

aboutfirst

LOVE FIRST. LET'S GATHER, GROW, GO TOGETHER



SEPTEMBER 2023, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

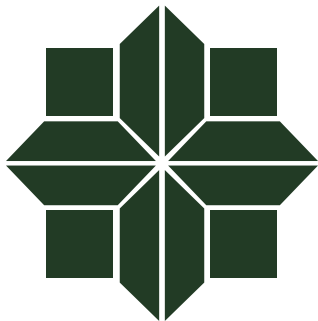
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Issue 275,
September 2023

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: katie.greuel@aboutfirst.com



aboutfirst.com



Mark your calendars and join us in the excitement of "First Fest" on **September 13th**, as we gear up to launch our crazybusyfun Wednesday nights this autumn with this eagerly anticipated annual gathering!

Nelly's food truck will be selling their famous hotdogs. We will have games, exciting prizes, live music, and plenty of information about everything our church has to offer!

Bring along a few friends and neighbors because, at First UMC, we're more than just a church – we're a family. Let's extend a warm welcome to more neighbors, friends, and strangers, inviting them to share life and experience God's grace with us.

The festivities will begin at **5:30 p.m.** and continue until 8 p.m.

Turn of Phrase

I am going to start out with an apology. I know that is not a good way to start an article, but here it is. I apologize for not writing my own "stuff" this month. But I could not get this poem out of my head. I couldn't quit thinking about it. The writing is ingenious, the message is profound. I also think it is fitting for the sermon series we will begin this month, Beloved Community.

I also apologize if you have already seen this poem. I hear it is one of the most popular poems on the Internet. The author is Abdullah Shoaib. He is described as a "lesser-known poet" of Asian origin, until his poem made it big five years ago.

I shared it with my daughter, and my granddaughters because I think the message is so good. I also think we need to "turn around" from this place we find ourselves, tearing one another down, tearing ourselves down. I shared it with those I love, and now I share it with you.

And again, I apologize if you can't get it out of your head once you read it!

Pretty Ugly by Abdullah Shoaib

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I as ugly as people say?
Now read the same words, but bottom up.

You are beloved, my friends!

Pastor Karen





Get Ready for a Silent Auction: Show Your Team Spirit with University Quilts!

Are you a die-hard fan of U of I, ISU, or UNI? Get ready to put your team spirit on display in a unique and exciting way! Our upcoming silent auction features quilts adorned with the logos of these beloved universities. It's not just about showcasing your favorite team; it's about making a difference through your support.

Vote with Your Dollars

Vote for your favorite Iowa university team, and here's the twist – your votes are cast with dollars!

Supporting Mission Ingathering

Proceeds from the silent auction will go towards Mission Ingathering.

Quilts on Display

Don't miss the chance to see these fantastic quilts up close! They will be displayed in the Gathering Space Sunday mornings.

Let's come together, showcase our team spirit, and contribute to the betterment of our community.



DAYS FOR GIRLS Project: A Year of Dedicated Sewing

In a heartwarming display of dedication, the sewists behind the DAYS FOR GIRLS project gathered together, surrounded by the fruits of their labor destined for Utah. Pictured are Bobbette Fortney, Linda Bohr, Nancy Murdock, and Laurene Bernard, proud members who poured their sewing skills into crafting items to be shipped off.

This collection included specially made bags to house essential items, along with meticulously sewn liners and shields for menstrual kits. Over 900 items were created throughout the past year, each a testament to the care and commitment of these skilled individuals. Two generously-sized boxes were required to contain the handcrafted items.

Beyond those captured in the photo, other integral contributors to the project include Jane Ingraham, Rus DeBonnis, Betty Goetsch, Karen Page, and Jerry Bernard.



When Will the Church Directories Arrive?

For those who had their photo taken for the new church directory, your free 8x10 photo and any additional ordered copies have been distributed. We've reviewed the initial directory draft, submitted corrections, and updates. Directories should arrive mid-to-late September, available for pickup at the Welcome Center. Stay tuned for notifications in Thursday emails or Sunday Good News flyers.

fall features

Sunday School for All Ages

Sunday School starts back up on September 10, at 10:00 am.

Crazyfunbusy Wednesday Nights!

Join us on Wednesday, September 20 as we get our crazyfunbusy Wednesday night activities rolling for a new year! Grab dinner at the Filling Station starting at 5:30. We'll be kicking off the start to our fall with First Fest on Wed. Sept. 13. We will have plenty activities for BLAST kids and their parents!

Drive Thru History: Bible Backroads

This new video-based study series is a general survey of the four Gospels – the books of Matthew, Mark, Luke and John. For each book, we'll start with some general background information and then we'll explore the key verses and key players which will lead us toward life application and an overall takeaway from the Gospel.

Our host, Dave Stotts, presents the lessons from his garage, and incorporates on-site video clips from his extensive travels in the Holy Land.

Class is Wednesday nights, 6:30 ish (after Fusion), in the chapel. There are no fees to attend, no books to buy, and no required homework, although we do encourage everyone to read the Gospel books as we study them.

Disciple Bible Study Class

Pastor Scott is looking for those who might like to take the new Disciple Bible Study program which uses an app and in-person/Zoom meetings to read, hear audio lectures, watch videos and chat throughout the course with fellow participants. The in-person/Zoom group will begin Wednesday, November 15.

Disciple covers 60% of the Bible in 24 weeks. Have you ever wanted to know more about the Bible, how it was written, what the historical movements were in theology, who the different books were written for and when? Would you like access to top notch scholars, theologians and historians. Let Pastor Scott know today if you would like to join.

Stephen Ministry Training 2023

Stephen Ministers step in to walk along with persons dealing with a challenging loss of some kind letting them share their feelings, encouraging them, and offering hope. FUMC has supported this ministry for 22 years with the next training session being planned for October 4th, on Wednesdays at 5:45 - 7:15pm. Packets for the class can be picked up in the church office and need to be returned back to the office by September 18th.

Any questions are welcomed by the leaders Dee Behr and Jan Hoover.



mission of the month

September Mission of the Month: SWIM for Him

Safe Water International Ministries (SWIM) seeks to help people create safe drinking water while sharing the love of Jesus with them. In many countries in the world, there is a critical need for safe water. Drilling more wells is not always the best option because these wells can still supply contaminated water, plus political, monetary, and location problems are sometimes insurmountable obstacles to safe water.

SWIM produces and distributes a simple chlorine producing unit (CPU) that generates chlorine from salt and water. Since salt is usually readily available, when added to water, chlorine can be produced as needed without assistance from outside resources. The result is a natural chlorine solution that is safe and is an effective disinfectant, allowing safe drinking water to be created. In addition to creating safe water – one CPU can provide for an entire village! – people are also told about Jesus. Many people in remote areas are being reached by having their water needs being met – both physically and spiritually. They are introduced to safe water and to the Living Water in Jesus Christ.

Women at the Well Opportunity

Empowering Reentry Recruit. Refresh. Renew.

Sunday, September 10, 1:00-4:0 p.m.
St. Timothy's UMC, 3220 Terrace Dr
Cedar Falls, IA 50613-6068

Women at the Well is excited to be coming to the Cedar Valley with renewed energy for Empowering Reentry for women impacted by incarceration. We are gathering on September 10 for an afternoon to recruit, refresh and renew. That means if you've worked with our reentry teams before, we want to have you join us. If you're new to Women at the Well, we want you to join us!

With the support of a newly secured grant, we have the resources to launch much-needed programming in your area. Please come to learn more about Reentry Team ministry, and a new in-person program to be offered at the Women's Center for Change, Waterloo. Please join us for this September 10 event which will be the first step in our launch of "Well Time 2.0: Empowering Reentry"

For more information please contact Pastor Paul, 515.240.1653 paulwitmer@msn.com

The Northeast Iowa Food Bank Needs You!

We'll be sending crews to the Food Bank on Thursday, Sept. 14 from 2 to 4 pm and Tuesday, Sept. 19th from 9 to 11 am. If you are interested, please sign up on the clipboards at the Welcome Desk in the Gathering Space. If you can't make it every month, that's okay! Rides are available from the church to the food bank and if we are working in the refrigeration area you will be contacted in advance. Remember to wear closed toed shoes.

Feed My Starving Children Rice Pack in October

Westminster Presbyterian Church is holding their 15th Annual Feed My Starving Children Rice Packaging Event from October 16 -18th at Westminster Church, 1301 Kimball Avenue, Waterloo. Registration begins in mid to late September. Check out their website for self registration. This is a great opportunity to get a small group together for fellowship while supporting a very worthy cause.

URL: give.fmssc.org/westminster URL: <https://give.fmssc.org/campaign/2310-161ea-waterloo-ia-westminsterpresbyterian/c487806>

Get Crafty for a Cause!

Join us on November 4, 2023, for this year's Mission Ingathering event! It's the perfect time to get creative and craft some lovely fall and Christmas themed gifts and decorations, just like last October's bazaar. Remember how our talented church members showcased their homemade crafts and baked goods, contributing to the shipping costs for the much-needed kits at Midwest Mission. Let's do it again and make this event even more meaningful. Mission Ingathering allows us to show Christ's love to those in need, collecting as many donations as possible. Check IAUMC.org/ingathering for more details. Thank you all for your heartfelt dedication to mission. With warm regards, Kris Rash, Cedar Falls Site Coordinator, Mission Ingathering.



Help the Wee Ones

Donate to our Wee Care closet, where grateful parents come every Tuesday after-

noon to receive much-needed baby goods. This gap ministry through LoveINC helps struggling families in our community stretch their dollars, providing diapers, wipes, baby wash, lotion, bottles, sippy cups, and accepting new baby clothes. Your donations make a difference.



Community Meal

Join us every Tuesday from 4:30 to 6:00 pm for a free community meal, providing an opportunity to social-

ize and save on food expenses. Our church hosts the meal every week, with different churches taking turns. We are currently in need of dessert volunteers, preferably baking cookies or bars, specifically on the 4th Tuesday of each month. Contact Maxine Kehret at 319-610-4191 if you're interested in contributing.



Got extra fabric? Bring it in!

We are seeking donations of durable fabric for school bags

and stitching projects, as well as cotton quilting fabric for comfort quilts, baptism quilts, foster kids' quilts, school bags, and quilts for Midwest Mission. You can drop off your quality fabric donation in the designated bin located in the little hall across from the drinking fountain at the main level of the church's collection site.



september

Sept. 5 - Grief Support

Where: Church Parlor

When: 2:00 to 3:30 pm

Grieving the loss of a loved one is a difficult journey. Your church family cares and offers several forms of support including: one-to-one individual support, social outings, a quarterly grief newsletter, and a monthly support session. If you have suffered the loss of someone special, you are welcome, whether you are a member of our church or not. If you know someone who is grieving, please pass along this information.

September 12 - Card Making

Where: Gathering Place

When: 1:00 to 4:00 pm

September is a wonderful month to sit with friends and make some recycled cards. We will meet this month to make cards to sell on the card rack outside the church office. Profits this quarter go to Ingathering to be used for postage as we send the kits to Midwest Mission. Bring a snack to share if you'd like. We meet in the Gathering Place, and always have a great time!

Sept. 13 - First Fest

Where: Outside

When: 5:30-8:00 pm

Help us kick off our crazyfunbusy Wednesday nights this fall! We will have food trucks, games, prizes, live music and information about all our

church has to offer! Activities will start at 5:30 p.m. and wrap up at 8. Food will be served until 7:30.

Sept. 14 & 19 - Food Bank

Where: Food Bank

The Northeast Iowa Foodbank Needs You! We'll be sending crews to the Food Bank on Thursday, Sept. 14 from -2 to 4 pm and Tuesday, Sept. 19 from 9 to 11 am.

If you are interested, please sign up on the clipboards at the Welcome Desk in the Gathering Space. If you can't make it every month, that's okay! Rides are available from the church to the food bank and if we are working in the refrigeration area you will be contacted in advance. Remember to wear closed toe shoes.

Sept. 20 - crazyfunbusy

Where: Gathering Place

When: 5:30 pm

Our crazyfunbusy Wednesday nights kick off on Sept. 20! Join us at the filling station for food and fellowship then join us on the third floor at 6:00 for Fusion or BLAST for kids. Small classes for adults or fun and fellowship for youth in grades 6-12 will follow. We will wrap up around 7:30!

Sept. 21 - First Friends Potluck

Where: Gathering Place

When: 12:00 pm

Come and join us for good food, fellowship and fun. This is a great opportunity to get acquainted with others in the church and have lunch with the church

staff. Couples and singles are welcome. All you have to do is bring a dish to share and your own table service. We will have the coffee pot on and ready to serve at 12:00. Dominoes, cribbage, and card games follow the meal until 2:00.

Starting Sept. 20 - Wednesday Women's Bible Study Group

Where: Library
When: 9:00 am

We will begin with "Soul Keeping", *Caring for the Most Important Part of You*. Bestselling author John Ortberg sheds light on the most overlooked, underrated, and least-understood part of your being. With a workable and relevant approach, he shows how living the "with God" life isn't just a good idea-it's the only way to find lasting peace and satisfaction. The weekly lessons will be: 1. What is the Soul? 2. The Struggle of the Soul 3. What the Soul Needs 4. The Practice of Grace 5. The Practice of Gratitude 6. The Practice of Growth. If you have any question contact Jan Hoover.

Yoga Mondays

Where: Fellowship Hall
When: 4:45-5:45 pm

Join us for an hour of yoga on Monday afternoons at 4:45. Bring your own yoga mat (and blocks if you have them) and meet in Fellowship Hall. The cost is \$7 per session, and you can pay Angie each time or she will accept payment at month's end (cash or check only).

Facebook Fridays

On Fridays about noon one of our pastors will give a preview of next Sunday's message.

Sept. 25 - LifeServe Blood Drive

Where: Gathering Place
When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, September 25 from 12:30-6:00. They have quite a few appointments slots to fill, and the need is great. Appointments are encouraged, but not required. Sign up to donate at www.lifeservebloodcenter.org

Sept. 25 - Crafters Corner

Where: Parlor
When: 6:00-8:00 pm

Get your crafting project lined up and join the group on the 4th Monday of the month from 6:00-8:00 in the Parlor. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

Fall Worship Schedule

Mark your calendar! We will worship together in the Sanctuary at 10:00am on **September 3**.

SUNDAY MORNING

Worship Schedule (resumes Sept. 10)

8:30 am	Traditional Worship Service, Sanctuary, live stream at aboutfirst.com
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary Worship, Fellowship Hall live stream at aboutfirst.com
10:00 am	Sunday School for all ages
11:15 am	Traditional Worship Service, Sanctuary

Previous services are archived on our First UMC CF YouTube channel

WEDNESDAY NIGHT

crazyfunbusy will be back September 20!

5:30-6:00	Filling Station Meal, Gathering Place
6:00-7:30	G3 Youth Ministry
6:00-6:30	FUSION Tonight, Theater Fellowship Hall
6:00-7:30	BLAST, Lower Level
6:30	Small Groups
7:30	Chancel Choir Rehearsal



Rummage Sale Wrap up

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 of the sale we had sales of \$5,029.51!! The final net proceeds (\$8,474.01) was increased to an even \$9,000 by a generous donation from the Missions Committee! This will be split four ways (\$2,250.00) and sent to the following recipients: 1) our own Community Meals, 2) Retrieving Freedom dog facility near Waverly (dogs for veterans/autistic children), 3) Love Inc. – for their mattress program, and 4) Midwest Missions – the new Jefferson, Iowa facility.

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 many of you to help with the task of sorting/displaying and assisting during the sale: Paulette Standing – books; Carol Dick and Debbie Condra – children's clothing, toys/accessories, and shoes; Bob Condra – men's clothing/accessories, shoes; Craig & Kris Rash – household items/miscellaneous; Jim Buchs- electronics/small appliances; Ann & Carl Campbell – jewelry/watches; Annette Pease, Julie Fee, & Jan Hoover – women's clothing/accessories, shoes; Nancy Murdock & Cindy Spragg – Crafts/Linens Room; Denise Jensen, Marilyn Roudebush, and Lorna Ericson – Holi-

day Room; Jim Schwab – Antiques/Collectibles; Joe & Linda Bohr, Hearts to Hands members – Thursday night meal; Jane Ingraham – Bake Sale; Linda Kennedy – Friday/Saturday noon luncheon, and Bill Fee – Outdoor items.

The following individuals said "yes" when called to be donation drop-off volunteers: Bill Fee, Sam Barr, Denise Jensen, Paul Frederiksen, Jane Moen, Julie Fee, Dave & Cheryl Neill, Deb Beving, Larry Gruman, Randy Blackford, Al Bernard, Jim Larson, Craig & Kris Rash, Sue Cook, Wayne Fitkin, Jim Kenyon, Bob & Debbie Condra, and Jane Ingraham.

A special Thank You to the Youth who provided ice cream after the sale to volunteers!

Also much appreciated were the volunteers who helped me count the money each day: Jim Larson, Mike Butler, and Justin Greuel.

Nathan Standing's help during the sale was invaluable!! Any time there was a need he was there!

A very special "thank you" to Genny Van Dorn who paid for numerous volunteers meals at the Saturday noon luncheon! Your generosity was much appreciated to weary volunteers!

The post-sale tear down of racks and tables was completed by: Bob Condra, Dan Ciha, Doug Kehret, and Jim Buchs. Kudos guys for making the church look like a church again!!



Rummage Sale Report of Giving

"Leftovers" Went to the Following Organizations or Individuals:

Denny Mills: Stuffed animals which he flies his powered parachute over Amish communities in Buchanan County and "drops" the stuffed animals to children below

Salvation Army Shelters: Children's winter coats, mittens/gloves, and hats

Ann Campbell: Leftover jewelry for 4 local nursing homes for game prizes

Re-Store/Habitat for Humanity: Non-clothing items left over in Fellowship Hall, the Holiday Room, and Outdoor items

Goodwill: Clothing, linens, bedding, crafts, and shoes

House of Hope: Bags of women's and children's clothes, kids bedding, new booster seat, kitchen dishes and glasses

Trinkets & Togs: Kids and women's clothing

Ann & Carl Campbell: Kids shoes and socks for Mexico distribution

Cedar Bend Humane Society: Blankets and sheets for animal cages

Sandi Routh: T-shirts for a women's group to make diapers/underwear for foreign countries

FUMC's Crafter's Corner: T-shirts to make bags for Northeast Iowa Food Bank shoppers

Cedar Falls Gospel Church: Scarves to send to Zambia

All food left over at the end of the luncheon on Saturday was given to Pam Jones and family



Tips on Being Dementia Friendly in Conversations

Did you know that our church has taken the necessary steps to become a "Dementia Friendly" congregation? Here are some useful tips from the Dementia Friendly Iowa Summer Newsletter that we can use in speaking with persons with memory issues:

- Avoid correcting or criticizing. Connect instead; their reality is real to them, and we need to step into their world. Redirect and move on if needed.
- Be aware of your feelings & body language. Your tone of voice, body language, or other non-verbal signals may communicate a negative attitude and make the person anxious. Be friendly, kind, and relaxed with your tone and facial expressions.
- Be patient. Leave time for their response. Don't ask too many questions or offer too many choices at one time.
- Offer a guess if they are having trouble with a word.
- Avoid quizzing. Try not to ask, "remember when?" or put the person on the spot.
- Be specific. Avoid vague statements. Use specific words (instead of saying, "I'll get it," say, "I'll answer the door.")
- Turn negatives into positives. Instead of saying no, offer a neutral answer or alternative option.
- Say "person living with dementia." Avoid negative phrases such as "suffering with dementia" or "dementia person." Make sure to put the person first.

These are all good suggestions to help us "Love Our Neighbors".

Find your Place in God's Great Story



Help Needed!

SUNDAY DRIVER

We need a person to drive the bus or pick up a rider or two the first Sunday of each month. Currently there are only one or two people who use the bus service, and many drivers prefer to use their own vehicle. It's up to you. Generally it's a quick pick-up at South Main Western Home and/or a nearby neighborhood. If you wish to be a part of this valuable ministry, are 21 or older, and are willing to give rides to and from the last worship service the first Sunday of each month, please contact the bus coordinators Janet & Steve MacTaggart at 319-404-0077. They can answer your questions and give you a bus tutorial.

TECH VOLUNTEERS

Tech volunteers get to use the same cool equipment and do the same important job as our paid staff, but they have more flexibility to pick and choose the Sundays and services they work. We can't do this without volunteers. No experience necessary – we can teach you what you need to know. Email chris.congdon@aboutfirst.com for more info.

GREETING

As a greeter you are our guest first encounter. You will be responsible for welcoming all who enter our doors. We need greeters at the First and Second Services. Greeters will be placed at the main doors to Welcome our guests. Email Jenna. engel@aboutfirst.com for more info.

EDUCATION

Explore various opportunities to join our ministry teams, including becoming a lead teacher for 1st-2nd graders in Sunday school, engaging with kids from Kindergarten to 5th grade on Wednesday nights, or working with 6th-12th graders in the Youth program. Additionally, there's an opening in our Wednesday afternoon cook team. If your availability is limited you can still contribute by donating food for our Wednesday night meals. Reach out to Jenna Engel at jenna.engel@aboutfirst.com to learn more or get involved.

Reminders:

ALTAR FLOWERS

The altar flower calendar 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.

HOSPITAL INFO

Governmental regulations prohibit health care facilities (this includes hospitals, assisted living and nursing homes) from sharing information about their patients and residents, so if you want your church family to know you need our love and prayers, please call the church office.

JOIN THE FACEBOOK GROUP

We have created a Facebook group called First Friends and Family to allow everyone to interact and share the ways they are finding to Love First. Head over to our church Facebook page, select 'visit group'. You should find the button under the banner. Want to join? Click the member request button and we will be sure to add you.

education news



SUNDAY SCHOOL INFORMATION

Sunday School is back on Sept 10th. It will start at 10:00 and will end at 11:00.

Sunday school classes will be broken out as follows.

3 year-Kind – Room 020

1st-3rd-- 022

4th-6th-- 027

7th-12th-- 026

All rooms are down stairs.

JOIN OUR EDUCATION TEAM!

We have many different opportunities for you to join a ministry team.

Areas that we would love for you to join are:

Sunday school – we are looking for a lead teacher for 1st-3rd graders

Wednesday Night

Blast you will work with kids ages from Kindergarten – 5th Youth you will have the chance to work with 6th- 12th grades.

Wednesday afternoon cook- we are looking for one person to join our Wednesday meal prep team.

If you don't have the time to help in person on Sunday or Wednesday you can also help by donating food for our Wednesday night meals. Please contact Jenna Engel at jenna.engel@aboutfirst.com if you have questions or would like to get involved.



YOUTH

KICKING OFF THE YEAR WITH FIRST FEST

We are kicking off a new year of church activities with First Fest on Wednesday, September 13 from 5:30-8:00! We will have a fun night of food trucks, games, prizes, live music, and welcoming old and new friends. Invite your friends, and we can't wait to see you there!

SUNDAY SCHOOL STARTS SEPTEMBER 10

Sunday School for all ages starts back up on September 10, at 10:00. This year, youth in grades

7-12 will meet in the lower level, in the room across from the upper elementary classroom. This will be our "youth den" for the year! Each Sunday, we will explore our faith through a Bible lesson, fellowship, and service. We are excited for a new year and we can't wait to see you on Sunday mornings!

CRAZYFUNBUSY WEDNESDAY NIGHTS ARE BACK!

Join us on Wednesday, September 20 as we get our crazyfunbusy Wednesday night activities rolling for a new year! Grab dinner at the Filling Station starting at 5:30, then join us on the third floor at 6:00 for Fusion, followed by fun and fellowship for youth in grades 6-12. Our nights wrap up at 7:30. All are welcome— bring your friends!

SAVE THE DATE: FALL LOCK-IN OCTOBER 7-8

Save the date for our fall lock-in happening October 7-8 here at our church! Activities start at 6:00pm on Saturday the 7th. We will play games, do devotions together, and make our annual cookie mix jars to sell between services the next morning. Youth in grades 6-12 are welcome to attend and bring a friend— we will be hosting our friends from West Des Moines UMC too! Bring everything you need for an overnight stay. Dinner, snacks, and breakfast will be provided. Contact Haleigh at youth@aboutfirst.com with questions.



Send a Card or Note

Send a card or a letter to our friends in care facilities and unable to attend church. Phone calls and cards are also much appreciated for

those who are staying home. Think of who sits around you in worship or in a group, and give them a call or a card. We still have updated photo directories at our Welcome Center. Pick one up Monday-Friday.

Marlys Cook, Judy Focht (rm36), Geri Gilbert, Shirley Huffman (rm 19)
Martin Suites
420 E. 11th St
Cedar Falls IA 50613

Wanda Chase, Sharon Kreb, Homer Leymaster (rm 13), Emogene Marty, Marcia Simpson
Windhaven Assisted Living
5500 S. Main St
Cedar Falls IA 50613

Barb Spates
Thalman Square
5500 S. Main St
Cedar Falls IA 50613

Sue DeBower (201), Harold Kreb, Nick Teig (208)
Deery Suites
5301 Caraway Lane
Cedar Falls IA 50613

Faye Rohwedder
Thuesen Cottage
5127 Caraway Lane
Cedar Falls, IA 50613

Vivian Hill, Donna Hoffman (D109), Dorothy Schwab (MC4), Bill & Mary Shepherd
New Aldaya Lifescapes
7511 University Ave
Cedar Falls IA 50613

Donna Tiller
CedarStone Senior Living
4715 Algonquin Dr #1304
Cedar Falls IA 50613

Betty Fanning, Chet Starr
Bickford Cottage
5101 University Ave
Cedar Falls IA 50613

Betty O'Brien
Friendship Village Lakeview Lodge
312 Southbrooke Drive #39
Waterloo IA 50701

Kathy Gill
LaPorte City Specialty Care
1100 US-218
La Porte City IA 50651

Dixie Messerschmidt
Boysen Heights Senior Living
765 Boysen Rd NE #115
Cedar Rapids IA 52402

Darlene Prashak
Heritage Care and Rehab Center
501 S. Kentucky Ave
Mason City IA 50401

Delores Berger
613 W. North St Apt 7
Madrid IA 50156

Jack Hovelson
14581 W Parkwood Dr #101
Surprise AZ 85374

Give Through Our Website or Your Phone

Online giving is great for you, because you can do it any time, any place, and you don't need to carry cash to church. Recurring (automatic) giving is great for you, because you won't have to try to remember to write the check. Recurring giving is also great for the church because it provides a predictable income stream for budgeting and planning purposes.

Our secure online giving portal allows you to make one-time offerings, or to set up a recurring gift. Check it out today.

<http://aboutfirst.com/giving>

or, download the GivePlus app to your mobile device and give directly from your phone. Available for androids and i-people.



GIVEPLUS⁺
A VANCO COMPANY

Help Celebrate!

Dorothy & Jim Schwab will be celebrating their 62nd wedding anniversary on September 17th with a card shower. Cards may be sent to either address:

Jim & Dorothy Schwab
9902 University Ave
Cedar Falls IA 50613

Dorothy Schwab
New Aldaya Lifescapes
7511 University Ave MCH4
Cedar Falls IA 50613

Thank You

Thank you for my birthday flower. It was beautiful. -Homer Leymaster

Thank you to Jane for the birthday flower and visit. Also to the church staff and care team for their cards. I appreciate being remembered by First UMC. God bless this mission and those who work year after year to keep in touch with people. -Loretta Dykes

Thank you Jane for the pretty carnation and visit for my birthday! Thank you to the church staff for the pretty birthday card. -Larry Petersen

Thank you for the kind cards and messages of concern on the death of Dick's brother Wayne(Mike) Michael in Symrna, Tn.

-Dick and Bev Michael and Family

Thank you to the church for all you have done for me. I appreciate it so much.

-Marlys Cook

Sympathy

Keep the family and friends of Merrill "Mac" McCunniff in your prayers. Mac died August 12.

Keep Hanna Stolper in your prayers

on the death of her grandfather, Larry Marcus, on August 10. Hanna is our talented accompanist for the choir and the Transformation Band.

Keep Marlene Kruger and Diane Muller in your prayers on the death of their brother, Roger, on August 20

Congratulations

Chandon and Anne Elise Hinton welcomed their first child, Liam Guy, on August 13.

Welcome

Hayden Marie Schweinfurth was baptized on July 30. Her parents are Alan & Marissa Schweinfurth, and many friends and family members came to church to support and celebrate the occasion.



Donna Tiller's Birthday Party – September 2

Celebrate Donna Tiller's 85th birthday with her on Saturday, September 2 from 2:00-4:00. Her party will be held at CedarStone Senior Living, 4715 Algonquin Drive, Cedar Falls.

Joe and Linda Bohr 60th Anniversary Open House – September 3

Joe and Linda Bohr would like to invite everyone to join us in celebrating our 60th wedding anniversary. Our celebration will take place on Sunday, September 3 from 1-4pm at Howards Farm Event Center. The address is 29820 120th St, Dike IA. Howards Farm is the acreage that our family has been renovating for the past 18 months. We are

excited that our anniversary can serve as a "soft opening" for the venue and we can't wait to share our progress with our church family!

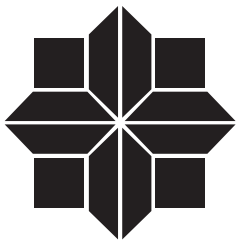


Don't Miss This!

Scouts Rush, Gus & Oliver L'Heureux, will be selling your favorite flavors of Scout popcorn on Sunday, September 10 from 8 until the start of the last service. Your past and current support helps to send them to week-long camp in the summer, which they look forward to and learn many life skills while earning merit badges. You may have seen the boys on Sunday mornings, helping/participating on Wednesday nights and VBS every summer. In addition to church and Scouts the boys are active in school and the community.



We are a Dementia Friendly Organization!



FIRST UNITED
METHODIST CHURCH

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First United Methodist Church, Cedar Falls

Summer Worship

8:30 am Traditional Worship Service, Sanctuary
9:00-11:15 Fellowship, Gathering Place
9:15 am Transformation Contemporary Worship,
Fellowship Hall
10:00 am Sunday School for all ages
11:15 am Traditional Worship Service, Sanctuary

Television

Cedar Falls (CFU) Channels 18 or 95.5
Friday @ 8:00 pm, Sunday @ 9:00 am
Waterloo (MediaCom) Channel 1
Sundays @ 11:00am & 8:00 pm

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