



July 2016
issue 190

ABOUTFIRST

First United Methodist Church, Cedar Falls, Iowa



hang out at the

SURF SHACK

the coolest week all summer

Vacation Bible School
July 10 - 14 - *info inside!*

Make Prayer a Part of Your Day

As you continue to spend time outside use this verse from Psalm 18:1-2. Find a place you can sit on a rock, read the verse, then sit quiet and wait. If you get distracted go back and read the verse again. Or find a small rock you can hold in your hands and pray.



"I love you, LORD, my strength. The LORD is my solid rock, my fortress, my rescuer. My God is my rock-I take refuge in him!-he's my shield, my salvation's strength, my place of safety."

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 may offer your own spoken prayers or 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.

Thoughts from Steve

I'm back. Thank you for your prayers. Your support was felt all along my journey. I spent the first week camping and hiking in the Badlands and Tetons. I first had to deal with being alone. There was a lot of freedom in going at my own pace and having the time to myself, but I really missed Janet. (I did notice how quiet the woods were when she wasn't there.) God gives us a beautiful world in which to unplug, recharge and enjoy the true fullness of life. The quiet was good for my soul.

I hiked many miles and spent a lot of time reading, journaling, contemplating and praying. Even in the car I had long conversations with God. God is a great listener! God has chosen to be in relationship with us, and he doesn't just speak to us in church. I connected with one of my favorite prophets, Elijah and read through his story in Kings. It was in the silence that God came to Elijah on Mount Horeb. It wasn't the mighty wind, or earthquake or fire that God came. It was in the sheer silence that God spoke to Elijah. In a quiet voice God asked, "What are you doing here, Elijah?" I laughed because I had just asked myself the same question!

This was supposed to be a time of renewal, but like Elijah I was wrestling with myself. I was sitting on a mountainside beside a flowing stream filled to the brim with snow melt. The sun was warm. It was cleansing and refreshing, yet I asked myself, "What am I doing here, Steve?" Out of the silence there seem to come a message from God that I still have work to do because God still has work to do. That was my turn around moment. It renewed my calling to serve God and the church.

It seems ironic, but throughout my renewal time I was constantly reminded that I had not been taking very good care of myself. I had found that my well had run dry. I was answering close to 100 emails a day, checking my phone several times an hour, staying up too late and getting up too early to get ready for another Sunday. So like Elijah, I sat down in many beautiful, restful and quiet places along the trails to recharge. I had been depleted.

I was enlightened in my visit with my brother Mark. He was just diagnosed with Primary Progressive Multiple- Sclerosis (MS). It is not good. We spent some quality time together. The two of us stayed up late and played cribbage outside on his patio. We had some good talks as we shuffled the deck. It was a game that our father taught all us kids to help us learn to count. So even playing cribbage brought back special memories. It is a Williams' thing. What I learned was making the most of the time we have with family and friends. It is time well spent, and good for the soul. This will be a time I will never regret.

Most important was relearning to make time with God. Don't you think that sounds funny for your pastor to make that confession? I do, but it is the reality of the busyness of the lives we all lead in this day in age. Crazy as it is, we all need to escape and return to God. So I return with my soul recharged, my calling renewed, and I'm refreshed with some lessons learned about life and the importance of remembering to unplug once in a while. Again, thank you for being a caring church.

Renewed by His grace -
Pastor Steve

Special Sundays this Summer

OK, pay attention, here. There are a handful of Sundays this summer when we will have just one combined worship service. All of them are at 10:00am.

Sunday, July 3: we will have one service at 10:00 a.m. because of the 4th of July Weekend. Communion will be served during the service.

Sunday, July 24: special worship featuring worship artist Rick Alonzo.

Sunday, August 28: we will have Worship on the Green at 10:00 a.m. We received an overwhelmingly positive response to using our own green space for worship last summer, so we are going to do it again. It works out great for our band and for the scouts who serve our picnic. Bring your lawn chair and enjoy the fellowship.

Worship Behind the Razor Wire

We have an opportunity to worship with the Women at the Well Prison Congregation within the walls of the Iowa Correctional Institute for Women in Mitchellville. Ten guests from our church will be allowed to come into the facility for the weekly worship service from 7:00-8:30 Thursday evening, August 11. All individuals visiting Women at the Well must pass a background check in order to be admitted to the facility. Women at the Well must submit the names, dates of birth and social security numbers of everyone requesting approval to worship with them at least three weeks in advance of the visit. So, check your calendar and let Lisa Congdon know if you are interested. We'll take the first ten people who turn in their info for security clearance.

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



womenatthewellumc.org

Washington Chapel

It's been a year since we began our relationship with Washington Chapel UMC, and both of our churches have been blessed. Join the congregation at this little white church on the hill in a beautiful rural setting. It's lovely, peaceful, and the members and friends are always happy to meet Jordan Derhammer's friends from First UMC. Washington Chapel is just north of Cedar Falls at 7035 W Bennington Rd (the corner of Ford and W Bennington Rd). Services begin at 10:30 every Sunday morning. Feel free to join them for worship and to support your friends from First.

Here are the speakers for this month:
July 3 – Dave Glenn-Burns, communion
July 10 – Mark Fransdal
July 17 – Jon Cooper
July 24 – Karl Dance
July 31 – Chris Congdon

Rural Life offering – July 17

You may contribute to the Rural Life offering by using the special offering envelopes in your bulletin on July 17. The Rural Life Offering reminds us of the rural heritage of The United Methodist Church. This offering is used to support rural life and rural ministry in Iowa.

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.

Help Us With This Great Outreach Event

The Laura Story concert and Blessings & Lemonade women's conference are right around the corner!

We need many hands and hearts that weekend to make this ministry come alive for our Cedar Valley friends and family. We need volunteers in all capacities on Friday and Saturday, July 22nd & 23rd to do everything from directing guests to event locations, supervising parking, handing out lunches, and behind the scenes baking. There are volunteer meetings scheduled on July 6th & 13th at 6:30PM and a mandatory volunteer meeting on July 20th at 6:00PM. If you are interested in helping out, contact Elizabeth Schaefer (641-330-0545).



Blessings & Lemonade

Have you ever wanted to go to Women of Faith but the cost and distance and large crowds have held you back? You are in luck, the weekend of July 22 & 23 will be a similar, more intimate event right here in Cedar Falls at First United Methodist Church.

Concert: we will be blessed to welcome grammy winner Laura Story for an evening of music and praise. Friday, July 22, 7:00 pm.

Women's Conference: Saturday, July 23 at 9:00a.m. Conference starts with Life 101.9 Personality Kim Bindel. Following Kim will be Artist In Motion, Rick Alonzo. As an artist and evangelist, Rick Alonzo has devoted his life to God's service. Rick's unique and inspiring presentations feature him painting pictures that symbolize Christ's love. Set to contemporary music, Rick incorporates martial arts and gymnastics to demonstrate the power and grace inherent in God's word. Using his hands and feet, and the love of the Lord that's on fire in his heart, Rick illustrates the Gospel and shares a message of hope for a lost and dying world. Closing out our day will be two sessions with GRAMMY and Dove award-winning singer/songwriter, bestselling author & worship leader, Laura Story. Laura will be presenting her testimony. When asked about her top selling album, Blessings, Laura Story explains "Blessings is just a bunch of songs about worshiping when life is hard". Her husband Martin Elvington was diagnosed with a brain tumor, and she wondered "Why didn't you just fix it, God? You're all powerful and all loving... just fix it." Later after mentioning her desire to return to normal, her sister said "You know, I think the detour is actually the road."

Tickets to both events are still available and will be sold in The Gathering Place on Sundays between services from now until sold out. Ticket order forms can be found online at aboutfirst.com. Order forms can be mailed to or dropped off in the office for fulfillment.



Hundreds of people enjoyed our restrooms, our air-conditioning, and our friendly greetings as they prepared for the Sturgis Falls parade. Thanks to the HOME Team and everyone who helped as a greeter.

Rummage Sale News

We will be holding one more rummage sale meeting on Thursday, July 7th at 6:30 PM in the Chapel. We are still collecting quality items in the lower level rooms under Fellowship Hall. We are not accepting TV's, paint, chemicals, etc. It would be a big help if you can sort your items by category prior to dropping them off (womens clothes in one bag, kitchen items in another, xmas decoration in another etc). This would be a huge help to the sorting crew. Everyone is welcome to join us for the weekly sorting Wednesdays at 6:30 PM. There is a cart available to help move the items from the main entrance to the collection site. Retrieve the cart just inside the front doors, load up your treasures, wheel it into the elevator and down the hall to unload your donations in room 056. If you need help unloading, you may bring your items on Wednesday evenings from 6:30-7:30 and the sorting crew will give you a hand. If you have any questions or you have a large item you would like to donate, please contact John Roy at roygoalie@gmail.com or 989-708-5325. We are trying something new this year by creating tickets for large items that are being donated, so we can figure out the best way to get these items to the church.

* August 2nd - can start to bring large items (this is the week of the sale)

Playground Construction This Fall

Our FirstUMC Trustees, together with the FirstKids leadership, have approved the construction of a playground on our property. The playground will be outside of the Gathering Place windows and will include patio space for all ages as well as playground equipment for young ones. The playground was designed leave a significant green lawn, and will not interfere with snow storage. We anticipate construction beginning in September. Watch for a site plan and more information in next months' newsletter.

Be “Positive, Patient and Prayerful”

Please keep Pastor Franklin Livingston in your prayers as he begins a new chapter in his life. Beginning July 1, he will be taking a year of Spiritual Renewal. We will remember his faithful service to our church as we were introduced to the struggles of Christians in Pakistan. We were touched by his depth of prayer and knowledge of scripture during worship that helped us to grow in our own faith. He has several opportunities ahead of him. We will keep you updated in upcoming newsletters.

The Bishop and Cabinet have shared that it may be a while before we receive a new Associate Pastor. There is currently a shortage of pastors in the Iowa Annual Conference. This is due to the number of retirements and the lack of new pastors coming to our conference. First UMC is doing our share in helping encourage people being called into the ministry as Susan Higdon begins her first appointment at the Rowley, Silver Greek, Alice and Urbana Parish. She will be assisted by Sue Ney who has felt a call into the ministry and was approved by our church. Additionally, Jordan Derhammer will begin her seminary studies this fall through Illiff School of Theology. Much of her coursework is online, so she will continue to serve as worship coordinator for Washington Chapel. And Jordan Sprunger continues his studies at Garrett Seminary in Chicago.

In the meantime, we have hired Jan Hoover to assist Pastor Steve with hospital calls and leading worship. Jan will work until we receive a new associate pastor. Jan comes with her training as a Stephen Minister and is a graduate of the School for Lay Ministry. Her knowledge of the congregation will be helpful during this time of transition.

Preaching duties will be filled by our members. Several have received training through the School for Lay Ministry and Lay Speaking. They have been preaching at Washington Chapel and Wednesday night Fusion Services. Their willingness to share their faith has helped Washington Chapel come back to life. We are very fortunate to have so many lay members willing to step up and help us during this time of transition. If you are interested in serving as a Lay Speaker, please contact Pastor Steve.

When we went through the construction phase of our building project, we were encouraged to be “positive, patient and prayerful” during the many changes and challenges of an important time in our history. May we continue to do so as we seek God’s help and guidance.

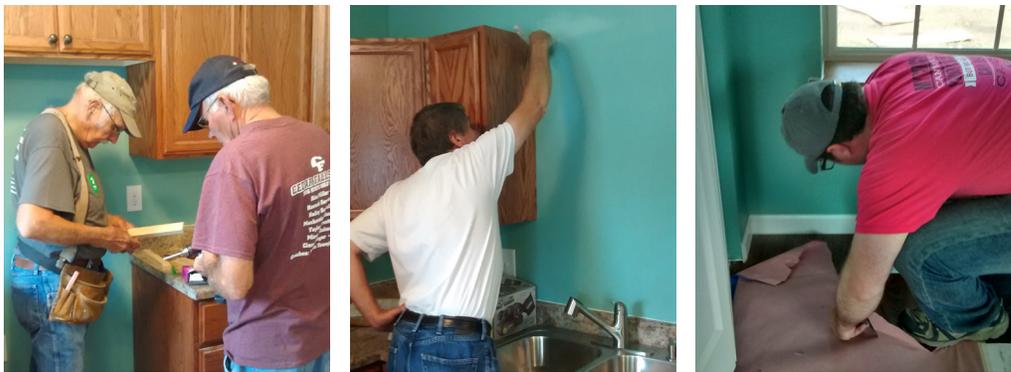
Financial Update

May Receipts	\$66,635.25
May Expenses	\$70,262.53
YTD Receipts	\$357,766.76
YTD Expenses	\$348,860.89

As of June 26–	
2016 budget amount needed	\$440,790
2016 general fund received	\$406,609
Mortgage balance May 31--	\$669,328

FirstUMC Walks to Crush Cancer

The 2016 ACS Relay for Life was held at Hawkeye Community College on Friday June 17th. As of June 21st. 66 teams with a total of 302 participants have raised \$164,043.68! The FUMC Cancer Crushers were well represented at the Relay with several church members attending. Special thanks to the Burton family for bringing out a tent and rug for our team campsite, to Shawna Brimm for the beautiful stained-glass angels and Karla Blackford for the handmade angel keychains. I would love to name everyone who was there that evening, but don’t want to miss anyone. If you were there or there in spirit, thank you! With the help of FUMC, the Cancer Crushers raised \$2,735.45 almost triple the amount raised last year!!! If you still want to contribute, please see Cindi Knox. Deposits can be made through the end of the summer.



See the “events” page for your next opportunity to help the Habitat team.

Our June 11 Habitat Crew

Five men from our church helped out on June 11. Heath Wilken, Irv Tiller, Dennis McFarlane, Larry Edler, and Kaleb Zimmerman got this thank you note from Habitat:

“Your team contributed approximately \$610.00 in donated labor at 428 Allen Street in Waterloo. This amazing savings supports Habitat for Humanity’s mission of building homes in our community. Your time is valuable; thank you for being so generous with it! Thank you for your support!”

events

July 5 - Food Bank Work Crew

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

Mark your calendar for Tuesday, July 5 to help at the Food Bank at 1605 Lafayette Street in Waterloo. Get yourself to the Food Bank and come into the Volunteer Entrance, or let Lisa Congdon in the church office know if you want to carpool from the church. We'll leave the church a little after 5:30.

July 5 - Grief Support Session

Our next group session will be held on: Tuesday, July 5th from 2:00 to 3:30 pm in the church parlor. Anyone grieving a loss is welcome. Please call the church office for more information. Individual one-to-one support is also available.

July 9 - Habitat Work Day

The Fun & Fellowship committee has organized another Habitat for Humanity Build event on Saturday, July 9th, which will occur from 8:30-3:00. There is room for (6) volunteers, so sign up now. Since there are multiple Habitat projects in progress, details of what and where we'll be working will be available the Tuesday prior to our work day. Sign up at the Welcome Center. Any questions, contact Heath Wilken at 319-610-3424. Don't feel comfortable doing construction? The crew would love to have lunch provided for them.

July 10-14 - Coolest Week of Summer

Find the info on Surf Shack Vacation Bible School in the middle of this newsletter. Get your kids registered now. Volunteer to help now. See Jenna for more info.

July 16 - Free UMC Swim Night at The Falls

An evening swim on a hot summer night! Enjoy the Lazy River, the waterslides, the diving boards, and the pools. Our district office has reserved The Falls for a private party and you're invited. Join other United Methodists at The Falls Aquatic center from 8:45-10:45pm. Entry into The Falls will be Free!

July 17 - Waterloo Bucks Baseball

Please join other friends from First U.M.C. for an afternoon of America's favorite pastime. We will meet at the park and sit together as a group to cheer on the Waterloo Bucks. Fun for all ages! Game time is 3:30. Riverfront Stadium, 850 Park Road Waterloo, IA 50703

July 21- 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.

July 22 - Laura Story Concert

Grammy winner Laura Story will be performing right here at First UMC. Find all the info on the HOME page of this newsletter or online at aboutfirst.com. Get your tickets in advance. Don't wait around. Get 'em now.

July 23 - Blessings & Lemonade

Womens' Conference featuring Laura Story, Kim Bindle, and Rick Alonzo. Find all the info on the HOME page of this newsletter or online at aboutfirst.com

July 25 - LifeServe Blood Drive

We collected 31 units of blood at the June 20 blood drive! There were 26 donors who registered to donate and the units of blood collected made a lifesaving impact for up to 93 hospital patients.

We are hosting the next blood drive on Monday, July 25 from 1:30-5:30. Donors, cookie bakers, and hosts are needed. They have 45 appointments slots to fill this time. 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.

Every Monday - Softball

Softball season is in full swing! Our First UMC team plays in the Cedar Falls Church League on Monday nights at Birdsall Park. Fan support is always appreciated, so join your friends at Birdsall Park and cheer on the team!

The schedule for the next few weeks is:

July 4 - no game

July 11 - 6:00 on field 3

July 18 - 8:00 on field 2

July 25 - 8:00 on field 3

August 1 - 8:00 on field 2

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!

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.

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
 9:30-1:00 Quilters/Stitchers, 059
 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, 055

Wednesday

9:00 Women Connected by Prayer, parlor
 5:15 AA, 055
 6:30 WOW AA, 055

Thursday

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

Also Scheduled....**FRIDAY July 1**

New committees start

SUNDAY July 3

9:00-10:00 fellowship, Gathering Place
 9:30 prayers for our church, chapel
 10:00 Combined Worship service & communion
 10:30 Washington Chapel -Dave Glenn-Burns

MONDAY July 4

Independence Day - office closed

TUESDAY July 5

9:00-noon Staff at Threehouse to paint
 9:30-10:30 Tuesday Bible Study, chapel
 2:00-3:30 Grief support, parlor
 6:00-8:30 Food Bank Work Crew

WEDNESDAY July 6

6:00 VBS meeting, library
 6:30 Laura Story planning, Gathering Place
 6:30 Cub Scout movie night in theater,
 6:30-8:00 Rummage Sale sorting, lower lvl

THURSDAY July 7

6:30 Trustees, library
 6:30 Rummage Sale planning, chapel

SUNDAY July 10

10:30 Washington Chapel -Mark Fransdal
 1:00 VBS set up
 6:30-8:15 Vacation Bible School

MONDAY July 11

10:00-2:00 UMW district leadership mtg
 6:00 Softball
 6:30-8:15 Vacation Bible School

TUESDAY July 12

9:30-10:30 Tuesday Bible Study, chapel
 6:30 Prayer Team, chapel
 6:30-8:15 Vacation Bible School

WEDNESDAY July 13

2:00 StanardCare communion service
 6:30 Finance Committee
 6:30 Laura Story planning, Parlor
 6:30-8:00 Rummage Sale sorting, lower lvl
 6:30-8:15 Vacation Bible School

THURSDAY July 14

6:30-8:15 Vacation Bible School

SATURDAY July 16

8:45-10:45 UMC Swim Night, The Falls

SUNDAY July 17

Rural Life offering
 10:30 Washington Chapel - Jon Cooper
 3:35 Waterloo Bucks Baseball
 evening - Confirmation camp-out at
 Black Hawk park after ball game

MONDAY July 18

5:45-7:45 Healthy Cooking, kitchen
 6:30 Stephen Ministry Supervision
 6:30 Worship Committee, Gather Place
 9:00 Softball

TUESDAY July 19

9:30-10:30 Tuesday Bible Study, chapel

WEDNESDAY July 20

August Newsletter Deadline
 11:00 Windsor Care Chapel service
 9:30-11:30 MOMs group, library and gym
 6:00 Laura Story volunteers, Gathering Place
 6:30-8:00 Rummage Sale sorting, lower lvl

THURSDAY July 21

12:00 1st Friends Potluck, Gathering Place

FRIDAY July 22

7:00 Laura Story concert

SATURDAY July 23

9:00-2:00 Blessings & Lemonade
 Women's Conference

SUNDAY July 24

10:00 One combined Service, sanctuary -
 Rick Alonzo - guest worship artist
 10:30 Washington Chapel -Karl Dance

MONDAY July 25

1:30-5:30 Blood Drive, Gathering Place
 8:00 Softball Game

TUESDAY July 26

9:30-10:30 Tuesday Bible Study, chapel

WEDNESDAY July 27

2:00 Windermere Communion Service
 6:30-8:00 Rummage Sale sorting, lower lvl

FRIDAY July 29

noon newsletter mailing crew

SUNDAY July 31

10:30 Washington Chapel -Chris Congdon

Surf Shack Vacation Bible School - July 10th-14th.
Register now at aboutfirst.com

At the Surf Shack kids will encounter God's awesomeness through Bible stories and learn how we're meant to experience an epic adventure each day. Through this interactive program, children will be guided through beach-themed, music, crafts, science activities, recreation, Bible stories and much more.

VBS is the most fun week at church all year. Register your children now online or at the Welcome Center.

Adult Help Needed:

It's hard to tell who has more fun at VBS, the kids or the adult helpers. If you can help lead the kids in music, crafts, science, recreation or Bible verses, we'd love to have your help.

Questions about VBS?

Contact Jenna Engel in the church office, jenna.engel@aboutfirst.com

SURF SHACK VBS

registration form>>>

Stuff We Need For VBS

VBS is the biggest bargain in the church, and you can help us keep costs down by contributing some of the following:

- Plastic or Glass Mason Jars
- Magnifying Glasses
- Gift Cards to Menards
- Paint Brushes
- Plastic Water Bottles
- 4 bottle of dish soap
- Modeling Clay
- 1L bottles (5 of them)
- 1 box of dry yeast
- mini flashlights

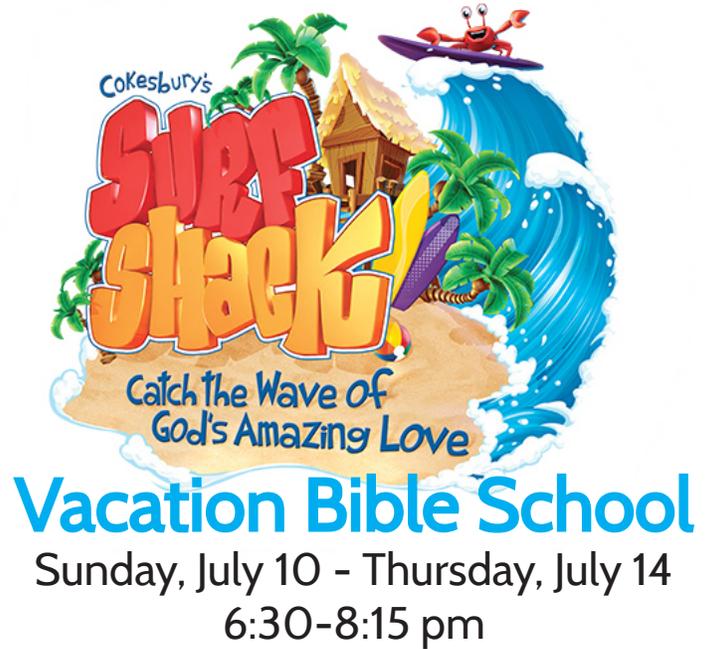


If you are able to help us with any of these items, please bring them to Jenna in the church office by July 8.

registration form

Use this form, or get one at the Welcome Center
or fill one out online at aboutfirst.com

Pre-registration is suggested, Please return completed forms to the basket at the Welcome Center, or mail to Jenna Engel, First United Methodist Church, 718 Clay Street, Cedar Falls, Iowa, 50613. Cost: \$12.00 suggested contribution per participant; maximum \$24.00 per family. Contribution is voluntary, and is not a requirement to attend. Make checks payable to First United Methodist Church and mark "VBS". Please complete one registration form for each child.



Participating Child

Child's Name _____ Child's Date of Birth _____

Age _____ Grade in Fall 2016 _____ (must turn 3 years old by September 15 to attend this year)

Names of Parents and adults authorized to pick up children. _____

Child's Home Address _____ City/State _____

Contact Information

Primary _____ phone _____ relationship (circle): parent / trusted adult

Additional _____ phone _____ relationship (circle): parent / trusted adult

Additional _____ phone _____ relationship (circle): parent / trusted adult

Health information

Please indicate any information about your child that we should know, I.E. allergies, medication, special restrictions, special needs, special friendships we should encourage, etc. _____

In the event of emergency, I authorize the First United Methodists' VBS Staff consent to appropriate medical treatment for my child _____ (signed)

If you are helping and will be here during VBS you do not have to complete the physician information.

Child's doctor's name and phone are listed below:

Physician _____ Physician's Phone _____

media release

First United Methodist Church may use photographs and video of my child's participation in VBS activities. I understand that photo and video images will NOT be labeled with children's names. circle: yes / no initial: _____

Signature of Parent/Guardian _____ date _____

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.

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 sheep (\$240), 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, or make your check out to FUMC with "Heifer Ark" on the memo line.

mission of the month

July: Personal Care Drive, Northeast Iowa Food Bank

Did you know...in addition to food donations, the Northeast Iowa Food Bank accepts personal care items. Nonprofit organizations are often in short supply of personal care items and clients are unable to purchase these items with SNAP benefits (food stamps). The folks at the Northeast Iowa Food Bank believe that these items are a basic necessity to live a healthy and happy life. They are having a drive to collect these items for their clients:



- Toilet paper
- Soap
- Shampoo
- Toothbrushes/Toothpaste
- Boxes of tissue

Bring any of these items to the display in the Gathering Place at the church during the month of July, and we'll see that it gets to the Food Bank.

It's Summer – but we are already packing UMCOR School Kits!

Cedar Falls Schools are done for the year...but we are starting to get school kits ready for Ingathering. The First Stitchers have been busy all year sewing school bags, and have an excellent start. We hope 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. This is what is needed to fill each school bag:

- 3 – 8 ½ x 11 spiral or top-bound notebooks, 79-80 pgs each, WIDE rules only, no comp 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
- 1 – 2 ½ inch eraser
- 1 – 30 centimeter ruler (hard or flexible)

Right now we are in particular need of notebooks, crayons, and pencils.

Got extra fabric? Bring it in!

Along with the supplies to fill the school kits, there is also a need for fabric to make the school bags and other stitching projects. The Quilters & Stitchers are looking for durable material for school bags, 3+ yards of cotton material for sewing kits, and flannel, fleece, and quilting materials for various other uses. There is a designated bin for your fabric donations in the church collection site on the main level in the little hall across from the drinking fountain.

Bibles for Our Sisters

Thanks to your generous donations we have been able to send several batches of Bibles to the Women at the Well. Pastor Lee Schott of the Women at the Well says that there are many requests for them from our sisters inside. We can order Bibles at a special discounted price of about \$10 each. If you wish to contribute to the cost of the Bibles, use the special offering envelopes in the church office or make your check to FUMC with "W@W Bibles" on the memo.

W@W is a Missionary Congregation

The Women at the Well UMC is a congregation without a lot of extra resources, yet they find a way to reach out from behind the fence of the Iowa Correctional Institute for Women. They have monthly mission projects, just like we do. This spring, they have supported UMCOR's water for Flint program, and in June, they pledged their mission dollars to an effort to start a church within the walls of the Iowa Mens' Reformatory at Anamosa. W@W partners were challenged to match the sister's contributions, and thanks to your generous support, we'll send them \$500 for this project.

A Happy Birthday Ministry

Since the spring of 2000, First United Methodist has provided volunteers and food for the monthly birthday celebration for the residents at the Cedar Falls Healthcare Center on Hudson Road. We thank all those who volunteer to provide the refreshments for these parties when called. Special thanks to Sharron Haskin for being there to serve almost every month. If you have never been called to bring cookies, but would like to be involved, please call the church office and volunteer!



Change a Child's Story

Principal Ralph Bryant from Lincoln School spoke to the congregation on May 15 and thanked everyone for their support. 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. If you are interested in being a Buddy next year, sign up on the clipboard at the display in the gathering place. 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.



Tragedy, Grief & Recovery

It seems that we cannot pick up a newspaper or turn on the news without hearing of a tragedy that leave families reeling after devastating losses. In the months and even years that follow, loved ones may try several ways of dealing with grief and pain. Some choices are positive ones and others may be destructive. Research shows that it is very difficult, if not impossible, to move forward without help.

The help during stressful times can come in many forms. Perhaps it can be family who are supportive. Perhaps a special, loving friend can be there when it is needed. Perhaps a spiritual counselor or pastor or grief counselor can help tremendously. Another form of loving care can be provided by a Stephen Minister. Stephen Ministers are not trained to be counselors, but are trained to listen, walk with, and pray with an individual who is struggling with any difficult circumstance.

If you have questions about the Stephen Ministry program at First United Methodist, would like to speak with someone about having a Stephen Minister walk with you, or are interested in becoming a Stephen Minister yourself, please contact the church office at 266-1713 and you will be directed to the appropriate person in strict confidence.



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.



Community Meal

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. Here's your chance to get involved in our Community Meal night. 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 to serve in this ministry.

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.

Local Back to School Project - July and August

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. The Back to School Project has been helping thousands of local kids since 1994. This is a 100% volunteer run project, and you can help in July and August. Here's how:

Registration helpers are needed July 5-August 5. This happens at the Northeast Iowa Food Bank, 1605 Lafayette St, Waterloo. Shifts are 9:00-11:30, 11:30-2:00 and 2:00-4:30 Monday-Thursday (just the morning shift on Fridays). Contact Ruth Orth to reserve your shift (319-240-7470 or RNLCOMP@mchsi.com)

Packing and distribution is August 15-20 at Lou Henry Elementary in Waterloo. More information about this will be in the August newsletter, or contact Lisa in the church office.

September Work Trip: Midwest Mission Distribution Center Sign Up NOW!

We have two rooms reserved in the dorm at Midwest Mission Distribution Center in Illinois for Monday, September 19 through Thursday night, September 22. Lisa Congdon will need to know by July 15 if you wish to join her to work that week, and you will need to bring in a check for \$70 (the other \$70 will be due when we leave in September). It's a friendly bunch of people, the dorm is comfortable, and the work is well organized and tailored to fit the skills and interests of the group. See what happens in a regional UMCOR depot, and how this facility is utilized for quick disaster relief when the need comes up. Costs are minimal (less than \$150, plus some food & travel costs) and it's a fun way to help others. We always have a good time, and it's a great way to get to know your friends from First UMC in another setting.



FirstUMC TV

First UMC is on TV. We can't promise beautiful videography like a BBC nature documentary, but we can promise a great message of faith. Our weekly TV broadcasts contain the sermons from the traditional and Transformation services, and reruns are rare!

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

Miss a broadcast? Let us know in the FirstUMC media office, and we'll get a recording into your hands. Chris.congdon@aboutfirst.com

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.

The Marks of a Methodist

What does it mean to be a Methodist in the classical sense? Do you carry the marks of a Methodist? Explore this with the Tuesday Night Fellas as they dig into Steve Harper's *The Marks of a Methodist*. This six-session, video-based study will look into Wesley's own writings to determine his view of a well-lived life. All men are welcome to sit in with us through this study. We're informal and light-hearted, but still serious about looking deeply into matters of faith. Find us downstairs in the man cave, room 059, Tuesdays at 6:30pm.



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:

July 14 - 17	men's walk #169	Mt. Pleasant, IA
July 28 - 31	women's walk #170	Mt. Pleasant, IA
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.

Confirmation Kickoff

Students going into 7th and 8th grade are invited to join Pastor Steve and Becca as they kick off the confirmation year. July 17th and 18th join us as we go to the **Buck's Baseball game and camp out at BlackHawk Park**. For more information and to register contact Pastor Steve Williams or Becca Nims.

Youth Retreat - Pictured Rocks Camp

The Northeast District will once again be hosting a retreat for all 6th - 12th grade students at Pictured Rocks Camp in Monticello, IA. August 12th/13th. Theody will once again be our musical guest Friday night and lead worship Saturday morning. Cost is \$10 per participant. Contact Becca Nims (rebecca.nims@aboutfirst.com) to reserve your spot by August 10th. Pictured Rocks is a pretty cool place with zip line, ropes and all kinds of stuff to do outside.

7th -12th graders. Mark your calendars for these upcoming events:

July 6th- Movie under the Stars @ Becca's House 7:00pm

July 16th- N.E. District Night Swim at the Falls 8:45-10:45- FREE



Fellas @ First

Men's Tuesday Breakfast

Men's Breakfast Fellowship meets at the Cedar Falls Family Restaurant in North Cedar, Tuesday mornings at 7:00. The devotional is rotated among attendees. We usually finish before eight o'clock. Start your Tuesdays with us. Contact: Tim Houts and Steve Williams.

Tuesday Night Fellas

Informal. Friendly. We usually have a study going, but we're not into homework. Right now, we're looking at "The Marks of a Methodist". All men of any age are welcome. Find us downstairs in the man-cave: room 059.

Women @ First

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."

The United Methodist Women will not meet as a unit during the summer months. We will begin our fall schedule on Sept. 8, 2016, with our meeting at Nancy Fransdal's home. We look forward to learning how Nancy utilizes her horses to help others. She will talk about "Sharing God's Gifts of Horses with People in Need."

Next year we will be using Wish Lists to replace the Needs Lists that we have previously been using. The Needs List was a part of the Church Women United, a group which was discontinued this past spring. The new Wish Lists include requests for Wee Care, FirstKids, Sunday School, Lincoln School, and River Hills School, in addition to the school kits for Ingathering.

We hope everyone has a good summer! We look forward to seeing all of you at our fall meetings beginning Sept. 8, 2016.

Thank yous

Thank you to the First United Methodist Congregational Care Team for the beautiful rose that Jane Wyckoff brought me.

Vera Sullivan

I'd like to thank everyone who went out of their way to wish me a happy 88th birthday. Jane delivered a beautiful rose and even stopped by later to make sure I got it. I also enjoyed the cards that I received.

Noreen Roth

To all of you for the kind words and thoughts on my 84th birthday. To Jane, particularly for delivering the beautiful pink rose and listening to me "rattle" on about my trip to Tucson for Mother's Day with my daughters and newly found step-daughter. I could write a book! God has blessed me with an amazing life and never ending surprises and blessings.

What an amazing and friendly church we have to be thankful for. With love and appreciation,

Jane Pierce

We don't get to church as often as we like, so it means so much when our church comes to us. We have Jane with our roses in October and December. Flo, our Parish visitor comes often with conversation and special prayer. Bobbi Jo came with a lovely quilt made by our Quilters & Stitchers and a spring basket from Hearts & Hands. You can never know how much these visits mean to us.

Don & Geesaman

Thanks to all of you who made my 80th birthday so special. I received many cards and enjoyed reading all of them. Of course, Jane came by with a beautiful pink rose, my first, so thank you Jane!

Faye Rohwedder

It was nice to be remembered on my 90th birthday. Thanks for the lovely cards from church staff, UMC Care Team, and Carol Dick. I miss the church and all the nice people.

God bless you,

Bonnie Ling

Thank you very much for the beautiful birthday rose. It was very thoughtful.

Ruth Anne Leymaster

Thank you to Jane and our church for the gift of a beautiful rose on my 80th birthday. It was the first flower I have ever received for a birthday. It was a special gift for a special day! Thanks for remembering.

Bob Hardman

Thank you for the nice birthday card and beautiful red rose given me on my 84th birthday. We had a nice visit with Jane Wyckoff when she delivered the rose.

David Pals

Thank you to all in our church family who have been praying for and sending cards of encouragement to a young man in our congregation. He is touched by your care and concern for his father, who has cancer, and for himself.

Sympathy to:

- Martha Anderson and her family on the loss of her son, John, on May 23.
- Family and friends of Jane Bragdon. Jane passed away June 2.
- Wayne & Maxine Fitkin and Sue Cook on the death of Steve Fitkin, son and brother, on June 4.
- Sympathy to Keith & Evelyn Scott on the loss of their son-in-law. Address for Keith & Evelyn Scott is: 1211 North 7th St, Indianola IA 50125.

Congratulations:

Congratulation to Fran Kuehl. Her grandson and wife have given her a great-grandson, Christan. He was born to Ryan and Ali Smith and lives in Washington. Ryan was baptized in our church years ago.

Dick Mohler Is 100!

Come celebrate this birthday with us:

Saturday July 2, 2016, 2-5 PM

at Riverview Conference Center

439 N. Division Street

Cedar Falls, IA

RSVP at dickmohler25@yahoo.co

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.

Attendance- week ending

	6/5	6/12	6/19	6/26
Transformation	48	81	44	x
Traditional 8:30	108	82	96	x
Traditional 10:00	92	74	83	199

First United Methodist Church

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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

Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator

Dee Behr, Parish Visitor
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John Bentley, Head Custodian

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Aug Newsletter deadline is July 20.

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