

aboutfirst news

August, 2020 First United Methodist Church, Cedar Falls

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



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issue 238, August 2020

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

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

3 Simple Rules for Talking To Each Other

This past month has been a historic one in relation to our Supreme Court justices with rulings on homosexuality, Obama Care, capital punishment, and others. For many of us, these issues strike a chord with us and we are passionate about what we believe in relation to these topics. Conversation during fellowship time, Facebook newsfeeds, and every other form of communication has been full of discussion on these rulings. I do not write today to address them specifically, or to even give my opinion on the issues. However, I do believe that we can address how we dialogue about them from a Wesleyan perspective.

In his book, *Three Simple Rules: A Wesleyan Way of Living*, the late Iowa Bishop Reuben P. Job uses John Wesley's three general rules to give Christians a guide for living a faithful life. Those rules from Wesley, the founder of the Wesleyan movement are simple: "1) Do no harm, 2) Do good, 3) Stay in love with God. I believe those 3 simple rules can guide us as we discern not only our beliefs around these subjects, but how we communicate those beliefs to others in face to face conversations and on social media.

Rule #1: Do No Harm. Job writes, "To do no harm means that I will be on guard so that all my actions and even my silence will not add injury to another of God's children or to any part of God's creation." In other words, doing no harm means respecting the culture and beliefs of those in whom we minister



Rule #2: Do Good. Job writes, "My desire to do good is in response to God's invitation to follow Jesus, and it is in my control. I can determine to extend hospitality and goodness to all I meet." Doing all the good we can means to engage others proactively in a way that nourishes goodness and strengthens community.

Rule #3: Stay in Love with God. Job writes that as we stay in love with God, we "find our moral direction, our wisdom, our courage, and our strength to live faithfully from the One who authored us, called us, sustains us, and sends us into the world as witnesses who daily practice the way of living with Jesus." What stories can you tell online to help others stay in love with God? How does social media help you stay in love with God? How can you contribute to these conversations in a face to face situation that helps others stay in love with God?

The reality is that in a Christian dialogue, no matter what side of these issues you may find yourself, we are all pouring through the same scriptures and praying to the same Lord. The authority of scripture is not what is at stake in these debates. How we interpret the bible is the difference. Be kind. Be loving. Extend grace. Use your speech to build up, and not to tear one another down (Paraphrase of Ephesians 4:29)

Be Bold, Be Strong,
Rev. Matt German



New Pastors Ordained at First UMC - CF

On Saturday, July 11, our church hosted a very special worship service on behalf of our Iowa Conference of the United Methodist Church. The COVID-19 pandemic made it impossible to hold the Iowa Annual Conference activities in Des Moines this summer, and that included the annual Service of Ordination for new pastors. The ordination service is always a celebratory highlight of Annual Conference, and is an essential piece of Conference business.

Conference leaders elected to hold two smaller ordination services, one here in Cedar Falls and one in Council Bluffs to replace the mass-gathering in Des Moines. Bishop Laurie Haller and representatives of the Board of Ordained Ministry met here for a special service of worship for the ordination of five new elders, the commissioning of four new pastors, and to recognize those who have completed their course of study toward becoming ordained.

Cedar Falls First UMC was chosen for its eastern-half location, and our ability to provide a livestream feed for others to watch off-site. It is a moving moment when the bishop says to each ordinand, "take, thee, authority . . .", as it represents the culmination of years of study and preparation for a new life in ministry.

Congratulations to Elizabeth Ann Bell, Courtney Renee Dake, Lisa Donita Schroeder, Derrick Festus Nii Okai Okine, and Benjamin Alan Wedeking on their ordination as elders in the United Methodist Church. Congratulations to Keith Orland Pitts, Melinda Sue Stonebraker, and Melody June Williams who were commissioned as provisional elders and Patrick Henry Mulloy who was recognized as preparing for ordained ministry as a deacon. Jennifer Lynne Seylar was recognized as an Associate Member of the Iowa Conference, and Christy Lynn Ehrle, Neil Everett Hofer, and Mark W. Morehouse were recognized as Course of Study Graduates.

Our 50% Goal

Currently, our online and recurring giving is about 25% of our First UMC income. Our First UMC Finance Team would love to see this reach 50% by the end of summer. Please consider shifting your giving to online and recurring methods.

Why should you set up online or recurring giving?

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.

**GIVE
PLUS⁺**

4 Worshiping Together



Worship on the Green

Worship on the Green - August 30
Our annual outdoor worship party is scheduled for August 30. We'll have one worship service outdoors on the lawn.

We will use the "Two Songs & A Sermon" format for our music and teaching, music and worship. Everyone is welcome and invited to join us!

For COVID-19 safety, it will be a little different this year. We will not be sitting together under the big tents. Bring your lawnchair to sit on the grass in a socially-distant way, or worship from your car in the parking lot - you'll be able to tune your radio to our microphones.

GETTING TOGETHER AGAIN

FIRST UNITED METHODIST CHURCH, CEDAR FALLS

THE CHURCH



will have hand sanitizing stations available



will clean public areas



will screen your temperature and health information as you enter



will adjust worship schedules and formats to promote a safe worship environment



Gathering Place, Nursery
Bus Service are suspended

YOUR PART



wearing masks is encouraged



maintain social distance



resist the urge to hug or shake hands



Stay home if you haven't felt well, or have symptoms of cold or fever

ONLINE OPTIONS CONTINUE

watch from home on:
Facebook Live • aboutfirst.com • YouTube
cable TV in CF and Waterloo

Tune In To Evening Reflections

Every evening at 6:00, a church staffer or volunteer will be live on our Facebook page with a reflection for the day. Gather the family and tune in for a word of encouragement and something to think about. Feel free to share comments with others who are watching - it's good to hear from each other!

First UMC is on Cable TV

We have an hour timeslot on public access cable TV in both Waterloo and Cedar Falls. Our program includes a Sunday School story for children, a devotion from a church staff member, and the teaching session from last Sunday's service.

Cedar Falls (CFU) Channels 18 and 95.5, Friday @ 8:00 pm, Sunday @ 9:00 am
Waterloo (MediaCom) Channel 17, Sundays @ 11:00am & 8:00 pm

GETTING TOGETHER AGAIN

- 8:30am in the sanctuary + Facebook Livestream
- 10:00am in Fellowship Hall + Facebook Livestream

This is still a transitional time. While this in-person worship is available, the livestreams will continue and we will still consider online worship to be our primary worship experience. If you choose to attend in-person, expect

- to submit to a health screening as you enter
- to be asked to wear a mask
- to observe social distancing
- to not have refreshments in the Gathering Place
- changes in how we sing, pray, and offer gifts together

Please make good decisions regarding church attendance based upon your vulnerability to infection, and your likelihood of being a transmitter of the COVID-19 virus to others. Since the middle of March, we have all learned about the dangers of this virus, and we have learned that isolation is our best defense. As First UMC now unlocks the doors on Sunday morning, we're counting on YOU to make good decisions for yourself and for your church family.

We strongly advise people to continue to stay home and watch online. Those who do choose to attend in-person will have an experience similar to being in the live studio audience of a television broadcast.

Your First UMC leaders are listening very closely to Iowa Public Health officials, and to recommendations from our Iowa UMC Conference headquarters and are prepared to make changes to worship services and gathering policies as infection rates dictate.

Sunday School Plans for This Fall

Children: Children Sunday school is going to be virtual this fall. More information to come.

Adults: Adult classes are free to decide whether to meet in-person, or not. If adult class leaders would like assistance in setting up electronic meetings, please let us know in the office. Adult classes which choose to meet in-person are asked to notify Education Director Jenna Engel. We ask that persons be spaced 6ft apart in your classroom, that masks be worn, and that you sanitize your space after use (supplies provided).

Small Groups Beginning to Meet Again

Some small groups are beginning to meet again. Groups smaller than 10 persons may contact the church office to reserve meeting space. Wearing masks and social distancing policies apply to small group gatherings. Cleaning supplies are available in meeting spaces for you to disinfect tabletops before you leave.

Your First UMC leadership team is monitoring Black Hawk County COVID-19 statistics and we are prepared to either continue the process of opening, or to close-down again as conditions indicate.

How to Worship Online

Even though we are maintaining physical distance, we are still a family of faith, and we still have good news to share. Here are three options for online worship with First UMC CF.

option #1 Facebook Live Stream

8:30 & 10: Sunday service times, and any time thereafter.

If you have a Facebook account, search Facebook for "Cedar Falls First United Methodist Church", and at 8:30 & 10:00 on Sunday morning, a live video stream will start. You can watch in real-time and share comments with others who are watching. The video will remain available on Facebook forever.

facebook.com/firstumccfmedia/

option #2 aboutfirst.com

by noon Sunday, and any time after

Go to our church website, aboutfirst.com.

Just below our church name near the top of your screen, (or in the menu on a mobile device), you'll see the words "worship online". Point your mouse at those words, and choose a worship date. You'll find that week's worship video, and links to the teaching scripture passage, kids' Sunday School video, and online offering.

option #3 Youtube Channel

by early Sunday afternoon, and any time thereafter

Go to our church website aboutfirst.com

and scroll down until you see the "sermons" graphic. Click it, and you will be taken to our Youtube channel which archives all of our sermons for the past several years.

6 Reaching In & Out

Send a Card or Note

Many care facilities are not allowing visitors, even family. Send a card or a letter to our friends who are isolated right now. 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.

Doris Crandall, Gean Durbin,
Jeaneene Kemmerer, Marilyn Pape
Martin Suites
420 E. 11th St, Cedar Falls IA 50613

Marlys Cook, Ruby Hockey,
Richard Hunt
Stanard Assisted Living
420 E. 11th St, Cedar Falls IA 50613

Wanda Anderson, Marian Christiason,
Ruth Gooden, Mardy Hermann,
Jack Hovelson, Homer Leymaster
Windhaven Assisted Living
5500 S. Main St, Cedar Falls IA 50613

Gil Hewett, Joe Nelson, Lura Treloar
Deery Suites
5307 Caraway Lane, Cedar Falls IA 50613

list continued on next page . . .

For 15 Fifteen Years She Had No Electricity

In 1992, hurricane Andrew struck the home of an elderly woman, Norena. She received an insurance settlement. A contractor was hired and work began. However, when the money ran out, so did the contractor, leaving an unfinished home with no electrical power. For 15 years, Norena lived with no lights, no heat in the colder months and no air conditioning in the hot ones. During that time there were no hot showers. For 15 years Norena got by with a single oil lamp and a single gas burner stove. The neighbors didn't seem to notice, and Norena didn't say anything about the situation- she did not ask for help.



Then, acting on a tip, the mayor of Miami (Dade) got involved. It only took a few hours of volunteer work by electrical contractor Kent Crook to return power to the house. CBS news reported that when the electricity was turned back on, Norena commented, "I am going to wait until the water is hot and then take my first bubble bath in 15 years".

Isn't it true that we often take the same approach as Norena when we find ourselves facing some difficult situations concerning our health, employment status, loss of a loved one, etc.? We sometimes don't want to ask for help, or don't know who to ask, and try to

just get by on our own. Stephen Ministry here at FUMC is one source of help when there is a need to have a caring person come along side and give help/support through difficult circumstances. If you would like to have a Stephen Minister help you walk on through some present situation, or if such a time comes, please do not hesitate to ask for help! Contact the church office at 266-1713 to explore the possibilities available to you. Your conversation is kept confidential.

Grief Support Session - August 4

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 4 from 2:00 to 3:30 in the church parlor. We will observe social distancing and ask that you wear a face covering. No reservations are required.

Visitation of Loved Ones

Because of the COVID-19 virus, our lives have been changed for an undetermined amount of time. As of this writing, nursing homes have been placed on lock-down and assisted living facilities are restricted to family only. Your parish visiting team will be stopping personal one-to-one visits and communion to all of our members. We strongly recommend that you also do not visit anyone at this time for your safety and theirs. Do keep in contact by phone, e-mail, or greeting card. This will be a particularly lonely time for anyone without family around.

LifeServe Blood Drive August 24

Our monthly Blood Drive will be Monday, August 24 from 12:30-6:00. They have quite a few appointments slots to fill, and the need is great. Sign up to donate at www.lifeservebloodcenter.org.

They can use callers to help schedule these appointments. Part of our success as a host site is due to the dedication of Lorna Ericson and Cindy Spragg who make phone calls to those who are eligible to donate. Do you know how to use a phone? Are you willing to make some phone calls from a list provided by LifeServe? If so, let Lisa in the church office know and she will get you in touch with the folks at LifeServe.



Crafter's Corner on August 25

Attention crafters! Join us on the fourth Tuesday of the month from 6:00-8:00 in the Gathering Place. This is a laid back and hands-on group for all skill levels. Bring your own craft project to work on or volunteer your time and talent to make sleep mats for the homeless, handmade essentials for those in need, or prayer shawls.. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

We Need More to Adopt a Shut-in Church Member

You may have seen news broadcasts about families "adopting" a senior student in the last month for support as he/she graduates. Maybe this would be a good time to "adopt" a church member living in a long-term care facility. Due to the ongoing concerns of COVID-19, facilities will probably be restricting in person visits for quite sometime. If you as an individual or family would like to support someone who is especially isolated right now with a flower, gift basket, cards or phone call, please call Carol at 277-0711 and we will get you started. Thanks for caring!



Hospital reminder

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.

Ruby Hockey is 100!

Birthdays are good things and Ruby Hockey has had 100 of them! Her birthday was July 31. Send her a card at Stanard Assisted Living, 420 E. 11th St, Cedar Falls IA 50613.

... list continued from previous page

LaVonne Neese, Irene Raub,
Dotty Rokes, Ellen Opsal
Thalman Square
5500 S. Main St, Cedar Falls IA 50613

Marilyn Geesaman, Virginia Van Tassel
Nation Cottage
5111 Caraway Lane, Cedar Falls IA 50613

Vivian Hill, Thelma Macheska,
New Aldaya Lifescapes
7517 University Ave, Cedar Falls IA 50613

Martha Anderson, Darlene Jordan,
Perry Thurman
Pinnacle Care
1223 Prairie View Rd, Cedar Falls IA 50613

Linda Rundall
Sunrise Hill Care & Rehab Center
909 6th St, Traer IA 50675

Noreen Roth
Good Neighbor Society
105 McCarren Dr, Manchester IA 52057

Darlene Prashak
Country Meadow Place
17396 Kingbird Ave #306
Mason City IA 50401

UMW and First UMC Youth Partner in Mission Effort

In May, 2020, our Unit's Board members were made aware of the availability of up to a \$1,000 BE BOLD grant from the Conference's UMW. Its intended use had to align with our UMW Purpose which reads: "To know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church."

Our Board members suggested involving the Youth of F.U.M.C. Lorrin and Haleigh, the Youth Coordinators were contacted and they proposed two projects:

A. SoleHope project: This proposed project involves a "Shoe Making Party" through SoleHope.org where our 7-12 grade youth will work as a group to cut out shoe patterns, which will then be sent to Uganda. Thousands of vulnerable people in Uganda suffer from a crippling parasite called Jiggers, which enters the body through the hands and feet. A simple pair of shoes can help them live a healthier, happier life - free of jiggers and other parasites.

B. Gift basket project: This proposed project involves assembling and delivering baskets of needed supplies along with encouraging/affirming notes to local Cedar Valley charities such as The Boys and Girls Club, House of Hope and The Salvation Army. The baskets will be assembled by our 7-12 grade youth, and meet the needs of people within our local community who rely on these organizations for food, household supplies, after-school programming and much more.

Chris Werling, UMW Vice President and Maxine Kehret, UMW President completed the grant application. We were elated on June 9th when we received a check for \$1,000!!



UMW President Maxine Kehret delivers the mission funding to Youth Coordinators Lorrin Schofield and Haleigh Derhammer.

**We are turning
faith, hope and love
into action on behalf
of women, children
and youth around
the world."**



Thank You to the Breakout VBS Team!

Thank you to those families that participated in Vacation Bible School this year. It was our first time putting together a virtual VBS and we hope you enjoyed it.

I would like to thank Nancy Fransdal, Mike Cole, Jan Hoover, Jane Wyckoff, Ginger and Rush L'Heureux, Connor Engel and Keisha Lockhart. You all gave your time and talents towards VBS which is what makes it so fun! Thank you Chris Congdon for all the hard work you put in with filming, editing and putting the videos together. The Breakout videos will remain available on our Youtube channel so you can do VBS whenever you wish! - Jenna Engel

The Team That Feeds Us

Someday we'll be beyond this current pandemic and we'll be back to our traditional Tuesday Community Meal routine. We miss the people and their smiles! We plan, prepare, and serve the meal the fourth Tuesday of most months. Meals are served from 4:30-6:00, and the prep work begins early afternoon. Here's your chance to get involved in our Community Meal night. If you would like to help with meal preparation or serving, contact Stephanie Buchs or Maxine Kehret. We can use donations of desserts, too. We welcome new faces. There are opportunities for everyone to serve in this ministry.

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. This group was developed so we as a church family could stay connected while we are social distancing. 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, or send a note to Chris or Jenna and we'll connect you.

Building the Next-Level Broadcast Team

If you like working with techy tools, and want to grow with an ever-improving ministry at First UMC, we invite you to explore a place on the Production Team. We will train you from the ground-up to learn as much as you wish in: camera operation, livestream production, worship projection, and audio operation.

Our goal is to build a production team which produces professional-grade broadcasts for our remote attenders. We're looking for people willing to learn and grow into a new technical ministry role and to have some fun doing it.

If you think this might be an interesting way to serve your church, please consider attending one of our Production Team informational sessions to learn more. We'll show you some pretty cool equipment, tell you more of what we're trying to accomplish, and give you a picture of how you can fit in to this ministry opportunity.

Production Team information sessions:

- **Thursday, August 13, 6:30 in the Sanctuary**
- **Monday, August 17, 6:30 in Fellowship Hall**
- **Wednesday, August 19, 6:30 in Fellowship Hall**

10 Mission of the Month

School supplies are on sale for School Kits

School supplies are needed for school kits. Midwest Mission Distribution Center collects and disperses these kits all over the USA and even overseas. You can help by keeping your eyes open for good deals on school supplies and bringing them to the Gathering Place). This is what is needed to fill each school kit:

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

In particular need right now are crayons, colored pencils, and notebooks, so watch for the sales and buy a shopping cart full!



Banyam Seminary is our Mission of the Month

The COVID-19 pandemic is world-wide and we haven't forgotten our partners at Banyam Theological Seminary in Nigeria. Banyam Seminary does the important work of training most of the pastors for the growing UMC in Nigeria. It is a very quiet, rural campus, far from the distractions (and conveniences) of urban areas - a perfect setting for students to focus on their pastoral callings, but a challenging one in which to operate a school.

Since 2011, our missionary partnership with BTS has resulted in an on-campus computer lab, an on-campus medical clinic, scholarship funds, and support for water and electrical infrastructure. As First UMC members have traveled to Nigeria, we have been warmly hosted in their homes, and our relationship also resulted in a two-week pastor swap in 2017.

The needs at BTS are always great and we have recently heard of two specific items: disinfection supplies, and repairs to a kitchen damaged in a storm.

Our goal for August is to raise \$1150 for our friends at Banyam Seminary to be split between these two needs. Of course, you can also give to support the other ongoing needs at BTS, as well.



Thank yous

To First UMC and Jane Wyckoff,
What a treat! First your cheerful smile and then a beautiful red rose for my birthday.

Thank you,
Jim McCutcheon

We want to sincerely thank you for the many cards, letters, comments and we are certain, your prayers to help us celebrate our 50th wedding anniversary. We had planned to celebrate this milestone in a different fashion, but Covid-19 made us change our plans. So it was a real blessing to hear from many of you. For more than a week, we looked forward to opening our mail! Rest assured you all remain in our hearts, thoughts and prayers. God is Good... All the Time! Thank you again.

Dan and Kay Cih

Thank you to all who prayed for me at the time of my foot surgery. It went well, and I am on the way to recovery.

Sally Betts

The lovely red rose Jane Wyckoff delivered was just what I needed to lift my spirit. Thank you so much. It is so nice to be remembered on a birthday, and to have the delivery completed with a friendly smile is the best.

Joy Sires

What a pleasant surprise to see Jane at my apartment door to deliver the beautiful rose for my 86th birthday. Visitors have been allowed only recently since the pandemic lock down here at Western Home so she was a "breath of fresh air" and we had such a good visit as usual. The birthday card from the staff was so nice with all the personal signatures. To be a part of such a caring church is so special to me. Thanks to each one of you!

Lorna Ericson

Thank you so much for the rose for my birthday. Sorry I did not get to visit with Jane as we were on lockdown. Thank you also for the cards from the church staff and church family. They were appreciated.

With love and hugs,
Freddie Holmes

Thank you for the birthday rose from Jane. I never get tired of having birthdays. And, many thanks to all who sent cards to help me celebrate 97 years. I was overwhelmed by all the good wishes from friends from all over.

Betty Goettsch

We have such a caring, wonderful church family at FUMC. The Congregational Care Team has surrounded my mom, Marian Christason, with love and support. Mom was so excited to receive the package from the Care Team. Of course, those Oreo Minis were a definite hit! Then Jane Wyckoff delivered a beautiful red rose. Mom wished she could have thanked Jane in person; however, COVID prohibits face-to-face interaction right now. Mom says "Thank you all so much for adopting me into the FUMC family. I feel honored and blessed."

Marian Christason and Michele McFarlane

Sympathy to:

We have heard that Ruth Ann Daugherty died on July 24 after a long battle with cancer. Ruth Ann and her husband, Paul, were members of First UMC several years ago. Cards can be sent to:

Paul Daugherty
5319 Wendell Ladner Rd
Perkinston MS 39573-3820

Welcome to:

Nivian Elaine Hostelka was baptized July 12. Her parents are Andrew and Leisa Hostelka, and grandparents are Jerry and Alice Neith.

Celebrations:

- Happy 60th Anniversary to Pat and Clark Van Hauen, August 12!
- Ruby Hockey is 100 years old!!! Her birthday was July 31.

Apology:

In the July AboutFirst Newsletter, names were published of those who completed the Stephen Ministry class in March. Apology to Mary Schlicher as her name was misspelled.

Do We Know How To Reach You?

As the volunteer callers have been trying to contact people, they are finding several whose phones are disconnected, probably because they have switched to cell phones. Please remember to contact the church office if your phone number or address has changed.

Altar Flowers

The altar flower calendar for 2020 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.

First United Methodist Church

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First United Methodist Church, Cedar Falls



Worship

Sunday, 8:30 & 10:00 a.m. Livestream on Facebook & in-person
Sunday, noon video and worship resources at aboutfirst.com
Daily, 6:00pm reflection and prayers, Facebook Live

Television

Cedar Falls (CFU) Channels 18 or 95.5, Friday @ 8:00 pm, Sunday @ 9:00 am
Waterloo (MediaCom) Channel 17, Sundays @ 11:00am & 8:00 pm

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