

aboutfirst

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



APRIL 2024, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

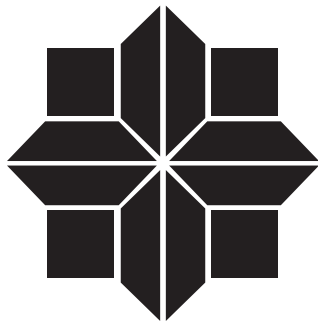
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Issue 282,
April 2024

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.coms



aboutfirst.com

news



The Best of Summer in Iowa

Enjoy the best of Iowa as a member of the #BeUMC Ragbrai team. We'll join tens of thousands of other cyclists riding from the Missouri to the Mississippi along a scenic, southern Iowa route. Along the way we'll experience wonderful food, fellowship, scenery, and Iowa's famous hospitality. As a member of Team BeUMC, you'll get to camp indoors, have access to a private sag service, and we'll haul your gear from town to town. You do not need to be an Iowan or a Methodist to join Team BeUMC – in fact, it would be fun to have riders from all 50 states and beyond! Register now to be a rider or team support person at Ragbrai.com. Be sure to choose BeUMC from the list of teams. Find the team's Facebook group at RAGBRAI Team #BeUMC. Questions? Contact Chris in the church media office.



Faith and Finance

Our own Lorrin Schofield wrote a devotional book with the hopes of helping others— Faith and Finance: 12 Deep-Dive Devotional Activities to Help You Manage Your Money God's

Way! It became available on January 24. Visit Lorrin's website at www.faithfinancelife.com to learn more and order your copy. A limited number of copies will be made available for purchase by cash or check in the church office for \$20 those who aren't able to order online. For every copy sold, \$2 will go directly toward the missions and ministries of Cedar Falls First United Methodist Church. Contact Lorrin at lorrinschofield@gmail.com with questions!



2024 UMC General Conference Happening in April!

The 2024 General Conference is set to occur April 23 – May 3, 2024, and is a significant event, postponed due to COVID-19. Here are some key ways to engage in this pivotal gathering.

1) PRAY

Commit to praying for the General Conference, the lay and clergy delegates, the volunteers, and for discernment. Use the updated Upper Room prayer guide specific to General Conference 2024 to guide your prayers. (https://www.resourceumc.org/-/media/umc-media/2024/03/14/16/33/guidetoprayer_gc24_english-c.pdf)

2) STAY INFORMED AND UNDERSTAND THE PROCESS

Access information from reliable news services, such as the Daily Digest from the United Methodist News Service and ResourceUMC. The United Methodist News Service offers knowledgeable coverage of the complexities and developments within The United Methodist Church, ensuring accurate and current information.

General Conference, comprising 862 clergy and lay delegates from many parts of the globe, is the sole authoritative voice of The United Methodist Church.

Its procedures can be intricate and nuanced in ways that are not always noted by outside news agencies. (<https://www.umnews.org/en/landing-pages/general-conference-news-and-commentary>)

3) ENGAGE IN DIALOGUE

Participate in discussions with your pastors and General Conference delegations. These discussions are invaluable for expressing concerns, asking questions, and hearing diverse perspectives. Join us on Wednesday Fusions in April to be informed and engaged. Join us at Fusion on Wednesday, April 17 to learn more.

4) BUILD TRUST

Focus on cultivating trust within our congregation. We have a history here at First of building trust through crucial conversations, encouraging deep listening and emphasize the importance of listening to understand, rather than to respond.

By approaching General Conference 2024 with prayer, education, open dialogue, and a focus on discipleship we can navigate this significant event with faith, hope, and unity.

Blessings,
Pastor Scott



april

monthly mission

Meal Packaging Event

Last April we packaged 2000 meals and fed 12,000 people in Ukraine. This year we're upping our game and we're going to package 3500 bags that will feed 21,000 people.

The event will be held on Saturday, April 13 from 9:30 a.m. to 11:30 a.m. and from 12:00 p.m. to 2:00 p.m. at Cedar Falls First United Methodist Church.

We will need 100 volunteers to complete this mission in 4 hours. If you would like to work a two hour shift sign up at <https://signup.com/go/CioPdfF> or on the sign-up sheets at the church Welcome Center.

We will be working with Midwest Missions. They will bring the needed materials to the church and then

distribute them. Each package feeds a family of 6 and costs \$2.00 so not only is your volunteering appreciated, so are your financial donations.

You may give to mission projects by dropping your contribution into the Sunday offering plate, or coming in to the church office during business hours. You may also give to mission projects through the Venmo and Shazam Bolt\$ mobile apps, by sending your gift to contributions@aboutfirst.com. Be sure to specify that it's for the Meal Packaging Event.

These meals will be distributed by Midwest Mission to people in the U.S. and throughout the world who are in need of nutritious meals.



One Day Missions

GATHER, GROW, GO



North East Iowa Food Bank

We will continue to send two crews to the NEIFB. The first group will go **Thursday, April 11 from 2 p.m. to 4 p.m.** and the second group

will go on **Tuesday, April 16 from 9 a.m. to 11 a.m.** Look for the sign up sheets at the Welcome Center Desk. Rides are available.



Community Meal – Desserts Needed

First UMC provides, prepares, and serves the Community Meal the 4th Tuesday of the month.

One highlight for our guests are the delicious homemade bars and cookies for dessert. If you like to bake, consider sharing your culinary gifts with our friends at Community Meal any time a 4th Tuesday comes around.

If you are willing to bake for the meal the 4th Tuesdays of each month, or any month, please contact Maxine Kehret at 319-610-4191.



Help the Wee Ones

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.

In particular need now are:

Diapers sizes 4, 5, 6

Socks 18-24 month size

New Receiving blankets and bibs

New clothing 18mo-24 mo/2T, boys and girls

Baby wash & lotion

8oz bottles & sippy cups

Your donations do make a difference. Thanks to all of you who support our “wee ones”. The moms are always grateful.



Got extra fabric? Bring it in!

There is always a need for durable/ sturdy fabric to make school bags and other stitching projects. The

Stitchers & Quilters also could use **decent sized lengths** of cotton quilting fabric for comfort quilts, baptism quilts, and quilts for foster kids, as well as school bags and quilts for Midwest Mission. 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.

April



April 2 - Grief Support

Where: Parlor

When: 2:00 pm

The Grief Support Group will meet on Tuesday, April 2 at 2:00 in the church parlor. This group is for anyone who has suffered a loss of any kind. It is a time of listening, sharing, and caring for self and others. Join us!

April 9 - Card Making

Where: Gathering Place

Time: 1:00 to 4:00 pm (Come-and-Go)

We will be making some cards for the Western Home Communities this month. We will train you if you haven't helped before. Bring a snack to share if you'd like and have some fun! We recycle cards from all the old cards that are donated. See you then!

April 11 & 16 - Food Bank

Where: Food Bank

We will continue to send two crews to the NEIFB. The first group will go Thursday, April 11 from 2 p.m. to 4 p.m. and the second group will go on Tuesday,

April 16 from 9 a.m. to 11 a.m. Look for the sign up sheets at the Welcome Center Desk. Rides are available.

April 22 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, April 22 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

April 22 - 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. It's an opportunity to weave mats for homeless. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

Yoga Mondays

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. Angie is an excellent teacher and works to individualize the experience for your own abilities and need. 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).

Fitness Thursdays

Are you looking to become healthier, re-energized, and release a little stress? If so, join Mary Friedrich, creator/owner of Sassy Pants Fitness for Active-Agers, for an easy-to-follow, low-impact, & fun dance fitness class on Thursdays at 5:30 pm in the Fellowship Hall! Wear comfy, easy-to-move-in clothes, athletic shoes, and bring a water bottle. First class always free and only a \$3 suggested donation per class after that. Classes will be offered via Zoom as well. It's never too late to work on yourself! Need more info? Message mary.friedrich@cfu.net.

Facebook Fridays

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

Worship Schedule

SUNDAY MORNING

Worship Schedule

- | | |
|------------|---|
| 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

- | | |
|-----------|---|
| 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 |





Find your Place in God's Great Story

Help Needed!

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.

BUD VASES

Check to see if you have any extra bud vases to donate. Jane Wyck-off uses them as she delivers carnations to our seasoned members to celebrate their birthdays. Bring the vases to the church office anytime and we'll use them to bless others.

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

Our First Friends and Family Facebook group 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.

DO YOU WANT TO RIDE THE BUS?

If you like the idea of door to door service and live in Cedar Falls, consider riding the bus to church as an option. The bus picks up riders for the 11:15 worship service. Please contact the bus coordinators Janet & Steve MacTaggart at 319-404-0077. They can answer your questions get you on the schedule for rides.

education

Vacation Bible School is Coming!

Our theme this year is TWIST & TURNS – Following Jesus Changes the Game!

Dates: Thursday, June 13th-Sunday, June 16th

Times: Thursday- 5:00-7:30 pm

Friday-5:00-7:30

Saturday- 9:00am-Noon

Sunday - 8:30 VBS Theme Sunday Service.

Save the Date: April 24th

Last night of the Filling Station and BLAST!



Game Night Friday April 5, 6:00-7:30

Join us for our next monthly game night on Friday, April 5 from 6:00-7:30 right here at the church! Our game nights happen on the Friday before the first Sunday of each month. Please RSVP to Haleigh no later than Thursday, April 4. Bring your friends— pizza will be provided!

We will have TWO game nights in May -- those are Friday, May 3 and Friday, May 31, both from 6:00-7:30

First Mission Trip Deposit Due April 1

If you are joining us for our summer mission trip to Henderson Settlement in Frakes, KY, the first trip deposit of \$150 is due by April 1. The

cost of the second deposit, coming later, is still TBD once we finalize transportation costs. If money is an issue, please let us know— we want all youth to have access to this opportunity. Contact Haleigh with any questions or concerns.

Spring Lock-in April 12-13!

Join us for a lock-in here at our church, April 12-13! We will play games, worship together, and help at the rice meal packing event for Midwest Mission on Saturday the 13th. Meet at church at 6pm on Friday the 12th, and we will wrap it up around 2pm on Saturday the 13th. Bring everything you need for an overnight stay. Dinner, snacks, and breakfast will be provided. Let Haleigh know if you are interested in coming— your 7-12th grade

friends are invited, too!

Pancake Fundraiser at the Filling Station! - April 17

Join us for dinner at the Filling Station on April 17 to help support our youth! We will serve a pancake dinner with all donations going toward our summer 2024 mission trip to Henderson Settlement in Frakes, KY. If you can't make it to the dinner but would like to help the cause, we would greatly appreciate donations to help make it happen. We need: 6 boxes pancake mix, 2 bags mini chocolate chips, 2 cans of whipped cream, 2 bottles of syrup, 6 dozen eggs, 2 fresh fruit trays, 2 big bottles of orange juice. Thank you for all the ways you support our youth!



CAMP NIGHT TAKE OVER!!

Wednesday, April 10th

We will have a camp representative from Camp Okoboji joining us for the evening. Below is the schedule of their evening.

During our meal

Camp Representatives will have a display and be available to answer questions.

Fusion

A guest speaker will be sharing all the exciting opportunities for your kids at Camp Okoboji!

BLAST

They will take over BLAST and lead the kids in their favorite camp games.



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.

**Judy Focht (rm 36),
Geri Gilbert (rm 39)**
Martin Suites
420 E. 11th St
Cedar Falls IA 50613

**Tony Lake (rm 9), 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

Wanda Chase
Deery Suites
5301 Caraway Lane
Cedar Falls IA 50613

**Betty Goettsch (104),
Becky Hardman (113)**
Stanard Assisted Living at
Deery Suites
5301 Caraway Lane
Cedar Falls IA 50613

Faye Rohwedder
Nation Cottage
5111 Caraway Lane
Cedar Falls, IA 50613

**Vivian Hill, Donna Hoffman
(D109), Dorothy Schwab
(MC4), Mary Shepherd (AL104)**
New Aldaya Lifescapes
7511 University Ave
Cedar Falls IA 50613

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

Chet Starr
Bickford Cottage
5101 University Ave
Cedar Falls IA 50613

Joy Sires
Oak Park Estates #8
3212 Greenhill Circle
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

Charlene "Chuck" Gratten
Willow Winds Assisted Living #10
121 Bremer Ave
Denver IA 50622

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

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

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. Or use our handy QR Code below!



Thank Yous

To our FUMC Family – sometimes Thank You does not seem to quite cut it but it is all I can come up with right now. Thank you for all the calls, cards, emails, text messages, etc. you have sent our way. So many commitments to prayer and offers to help have been made. Your support has been incredible.

Thanks to Craig and Dan for being with family during surgery. Thanks to Pastor Scott for his visit and to Jane Wyckoff for stopping by with communion.

Dianne and I have always said that making FUMC our church home after Trinity closed was one of the best decisions we have made in our married life. You continue to substantiate that belief.

Thank you!

Jim & Dianne Larson

Many thanks to my church for the beautiful flower for my birthday and to Jane for the delivery and visit! I feel blessed!

- Donna Cuvelier

Thank you for the flowers for our birthdays. It's always nice to see Jane and visit.

- Carol & Carl Ellison

Thank you to the Congregational Care Team for the beautiful red carnation for my 89th birthday. Also to the FUMC staff for the card. What makes it extra special

is the delivery and great visit with Jane.

Sincerely, Shirley Johnson

Thank you Jane Wyckoff for the special carnation for my birthday and the monthly visits that keep us connected to FUMC. We appreciate the prayers and cards from the staff and members. They brighten our day.

- Jerry and Shirley Fogleman

I want to thank Jane Wyckoff for delivering a beautiful red carnation from the church. I always look forward to her visit. Thank you to the church staff for the beautiful card. I also want to thank my church family for the prayers, calls, cards, visits, food and concerns during my ongoing health problems.

- Pat Powell

As I was preparing for my carotid artery surgery, a nurse asked if I wanted to have a visit from the Chaplain. I proudly told her "no, that won't be needed" because I knew I would be covered by prayers from you.

Thank you so very much for caring about me. I have greatly appreciated your thoughts, prayers and get-well wishes.

- Linda Kennedy

Sympathy

Bevan Lucas and his family on the death of his grandmother, Althea Lucas, on February 18.

Welcome

Les Burns and Beth Thompson joined our church on March 3. Both of them came to us from Reinbeck Community Church.

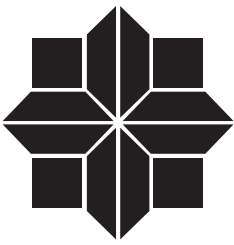
Les lives in Hudson and is a retired teacher. Beth is also retired and enjoys reading, cross-stitch, and singing in the choir.

Congratulations

Doug and Maxine Kehret have a new grandson. Ezekiel O. Kehret was born March 17 to Bill and Elizabeth Kehret.



We are a
Dementia
Friendly
Organization!



FIRST UNITED
METHODIST CHURCH

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First United Methodist Church, Cedar Falls

Sunday 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

Our Pastors

Scott Kober, Lead Pastor, scott.kober@aboutfirst.com

Karen Nelson, Associate Pastor, karen.nelson@aboutfirst.com

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(in alphabetical order)

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