

August 2016
issue 191



ABOUT FIRST

First United Methodist Church, Cedar Falls, Iowa



**Worship on the Green
August 28, 10:00a.m.**

Thoughts from Steve

You are probably not surprised when I say, “I read the Bible every day.” I read it devotionally to start the day on the right foot. I read it for inspiration when I need words of encouragement and strength. I read it in preparation for a sermon so I look deeper for meaning and the context of the passage. I read it prayerfully when I journey through the Psalms or find a passage that I find easy to recite as a breath prayer. I reread my favorite stories and passages because I like to revisit the places that touch my soul. I read the Bible every day because I find in doing so I meet God.



The Gospel of John has become a favorite of mine because of the long dialogues with people like Nicodemus and the women at the well that no other gospel records. The most profound words for me are found in Jesus giving the last discourse in the Upper Room. I find them even more important when I think about John, his closest friend sharing them with us. I am moved the most during the last chapter with Peter being welcomed back to the circle with love and forgiveness as they are having breakfast beside the Sea of Galilee, and Jesus asking three times, “Peter, do you love me?”

John’s Gospel is unique from the Matthew, Mark and Luke’s Gospels. John wrote his gospel to convince readers that Jesus is God. It is interesting that John doesn’t tell us that until the end of the book, but tips his hand dramatically in Chapter 20:

Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name. (20:30-31)

As John wrote, he very carefully selected events and encounters from Jesus’ life that portray Jesus as God, the Lord of all.

John does not begin with Jesus’ birth; he begins with a poem that sets the tone for the rest of the book. “In the beginning was the Word, and the Word was with God, and the Word was God. The Word became flesh and dwelt among us.” Jesus became human, but never ceased to become God. That is the point John makes all the way through this book. If you want to see God, John says, look to Jesus. If you want to hear God, listen to Jesus. This is so important to my Theology, Preaching and Ministry

The Gospel of John will be our focus this fall. We will be utilizing Adam Hamilton’s study book “John – the Gospel of Light and Life”. We are challenging Adult Sunday School Classes, and Bible Studies to begin this study in September. The Youth and Children’s Sunday School will be utilizing this study. The messages during Sunday services correspond with the passages we are studying during the week. We’d like as many of the church to join us in the study of the Gospel of John. I will be leading a study on Wednesday evenings. Sign up at the Welcome Center.

In His Steps -
Pastor Steve

“Worship on the Green” – Sunday, August 28 at 10:00 a.m.

We will be worshipping outdoors on our Green Space again this year. This year we will need volunteers to help set up the tents. We have three this year! Thanks to Linda Kennedy we have free use of Circus Tents that will cover the space with shade. The service is on Sunday, August 28 beginning at 10:00 a.m. The Transformation Band will be providing music. They will begin playing at 9:30 a.m. to inspire our worship. The Scouts will be serving our picnic in our air conditioned Fellowship Hall. Be sure to bring your lawnchairs or blankets to sit on! Come and join us as we praise God under the “Big Top!”

Blessing of the Backpacks, Sunday August 28

Shopping for school supplies, books, and fall clothes are now a part of many families' schedules. Here at First, we want to celebrate and bless the beginning of another school year. On August 28th, students, preschool through adult, are invited to bring your backpacks or lunch boxes to the 10:00 am worship service in the green space. During children's time, we will lift up students of all ages, dedicating them to God's glory as we begin a new school year. You will receive a memento that you may carry on your backpack!

Attention Please: We Have An Announcement to Make

and you're holding it in your hand. The Worship Committee has elected to cease making church announcements during worship services effective Sunday, September 4. The announcements have been taking more and more time from worship. We received complaints about the length of announcements, and they were becoming a distraction to worship. With all the information in the weekly bulletins and on the projection screens, it was felt that if we eliminate announcements it would allow more time for the major elements of worship: music, scripture, sermon and prayer. So, if you want to know what's going on, read your Sunday bulletin!



Sisters for a Year

It's been a year since we began our sister church relationship with Washington Chapel UMC, and both of our churches have been blessed. Feel free to visit the little white church on the hill on a Sunday morning. Washington Chapel is in a beautiful rural setting. It's lovely, peaceful, and the members are always happy to meet Jordan Derhammer's friends from First UMC.

Go north of Cedar Falls to the corner of Ford and W Bennington Roads. Services begin at 10:30 every Sunday morning.

Here are the speakers for this month:
August 7 - Pastor Steve Williams - with communion

August 14 - Shawna Brimm
August 21 - Pat Cole
August 28 - John Roy

Bus Driver Needed

We are in need of a bus driver for the first Sunday of the month. If you're interested or have any questions, please contact Lesley Toma at (319) 266-1713 or lesley.toma@aboutfirst.com.

Altar Flowers

The altar flower calendar for 2016 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.

	1 st Sunday	2 nd Sunday	3 rd Sunday FROGS	4 th Sunday CONGREGATION/ BERNARD	5 th Sunday DOG BEAR
Chair Set-Up: 5:00 FRIDAY					
Welcome Center:	Jim + Dianne Larson Shirley Johnson Dana Hoffman	All + Kay Messerschmitt Ellen Opal Nancy Frensdal	Dick + Bob Michael Catherine Thompson Joe + Linda Edler	Jody Connor Yale + Linda Zimmerman Jon + Corbett Capper	Lesley Toma Trish Edler Sandy Hesteg Rebekah Jorgensen
Greeters:					
8:30	Front Door: Rex + Barb Peising North: Donna Culler Back Door: Mike + Betty Butler	Rich + Rita Compton Paul Klotz	Carol Nicholson	Jim + Dianne Larson Dawn + Linda Harris Pauline Hesteg	Lesley + Trish Toma Abby Munsick Linda + Sandy Sandy Simpson
11:00	Front Door: Aileen Anderson + Betty Gauthier North: Ruth Barnes + Elaine Loge Back Door: Nancy Klotz	Jay Sires	Ruth Petersen Rabbihe Tomney	Nick + Marilyn Teig Mark Falerud Rose McCullen Katy Mascher	Mark Falerud Judy Ecklund
Treats # team lead!	Stephanie Buchs Dixie Behm Marianne Kutzner Karen Page Dorethy Schabel Linda Smith Nola Kelly	* Mark Frensdal Joe Williams Friswold Pat Van Haren Verna Hill	* Nancy McManis * The Mackays Laurie Barnes Lisa Conant Dana Falerud Lyn Price Jill Rice Jan Kier Sharon Hanson Alice Hede	* Lisa Kanning Sue Rothman Mary Shephard Jill Tate Dawn Sullivan Fay Schneider Vicki Schuchard Cue Ann Jill Dornberg	* Silvers - D. Dianne Suzanne Fether Joan Krossen Dawn Larson Ellen Opal Marilyn Lundberg Sandy Hesteg
Bus Driver:	Jim Koyton	Don Bruss	The McTaggarts	Bob Conner	Dawn Gresser

How Many People Does it Take

to run a Sunday morning at First UMC? Take a look at the volunteer schedule board that hangs in the church office. There are a lot of names on there, and this doesn't even include musicians, ushers, the tech teams, nursery workers, or Sunday school teachers. While our summers are a bit more relaxed, we're starting to gear-up for the busy fall season, and we want to have all of the positions filled this month. If your name isn't on this list, please consider what role you could fill to help make our Sunday morning worship a great experience for everyone. Contact Lesley Toma at lesley.toma@aboutfirst.com



We Welcome Rev. Matt German as our new Associate Pastor!

It has been announced that Rev. Matthew German has been appointed to serve as our Associate Pastor beginning September 1. Pastor Matt currently serves the First United Methodist Church of Marengo. He has served in Marion and St. Paul's in Cedar Rapids. Some of you may recognize him from his work at Summer Games. He is married to Liz, and they have a daughter Addisyn who is 2 ½ years old. SPRC will be planning a welcome event for the family. More information will come in the next few weeks. Until then, please pray for Pastor Matt, Liz and Addisyn, for a safe move, and pray for the Marengo congregation in their time of transition.

Bishop Haller to Lead Iowa Annual Conference

Bishop Laurie Haller has been assigned to lead the Iowa Annual Conference, beginning September 1. Bishop Haller succeeds Bishop Julius Trimble, who led the Iowa Conference for eight years and now moves on to Indiana. You can get all the details, and more Iowa Conference news at iaumc.org.

First United Methodist Church & Sturgis Falls Celebration

Since the first event to celebrate the bi-centennial in 1976, our church can be proud of the long-standing connection with Sturgis Falls.

Whether it was one of the Founders, Grand Marshal, Celebrity Marshal, Host & Hostess, Board Members, or the Cornerstone Award; FUMC has been involved in the Celebration. As a congregation we can be proud of not only the individuals involved, but the church as a whole. FUMC has supported floats for the Annual Parade, hosted parade participants with free water, use of our restrooms, and a great place to stay dry during a down pour. Our Transformation Worship Band performed on a Sunday morning at the Overman Park Band Shell Stage, and our Gathering Place was used to host a luncheon for the Iowa Army National Guard's 34th Band. Their meal was provided and served by the Cedar Falls AMVETS Ladies Auxiliary.

The members of FUMC not only serve through our church, but are a part of Sturgis Falls through other groups in the community.

It was especially rewarding to have Joe and Linda Bohr representing FUMC as our 2016 Grand Marshals.

FUMC members who have a connection to Sturgis Falls Celebration ---

Past Dignitaries:

Nancy & LeRoy Redfern, John & Judy Focht, Donnabelle & Lee Miller, Viola Klemuk, Jim & Martha McCutcheon, Roy Martin, Aileen & Ike Anderson, Beverly & John Rapp, Marv Diemer, Tom Klemuk, Harriet & Russell Congdon, Cary Willoughby Euchner Darrah, Bill & Shirley Merner, Gene Lehman, Monte & Sonia McCuniff, Benton Family, Marie Cook, Ward & Sherrill Stubbs, Cleon & Lorraine Wood, Bill Shepherd, Nancy Price, Sid & Alvira Morris, and Joe & Linda Bohr

Past & Present Board Members:

Tom Klemuk, Aileen Anderson, Gene Lehman, Linda Kennedy, Donnabelle Miller, Jim Larson, Jim Reidy, Michelle Hyde Swanson, Susan Klemuk Higdon, Sandy McDonald, Molly McDonald Kahler, Chuck Frost, Jan Benson, Scot Starbeck, Jill Kennedy Thorpe, and Laura Frost Sweeney.

New First UMC Shirts On Sale This Month

You've seen some of the church staff wearing these, now you can have one, too.

shirt color: purple
embroidery color: white
sizes: small - XXXXL

button-up

- 100% cotton
- one pocket
- short or long sleeve
- \$ 35

polo

- 6.7oz medium-heavy blend 60/40
- short sleeve only
- \$27

How it works:

Order your shirt in the Gathering Place, last two Sundays of August or first Sunday of September.

Pay when you order. Shirts will made-to-order, only. Delivery late Sept - early Oct.





This will be the view out of our Gathering Place windows once the playground is complete.

Playground Coming!

The Church and First Kids are cooperating in an outdoor play area for children. The area will include a fenced-in playground with a safe, squishy rubber mulch base. Also, a 350 square foot patio with benches will be installed just outside the north door. Take your Sunday morning coffee outside, or maybe your small group will choose to meet outdoors. A 6 foot White Vinyl Fence will be placed around the electrical transformer. Current plans call for groundbreaking sometime in September.



Rummage Sale News - Sign Up to Help

if we don't have it, you don't need it! shop! shop! shop!

Thursday, August 4th, 5:30-8 PM

Friday, August 5th, 8 AM-4 PM

Saturday, August 6th 8AM - 1PM - \$3 Bag Sale Saturday

Where Does The Money Go?

The sale's profits will be donated to the following four groups: Banyam Theological Seminary, books for "Change a Child's Story", Community Meals, and upgrades here at First UMC.

Help us Out

We will need volunteers to fill a 2 hour slot to make the sale successful. You can sign up for your preferred spot at a table in the Gathering Place. We are looking for people to help in the following places: men's and women's clothing, electronics, large items, kid's, holiday & linens, household items, cashiers, and baked goods. We are seeking people to be room greeters.

How'd We Do?

The wrap-up meeting will be Wednesday, August 10th at 6:30 PM.

Media Matters: Aboutfirst

If you're looking for information about our church, there's only one word you need to remember: AboutFirst. (OK, maybe that's two words stuck together) Aboutfirst.com is our church website where you'll find schedules, events, directions and contact information. Aboutfirst is also the title of our 16-page monthly newsletter. You're reading it right now. If your church group would like to publicize an event, simply send the information to Chris Congdon in the media office by the 20th of the preceding month and we'll be sure to get it published. Aboutfirst - either online or in print - is the one-stop for all of the information on First UMC worship, programs, events and schedules. Be sure to read every issue!

Financial Update--

June Receipts	\$62,081.83
June Expenses	\$67,899.35
YTD Receipts	\$419,848.59
YTD Expenses	\$416,760.24

As of July 17--

2016 budget amount needed	\$491,651
2016 general fund received	\$450,684
Mortgage balance July 27--	\$661,922

events

Aug 2 - Food Bank Work Crew

Here's a fun and easy way to help the food insecure in our community.....

Mark your calendar for Tuesday, August 2 to help at the Food Bank at 1605 Lafayette Street in Waterloo. You can carpool with Lisa or get yourself to the Food Bank and come into the Volunteer Entrance. The Methodists and friends will be there from 6:00 to no later than 8:00pm.

Aug 2 - Grief Support Session

It is not only okay to talk about a loved one who has died, it is essential for healing to occur. Telling your story and sharing feelings helps keep your loved one's memory alive and helps you heal. Monthly support sessions are sponsored by the FUMC Grief Support Team and provide a safe, confidential setting. Our next meeting will be Tuesday, August 2nd from 2:00 to 3:30 pm in the parlor. Please call Carol through the church office with questions. No reservations are required.

Aug 7 - Potluck @ Washington Chapel

On August 7th Pastor Steve will be giving the message at Washington Chapel, our sister church! Washington Chapel would like to invite the members of First UMC to join them for worship at 10:30 and a potluck to follow. All you have to do is bring yourself and a dish to share. It would be a great way to meet the members at our Sister Church. If you have any questions contact Jordan Derhammer at 319-415-1239.

Aug 9 - Join the Card Makers

During the months of April, May, and June, \$198.03 was collected for Wee Care. Our thanks go to the volunteers who donate cards, those who recycle them and make new ones, and to all who purchase the cards from the card rack. You may purchase one or more cards for \$.50 each. Money can be placed in the metal box attached to the rack. This quarter's profits will go toward postage for Ingathering kits. Our next card making session will be Tuesday, August 9th from 1:00 to 5:00 pm. Bring a snack if you'd like and stay for Community Meals as well. New participants are always welcome.

Aug 18- First Friends Potluck

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

Aug 29 - LifeServe Blood Drive

We collected 35 units of blood at the July 25 blood drive! There were 37 donors who registered to donate and the units of blood collected made a lifesaving impact for up to 105 hospital patients.

We are hosting the next blood drive on Monday, August 29 from 1:30-5:30. Donors, cookie bakers, and hosts are needed. They have quite a few appointments slots to fill. Sign up to donate at www.lifeservebloodcenter.org. Use the sign-up sheet at the Welcome Center to let Lisa know if you can donate cookies or chat and serve cookies to the donors for an hour or so.

Sept 7 - Fall Kickoff Picnic

Our Fall church kick-off picnic is scheduled for Wednesday, September 7th, beginning at 5:30pm. Come eat, play games, and stay for our Fusion worship service. All of our other great Wednesday night activities will get cranked up the following week.

October 1-2 - Appalachian Craft Sale

The Red Bird Mission Craft Show and Sale will be here the first weekend in October. Just a heads up to put it on your calendar now. Start saving your money and get all of your Christmas shopping done at once.

Every Thursday - Zumba

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

Every Day - Make Prayer a Part of Your Day

It has been hot this past month, during these times we have been advised to drink lots of water, or go to the pools. The next time you are sitting by a body of water, at the pool or drinking a cold drink think about this verse: Jesus said, "Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst-not ever. The water I give will be an artesian spring within, gushing fountains of endless life." Every Sunday morning at 8:00 join members of the prayer team to pray for the worship services, congregation, pastors, Sunday School, hospitality teams, ushers, van drivers, music ministry and coffee fellowship. One of the team members will lead the prayer time. You simply listen and add your silent prayers.

Talk to any of the Prayer Ministry Team members with questions: Debbie Dance, Jim Larson, Genny Van Dorn, and Jan Hoover.

Recurring Weekly:

Sunday

8:00 prayer in the chapel
 8:30 Transformation Worship
 8:30 Traditional Service, sanctuary
 9:30 Fellowship time, Gathering Place
 9:45 Sunday School for all ages
 10:30 Washington Chapel Worship
 10:00 Traditional Service, sanctuary

Tuesday

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

Wednesday

9:00 Women Connected by Prayer, parlor
 5:15 AA, O55
 6:30 WOW AA, O55

Thursday

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

Also Scheduled....

MONDAY August 1

6:00 HOME Team, Chapel
 8:00 softball

TUESDAY August 2

NO Community Meal tonight
 2:00-3:30 Grief support, parlor
 6:00 Food Bank Work Crew
 7:00 AA relocated to parlor this week

WEDNESDAY August 3

5:15 AA relocated to parlor
 6:30 AA relocated to parlor

THURSDAY August 4

5:30-8:00 Rummage Sale
 5:30 No Zumba this week
 6:30 Trustees, Associate Parsonage

FRIDAY August 5

8:00-4:00 Rummage Sale
 9:00 NE District Golf Tournament

SATURDAY August 6

8:00-1:00 Rummage Sale

SUNDAY August 7

regular summer schedule
 Women @Well Sunday
 10:30 Washington Chapel -Pastor Steve
 11:30 Potluck @ Washington Chapel

MONDAY August 8

5:45-7:45 Healthy Cooking, kitchen
 8:00 softball

TUESDAY August 9

1:00-5:00 Cardmaking, Gathering Place
 5:30 Hearts & Hands making pepper jelly
 6:30 Prayer Team, chapel

WEDNESDAY August 10

2:00 Communion Service, Western Home
 6:30 Safe Sanctuary Training, parlor
 6:30 Rummage Sale Recap meeting, chapel
 6:30 Finance Committee, O57

THURSDAY August 11

5:00 Women @ Well Trip

FRIDAY August 12

Youth Retreat @ Pictured Rocks camp

SATURDAY August 13

Youth Retreat @ Pictured Rocks camp

SUNDAY August 14

regular Summer schedule
 10:30 Washington Chapel - Shawna Brimm

MONDAY August 15

church office closes at noon today
 6:30 Stephen Ministry Supervision
 6:30 Worship committee, library
 6:30 Ad Council, library

TUESDAY August 16

church office closes at noon today

WEDNESDAY August 17

church office closes at noon today
 9:30-11:30 MOMs group, library and gym
 11:00 Windsor Care Chapel service

THURSDAY August 18

church office closes at noon today
 12:00 1st Friends Potluck, Gathering Place

FRIDAY August 19

church office closes at noon today

SATURDAY August 20

September Newsletter Deadline

SUNDAY August 21

regular summer schedule
 10:30 Washington Chapel -Pat Cole

MONDAY August 22

church office closes at noon today

TUESDAY August 23

church office closes at noon today

WEDNESDAY August 24

church office closes at noon today
 2:00 Communion Service, Windermere

THURSDAY August 25

church office closes at noon today

FRIDAY August 26

church office closes at noon today

SUNDAY August 28

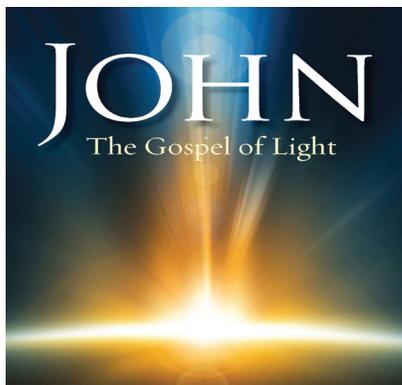
one service only in CF
 10:00 Worship on the Green
 10:30 Washington Chapel -John Roy

MONDAY August 29

1:30-5:30 Blood Drive, Gathering Place
 7:00-9:00 Met Chorale, sanctuary

WEDNESDAY August 31

Noon newsletter mailing crew



Church-Wide Study

John The Gospel of Light and Life by Adam Hamilton. This study invites readers to find their own place in the Gospel story and to follow a fresh path to God. We invite Adult Sunday School and Small Groups to participate in this 6 week study. The first fifty books are \$8.00 after that the price will be dictated by Cokesbury. If you are a Sunday school or Group leader and would like to lead your class in this wonderful study please contact Jenna Engel.

Pastor Steve will also be leading a Wednesday night class starting on September 14th. If you are interested in joining please see the signup sheet located at the Welcome Center. To help make it possible for more people to participate, there will be child care available Wednesday nights. In an effort to bring this study full circle, the Pastors will be preaching on the week's topics on Sunday morning.



Mommy Maintenance is More Than Moms

Attention all tired and stressed out women! There is a place for you on Wednesday nights to give you joy and rejuvenation. Beginning September 14th through December 7th, join us in the Parlor from 6 - 7pm for a time of renewal, relaxation and fellowship (child care provided.) We are also officially changing our name from Mommy Maintenance to More than Moms. This is a perfect description for the women of the group as individuals and as a collective body, since many come that don't have kids! Fun times are already scheduled for this Fall. Invite a friend . . . all are welcome! Any questions, please contact Lesley Toma at (319) 266-1713 or lesleytoma@aboutfirst.com

Change a Child's Story

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

Your monetary donations provided books for students to take home as well as funds to enhance classroom libraries. You may help with this by using the special offering envelopes at the display or note "Change a Child's Story" on your check to FUMC.

Dig Into Paul's Call With the Tuesday Night Fellas

The Call is Pastor Adam Hamilton's look into Paul's transformation from persecutor to believer and leader of the Christian movement. Sit in with the Tuesday Night Fellas as we look into this six week study beginning August 2. The Tuesday night fellas are informal and friendly. We'll spend some time solving the world's problems, then we'll rip into the evening's study materials. Don't worry, we don't do homework. All men of any age are welcome. Find us upstairs in the small group room - down the red hallway and take a left. Q? Chris Congdon.

United Methodist Women: Turning Faith Hope & Love Into Action

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

Arlene Fleming recently attended the North Central Jurisdiction United Methodist Women's Quadrennial meeting in Grand Rapids, Michigan. Three hundred people were in attendance from United Methodist Church conferences in Michigan, Ohio, Illinois, Iowa, Minnesota, North and South Dakota, Wisconsin, and Indiana. Five United Methodist bishops attended.

Worship, music, and inspirational workshops were offered. Business consisted of selecting four directors for the UMW National Office and election of the Jurisdiction UMW Leadership Team. A tour of Grand Rapids included a visit to the United Methodist Community House. This project is one of nearly 100 national mission institutions owned by the United Methodist Women to serve women, children and youth.

Tuesday Bible Study

The Tuesday morning Bible Study meets in the chapel at 9:30 on Tuesday mornings. Bring your Bible – whichever one you prefer – and be prepared to read through and discuss. They started over again with Genesis in June, so it'll be the cool Old Testament stories for awhile now. No homework or study guide is required, just read along with this group of women and offer your insight. Shirley Bolin is the contact for this group.

Question, Answer, Study, Lead

One way to challenge yourself and explore new areas of faith is to lead a short-term study group. We would love to fill our calendar with six to eight week bible studies and small groups. Short-term studies offer a chance to dig into issues without a long-term obligation. It's not as hard as you might think to be a leader. We have resources available for book and/or video-based studies on all kinds of Christian topics. If you have interest in pursuing a study, contact Jenna Engel. We'll help you get the materials, reserve meeting space, get your group on the church calendar, and we'll even publicize your study.



A Weekend to Change Your Life - Walk to Emmaus

This three-day retreat will take you away from the distractions of life and allow you to focus on what a new life of discipleship might look like. You'll be immersed in a caring Christian community, and will be encouraged and challenged to find ways to live out your faith in your home church and your community. During your "walk" you'll be comfortably fed and housed, and you'll have plenty of time for a good night's sleep. While the weekend is structured and scheduled, there are ample break times, too.

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

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

There's plenty of time to make your Walk to Emmaus arrangements:

October 20-23	men's walk #171	Solon, IA
November 3-6	women's walk #172	Solon, IA

The Best "Church Thing" You've Ever Done

If you're ready

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

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

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

On-Going Wish Lists

For those who like to shop, we have an opportunity for you! There are several in-church groups that can always use supplies to support their ministries. For your convenience, we have compiled the wish lists for Wee Care, UMCOR School Kits, FirstKids Daycare & Preschool, and Sunday School all on one sheet. And, we have also compiled a list of items that you may have at home that could be repurposed for another use by Lincoln School, our Cardmakers, and River Hills School.

Pick up the Wish Lists sheet on the literature rack outside the church office, or at the donation collection site in the little hallway near the drinking fountain on the main level of the church.

Wee Care

Grateful parents of wee ones come to our church every Tuesday afternoon to pick up a supply of much needed baby goods. This gap ministry through LoveINC helps struggling families stretch their dollars. Diapers of all sizes are always appreciated, along with wipes, baby wash, baby lotion, 8 oz bottles and sippy cups. If you see a good deal on end-of-season baby clothes feel free to bring them in. We have a place to store them until the appropriate season.

Summer Challenge - Load The Boat

Check out the Heifer International Ark in the office window. We've been adding animals as the donations come in, but some of our critters are looking lonely. The summer challenge to the congregations is to add a pair of pigs (\$240), another cow (\$500), and another goat (\$120) to the ark by the time school starts up late August. That'll put us halfway to our goal of \$5,000 to fill the ark.

Use the offering envelopes beside the ark to donate, or make your check out to FUMC with "Heifer Ark" on the memo line.

August - mission of the month - Women at the Well

Did you know the church is in prison? Women at the Well is our sister and partner church, a United Methodist congregation within the walls of the women's correctional institution in Mitchellville, Iowa. The pastor of this ministry, Rev. Lee Schott, will be with us on Sunday, August 7 at both of the traditional services to share with us about the almost nine years of weekly worship, supportive community, faith nurture groups, and aftercare they have offered to the women there. Maybe you'll find your own place in prison—in ministry with these women, our sisters in Christ.



How can you support the Women at the Well?

- On August 7 we will collect a special offering at all services to support this church in the Iowa Correctional Institution for Women in Mitchellville, or you can give anytime by putting "Women at the Well" on the memo line of your check to FUMC. There are also special offering envelopes at the display in the Gathering Place.
- Another way we can help our sisters behind the razor wire is to provide Bibles for them. We have an opportunity to order new Bibles to be sent to the prison directly from Cokesbury. These Bibles cost about \$10 each and will be given to the ladies in Bible Studies and to keep for their own use. Use the special "Bibles for our Sisters" envelope at the display in the Gathering Place.
- Cards of encouragement are always appreciated. You can mail them to the Women at the Well congregation using this address:
Women at the Well UMC
PO Box 33
Mitchellville IA 50169-0033
- And yet another way you can support this ministry is to be a part of a Reentry Team to support and guide women who are released from prison.

Becoming Connected to Women at the Well UMC

- Stop by their Facebook page, Women at the Well UMC, and "like" them to receive prayer requests and updates on their ministry.
- Follow them on Twitter, @WomenatWellUMC!
- Sign up for their e-news. You can do this at their web page at womenatthewellumc.org

Thank you for your continued prayers and support for the Women at the Well.

Threehouse has a NEW house!

In the fall of 2014 Threehouse: A Wesley Foundation applied for a grant from the Lilly Endowment program entitled the Campus Ministry Theological Exploration of Vocation grant. Specifically we proposed creating a team of people along with appropriate resources to encourage UNI students to dig more deeply into their purpose/vocational identity/faith.

One specific element was the creation of a small community of students who would covenant to live/serve/grow/laugh together. When the green house at 2421 Olive became available, we purchased it. Uniquely suited to be an intentional community living house, beginning this fall 5-6 students will live together to serve, pray, study, eat and play together. Woven throughout will be focused conversations and experiences designed to uncover a more focused or clear sense of purpose for each student.

First, however, much work was needed on the house to prepare it for students. Many volunteer hours have been spent this spring and summer. Thank you to many First UMC volunteers for your support.

Housewarming gifts appreciated for Threehouse

If you wish to help with housewarming gifts and you like to shop, there is a gift registry at Target. They need basic items for the three bathrooms and to stock the kitchen with tableware and cookware. To access the registry online:

Go to target.com

Click on "registries&lists" at the top of the page

Scroll down to "search registries & wish lists"

First name: Three // Last name: House

If you prefer to get the list while at Target, go to the computer at customer service and use the first name "Three" and last name "House".

Another way to support the Personal Care Drive

Thank you for your generous donations of personal care items during July. These items will be delivered to the Food Bank to help those who often need to choose between food to eat and personal care items to keep clean and healthy.

In August the Food Bank truck will be set up in local Walmart or Fareway stores to have volunteers advocate for personal care items. Volunteers will talk to customers about how far one bottle of shampoo or one bar of soap can go to help someone in need in the hopes that customers will purchase some items to donate on their way out.

Cedar Falls locations are:

August 6 – Walmart. Shifts from 10-12, 12-2, 2-4

August 13 – Fareway. Shifts from 10-12, 12-2, 2-4

To sign up, contact Chris Madigan (the volunteer coordinator) at cmadigan@feedingamerica.org or 235-0507 ext. 117. Feel free to sign up for as many shifts you as you want!



Salads Needed for Threehouse Block Party

Let's show our support for our local campus ministry. Threehouse (The UNI Wesley Foundation) welcomes us to their annual Back-to-School Block Party on Sunday, August 28 from 5:00-7:00.

Everyone is invited to come and to eat and visit with the students. Also, we have offered to provide salad or fruit or veggie trays to make the party a rousing success. If making a salad is not your thing, donations of cash can be helpful for purchasing charcoal and other picnic supplies. Sign up on the Threehouse clipboard on the Welcome Center.

New to the festivities this year will be tours of their GreenHouse Intentional Community House. Read more about this exciting ministry and check out the "Housewarming Gifts" article to discover how you can help out.

If you want to know more about this important campus ministry, contact them at 266-4071 or speak to any of the members of Cedar Falls First UMC serving on the Threehouse: A Wesley Foundation board of directors. This includes Steve Williams, Mary Schlicher, & Pat Van Hauen.

Hospital reminder

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

email Prayer Chain

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



Community Meal

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

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

Food Bank-every month

A crew from our church helps at the Food Bank the first Tuesday of each month. Expect to be there from 6:00 to 8:00pm. They love to see the Methodists come to work. Would you like to be on the reminder email or do you want to know more? Contact Lisa in the church office. lisa.congdon@aboutfirst.com

Go

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

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

Send Kids Back To School Fully Equipped:

Cedar Valley Back to School Project

Here's an opportunity to support our local community. The Back to School Project is a volunteer run organization that collects and distributes new school supplies to kindergarten through middle school students in our own metro area. They rely on donations and volunteer labor from individuals, organizations, businesses and churches. Last year they were able to help more than 3,400 students begin the school year with fresh, new supplies. The Back to School Project has been helping thousands of local kids since 1994. This is a completely volunteer run project, and you can help this month.

A big part of the process is sacking up the supplies for each grade level and school. This happens in the gym at Lou Henry Elementary School at 312 Rachel Street in Waterloo. Come and go as you like on August 15-17 (Mon, Tues, Wed) from 9:00am-7:00pm. If you wish to bring a group of five or more contact Ruth Orth to schedule a specific time.

Distribution of the supplies happens August 18, 19, and 20 at Lou Henry. Contact Ruth Orth to work any of these slots:

Thursday, August 18	11am-1pm, 2pm-3pm, 5pm-6pm
Friday, August 19	11am-1pm, 2pm-3pm, 5pm-6pm
Saturday, August 20	9am - 10am

Contact Ruth Orth at 240-7470 or RNLComp@mchsi.com if you have questions about the project.

National / International: Now is the time for packing UMCOR School Kits!

We are starting to get school kits ready for Ingathering. The First Stitchers have been busy all year sewing school bags and are ready to fill 600 this year. You can help by keeping your eyes open for good deals on school supplies and bringing them to the church collection site on the main level in the little hall across from the drinking fountain.

Right now we are in particular need of **notebooks**, **crayons**, and **pencils**. These are on sale NOW!

This is what is needed to fill each school bag:

3 - 8 ½ x 11 spiral or top-bound notebooks, 70-80 pgs each, WIDE rules only, no composition books

1 - pencil sharpener (hand held - at least 1" long)

6 - unsharpened pencils with erasers (plain)

1 - box 24 crayons (ONLY 24 count, please)

1 - pair BLUNT scissors (metal blades)

1 - 2 ½ inch eraser

1 - 30 centimeter ruler (hard or flexible)



SURF SHACK VBS

Surf Shack was an amazing time! We got to hear all about how God Created Earth, God helped baby Moses on the Nile Riverbanks, God loves with the story of Jesus being Baptized, God Calms the storm with his disciples and God Sends his disciples out to spread his good word.

I hope to see everyone again next year at Vacation Bible School with the theme being Hero Central, Discover your Strength in God!



Summer Games Recap:

Noise is everywhere. Noise of school, work, friends, family, everyday life. This year at Summer Games University students spent the week learning how to block the noise and crank the signal we have to Christ. Each day they had the opportunity to play games, worship, listen and reflect as individuals and part of the body of Christ. First United Methodist had seven Senior High students attend. Thank you to all the back home buddies for your care packages to the students!

Save the Date:

Youth Mission Day at Adventureland
September 10th- \$25 per participant.



Youth Retreat - Pictured Rocks Camp

Zip lines, trails through the woods, drum sets that burst into flames

6th - 12th grade students from all over northeast Iowa are invited to the 2nd annual youth retreat at Pictured Rocks Camp in Monticello, IA - August 12th/13th. Cost is only ten bucks per person. You'll have a dry, comfortable bed to sleep in, good food to eat, fun stuff to do and people to hang out with. Theody will be back again as our musical guest. Members of our confirmation class are especially encouraged to attend this as a make up for our cancelled summer campout. Contact Becca Nims (rebecca.nims@aboutfirst.com) to reserve your spot by August 10th.

YOUTH RETREAT



AUG 12-13

Thank yous

Thank you for coordinating the restroom accommodations for this year's 41st anniversary "Let The Good Times Roll" Sturgis Falls Parade. This wonderful event would not exist if not for the time and efforts of volunteers such as you! We appreciate everything you all do to ensure that that Parade is enjoyable for everyone. Thanks for your hospitality and support.
Sturgis Falls Celebration

Thank you for allowing me to have the bed from the associate parsonage. It was a huge blessing! I am finally completely moved in to my new place and just wanted to extend my gratitude to you! Thanks again for everything you do.

Alexa Poppy

Thank you to everyone who called and sent sympathy cards following the death of our son, Steve. Your thoughts and prayers were very much appreciated. Thank you to the 1st Quilters for the lovely comfort lap quilt. Carol Dick, from the Grief Support committee, came to visit with us and delivered the comfort quilt. Thank you Carol.

Wayne and Maxine Fitkin

The prayers and cards along with Pastor Steve's visit got me through my surgery. Thanks so much!

Donna Hoffman

What a pleasant surprise to find a peach colored rose delivered our door upon our return from our son's home in Salt Lake City on July 10th. Sorry to have missed Jane's visit but appreciate being remembered on my 82nd birthday.

Lorna Ericson

Many thanks to the Care Team and church staff for the birthday cards and to Jane for her visit and lovely rose.

LaVonne Neese

Thank you so much for the lovely apricot rose and for Jane Wyckoff delivering it. It looked great on my coffee table for a long time. I am glad to be a member of such a caring church.

Joy Sires

Thank you so much for the card, Bible, and Wal-Mart gift card as a graduation gift on Senior Sunday. It is truly a blessing to be a member at FUMC and see the ways you all work to reflect the love of Christ. I look forward to keeping in touch as I start a new chapter in life! Your warm thoughts and well wishes are so, so appreciated.

Lorrie Schofield

Thank you so much for the lovely red rose. That was a special birthday surprise. Thanks for remembering me.

Marian Christiason

Sympathy to:

- Family and friends of Donabel Richardson Levett. Donabel passed away June 29.
- Bev Michael and her family on the loss of her sister on July 4.
- Friends and family of Laurel Ericson. Laurel passed away July 14.
- Friends and family of Pastor Keith Scott. Keith passed away July 20. Keith and Evelyn Scott served Cedar Falls First UMC from 1987-1998
- Nancy Wolfram and her family on the loss of her mother.
- Dorothy Schwab and her family on the loss of her sister on July 23
- Dawson Walker on the death of his father, Mike Walker, on July 24.

Congratulations:

- Eric & Abby (Engel) Neill. They were married at St. Patrick's Church on July 15.
- Brett and Amy (Brimm) Huber. They were married in our church on July 16.

Baptisms

- We welcome Ryan Robert Riese to our church family. Ryan was baptized July 3. He is the son of Terry and Janine Riese, and grandson of Mark and Jane Jansen.
- We welcome Mackenzie Ann Yokem to our church family. Mackenzie was baptized July 3. She is the daughter of Jeremy and Karen Yokem, and the granddaughter of Bob and Debbie Condra.
- We welcome Myles Presley Hostelka to our church family. Myles was baptized July 17. He is the son of Andrew and Leisa Hostelka, and grandson of Jerry and Alice Neith.
- We welcome Theodore Steven Yockey to our church family. Theo was baptized July 17. He is the son of Chris and Kim Yockey.

Lawnmowing Help

Thank you to Jim Larson and Larry Petersen for taking care of the mowing of our church yard this year. If you would like to take a turn to give them a break, there is a sign-up sheet at the Welcome Center. Your help will be greatly appreciated.

Surf Shack Thank you!

A HUGE shout out to all of the people who volunteered, donated items and donated their time for VBS. If it were not for you this program would not have been possible. I appreciate all you did and continue to do to help children grow in their faith! To the kids that were able to join us at surf shack thank you so much for coming and making the week one of the best weeks of the year! I look forward to seeing you back next year!

Jenna Engel

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Sunday, 8:30 & 10:00 a.m. Traditional services
Sunday, 8:30 a.m. Transformation Worship

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

Spreading the Word

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

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 Pastor

Steve Williams, Senior Pastor, steve.williams@aboutfirst.com

September newsletter deadline is August 20.

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