I challenged her to read something new and to share it with me. I couldn't wait to see what she'd teach me next.

Lincoln Principal Ralph Bryant is looking forward to another year of our Reading Buddy partnership. Reading buddies will begin working in the classrooms the week of September 16. This year we will partner with kindergarten through fourth grade classrooms. Sign up on the sheet outside the chapel to be a part of this great partnership. You'll help to Change a Child's Story, and they might change yours, too.

- chris c.

September mission of the month

## 50th Anniversary of Crop Walk for Hunger Relief

Sunday, September 29, 2019

1:30 Registration

1:50 Send off



For fifty years, the Church World Service CROP Walk has raised money to fight hunger here at home, and abroad. Food-insecurity can be the result of many things: a job loss, a disaster, chronic poverty, politics, economics, or the weather. Church World Service (CWS) works wherever people are hungry to assist them in overcoming their situation.

CROP Walk is a fundraiser for this effort. You are invited to walk the 3-mile route, to sponsor someone who is walking, or to make an online contribution.

25% of the contributions will fight hunger locally through the NE Iowa Food Bank. The remaining 75% will be used for world hunger relief by Church World Services (CWS).

Walk starts and ends at Bethlehem Lutheran Church 4000 Hudson Rd. CF. There will be one 3 mile route this year, which will return to the church where refreshments will be available. There is also a rest stop along the way. All ages are welcome to participate. Children should be accompanied by a responsible adult.

Go to [www.crophungerwalk.org/waterlooia](http://www.crophungerwalk.org/waterlooia). Search CF FUMC and make a donation. There will also be a sign up between services in the Gathering Space. If you have questions, contact Julie Fee (266-9365) or [bjfee@cfu.net](mailto:bjfee@cfu.net).

## Who does CWS Help through CROP WALK?

Check the display in the gathering place for the "postcards" of people who have been helped by CROP Walk. You'll find the stories of people in USA, in Africa, Asia and in Europe who have found themselves in a food-insecure situation.

Tammy Draper's home in Morehouse, Missouri, where she lived with her husband and children, was so badly damaged by a late April 2011 flood that inundated 95% of the town that eventually it had to be torn down. "We expected to lose everything inside, but we didn't expect to lose our home."

Since then, Tammy took part in a CWS disaster recovery workshop in nearby Sikeston. "I didn't know that there were so many more resources," Tammy said. "This is going to be very beneficial to our community. That is wonderful".



## Thank You From Wee Care Crew

Thanks to all of you who add supplies to our basket or donate money. We see between four and ten families each week. Also want to thank a friend, Melissa, who gave us five hand-knit blankets with a small stuffed animal to match. What a treat to give our babies a boost and touch of love!

## Stephen Minister Training This Fall



Stephen Ministers provide Christian care for our peers going through some type of loss. It is not counseling but walking along side another person, listening to their feelings, supporting and encouraging. Beginning Oct. 7th, FUMC will be offering a weekly Stephen Minister training class on Mondays, from 6:00-8:00 p.m., and will conclude in March prior to spring break. Many participants have found the class to be helpful not only at FUMC but also with their own families, friends and at their work places. Please stop at the church office to pick up a packet to register for this rewarding class. This packet will need to be returned to the office by September 16th.

FUMC Stephen Ministry Leaders: Sandy Noelting, Dee Behr, Jan Hoover.

## 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](mailto: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 [loveincv.org](http://loveincv.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's

Thanks to so many of you for remembering me since the passing of my wonderful sister, Alice. What an awesome church family I am blessed with.  
Jane Wyckoff

A huge thank you to Jane Wyckoff for delivering the beautiful pinkish-orange rose for my birthday! It is always great to visit with Jane - we find so much to chat about! And she is always smiling!  
Marlys Simpson

I want to thank the church for the beautiful red rose that Jane delivered for my birthday. Also thanks for the cards I have received during my stays in rehab facilities. They are much appreciated.  
Gil Hewett

I want to Thank the Congregational Care Team of United Methodist Church for the beautiful rose. Delivered by Jane Wyckoff on my 81st Birthday.  
Betty Fanning.

Thank you for all the hugs, cards, texts, and listening following my brother's fatal accident. During the "weary" times that is what helped, knowing you have the support of the First UMC church family.  
Jan Hoover

The rose from the altar given me for my birthday is beautiful and means a lot to me. Thanks to my church family.  
Betty Goettsch

A big thank you for the beautiful red rose Jane Wyckoff dropped off at my home. It's so nice to know my church family is thinking of me.  
Ann Campbell

One day my "sister soprano" came to visit me with a rose from FUMC. Now there's something to look forward to. Thanks Jane!  
Bobbette Fortney

I'm very thankful for the rose and vase that you gave me for my birthday. It was very nice. I don't get out much now that Richard has been sick. Thanks again.  
Phyllis Aschenbrenner

Thank you for all your prayers and cards. It was nice to be able to go to church again.  
Marlene Thurman

Thanks so for the cards, visits, and special rose recently. We've had quite a struggle, but you all help and God has the plan so we pray and carry on.  
Delores Berger

## Sympathy to:

- Emily Terpstra on the death of her great-grandmother on July 24
- Deana Herzmann on the death of her father on July 30.
- Jim & Martha McCutcheon on the death of their daughter, Ruth, on July 29.
- Heath Wilken on the death of his grandmother on July 31.
- Family and friends of Carol Will. Carol died August 8.
- Rudy Grapp on the death of his brother, Warren, on August 10.

## Ellen Opsal's 89th birthday open house!

Saturday, September 28, from 1:00 p.m. - 3:00 p.m.  
(actual birthday - September 22)

Western Home Communities - in the Solarium

420 East 11th Street, Cedar Falls

Please help us celebrate Ellen's special day with your presence!

No gifts please; just your presence!

## Financial Update

YTD Received:	\$464,869
YTD Budget Needs:	\$535,079
Mortgage Balance (as of August 18)	\$226,800

## 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](mailto: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

	8/4	8/11	8/18	8/25
Transformation	74	50	70	
Traditional 8:30	127	124	94	
Traditional 10:00	89	103	117	225

# First United Methodist Church

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## 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](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

Scott Kober, Lead Pastor, [scott.kober@aboutfirst.com](mailto:scott.kober@aboutfirst.com)

Matt German, Associate Pastor, [matt.german@aboutfirst.com](mailto:matt.german@aboutfirst.com)

### 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

Susan Chizek, Finance Manager  
[susan.chizek@aboutfirst.com](mailto:susan.chizek@aboutfirst.com)

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

Haleigh Derhammer, Middle School Youth  
[youth@aboutfirst.com](mailto:youth@aboutfirst.com)

Carol Dick, Parish/Grief Support Coordinator  
[carol.dick@aboutfirst.com](mailto:carol.dick@aboutfirst.com)

Jenna Engel, Christian Education Coordinator  
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Lorri Schofield, High School Youth  
[youth@aboutfirst.com](mailto:youth@aboutfirst.com)

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

Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor