

aboutfirst news

March, 2020 First United Methodist Church, Cedar Falls

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

inside

Resources for Lent

A New Worship Service

2 Mission Trip Opportunities

A First UMC Family Reunion

And More!

CONTENTS

- 2 - pastor's page
- 3 - home page
- 4 - worship
- 5 - Lenten resources
- 6 - news
- 7 - events
- 8 - calendar
- 9 - learn & grow
- 10 - mission of the month
- 11 - two mission trips
- 12 - reaching out & in
- 13 - women @ first
- 14 - how to help
- 15 - short notes

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From Pastor Scott

God speaks to us in a variety of ways: through nature, the arts, science, dreams, friends and much more. Of course, one way God speaks to us is through the Bible, and in the United Methodist Church we consider it our primary way to encounter God. So the starting point for discovering the truth about God and about ourselves is to open the gift of God's word and use it.

For some of us that means taking our Bibles down from wherever they've been gathering dust and beginning to read them (for the techno-types download the right Bible app). Have you ever taken up the challenge of reading the Bible in a year? I did just that a few years back and it was not the easiest of challenges. Now there are some things I learned from that and if during this season of Lent you would like to take on the Gospel Challenge, found in this newsletter, here are some tips in Bible reading.

1. Use a modern translation. The old King James Version is beautiful but it's written in 16th-century English. The Bible is tough enough without making it tougher (unless old English is your thing). There are many good modern versions, including the New Revised Standard Version, the Common English Bible, the New International Version, The Message, and others.
2. Use a Study Bible. These are special editions of the translations that have "Helps" such as introductions to the books, explanatory subheads above chapters and footnotes about difficult passages. One good one is the New Interpreter's Study Bible (New Revised Standard Version) but there are many others.
3. Approach the Bible with an open mind -- and heart. Read it for what it actually says, not to confirm what you already believe. Listen for what God says to you as you read.
4. Keep a question list about things you don't understand. You'll likely have lots of them. Later, you can ask other Bible readers or look in special books called commentaries that explain the passages.
5. Don't feel you have to read everything on the first time through. Leviticus, more than almost any other biblical book, is tied to the daily minutiae of the old temple sacrifices and has very little to do with our lives directly. You can safely delay reading Leviticus. Read the stuff you can grasp first. When you get bogged down, skip ahead. Mentally bracket the difficult passages. You'll eventually fill in.

Most of all have fun with your reading of the Bible and explore the testimony and counter-testimony found throughout the Bible. It is a rich experience to encounter the Bible and it should be a life-long experience.

Pastor Scott

find more Bible-reading tips at our website at <http://aboutfirst.com/learn-grow>

Faith Over Fear - April 4

When: April 4, 12:30 - 4:00 pm

Where: here at First UMC CF

Our First UMC UMW is excited to announce Faith Over Fear - an Afternoon With Mandy Sullivan. Accomplish God's best for yourself and learn how to overcome stress, anxiety, and fear.

Mandy Sullivan is an Iowa-based speaker and writer who encourages women to experience the Word of God through teachings, sharing, and conversation. You can find Mandy Sullivan on Facebook, or check out her website at nurturehersoul.com

Here's what others have said about Mandy



I went to Mandy's event hosted by a church in Waterloo, IA. It was awesome to hear from someone who had gone through the same struggles as me and how she turned to Christ to find her true identity. Highly recommend Mandy! - January, 2020

Mandy is the best! The events are fun, and so filling for the soul. Professionally prepared, but she speaks to you personally. Mandy will always point you to Jesus. - January 2020

Individual tickets are \$25 each. Buy two together, and get them both for \$40. Tickets are on-sale in the Gathering Place on Sunday mornings, or send your payment to UMW in the church office to reserve your tickets.

Easter lilies

If you would like to purchase a lily in honor or in memory of a loved one, please use the special envelope available at the Welcome Center or in the church office. Cost for each lily is \$10. Checks can be made out to FUMC. The deadline to get your information in the Easter insert is Wednesday, April 8

Newcomers' Coffee with the Pastors - March 1

If you are new or newer to First United Methodist Church, our pastors want to get to know you! Come have a coffee with a pastor on Sunday, March 1 at 9:45 in the Gathering Place to hear about what is happening at First United Methodist Church and how you can begin to take next steps in getting connected. We look forward to seeing you there!



Miss A Sermon?

If you miss a Sunday message from Pastor Scott or Pastor Matt, you'll find it on our youtube channel.

Go to our website at aboutfirst.com and scroll down to the "sermons" graphic, which will link you to all of our sermons and public videos.



We're now on Instagram! (Firstchurchcedarfalls) Check it out! Between now and Easter, We will be curating a series of images and information that will be a perfect addition to your daily Lenten devotions. If you've never "done Lent" before, this will be an easy way to get started.

Instagram

4 Worship Page

- WORSHIP SCHEDULE -

Sunday, 8:30 am
Contemporary & Traditional

Sunday, 10:00 am
2 Songs and a Sermon

Sunday, 11:00 am
Traditional Worship

Livestreams

Sunday mornings 8:55ish and 11:25ish
on our Facebook page

Wednesday, 7:15 pm
Fusion Tonight Worship Talk Show

Set Your Clock Ahead

Don't forget to set your clocks ahead one hour when you go to bed Sat, March 7.

You Sound Good in Purple

Laboratory tests confirm that people who wear purple robes sound great when they sing together - even when only a few of them have good voices.

If you love to sing, we'd love to add your voice to the choir. We rehearse on Wednesday nights, and sing most Sunday mornings. You're welcome to come when you can, and we'll hook you up with a robe that's just your size.



Saving the Best for Last

The last week before Jesus' crucifixion was packed with events that are central to our understanding of faith. From his triumphal entry into Jerusalem and right up to his death on the cross, Jesus was teaching who he was, and what God desires of us. The week begins on a high note, but quickly goes dark as Jesus is tested and challenged by the religious hierarchy and by his own disciples. Over the six Sundays of Lent we'll dig deep into the drama that has forever changed the way we understand our relationship with God.

- **March 1: The Triumphal Entry, Matthew 21:1-11**
- **March 8: The Greatest Commandment, Mark 12:28-34**
- **March 15: Humble Servitude, John 13:1-20**
- **March 22: Jesus in the Garden, Matthew 26:36-46**
- **March 29: The Trial, Matthew 27:11-26**
- **April 5: Passion Sunday, The Crucifixion, Matthew 27:27-55**
- **April 12: Celebrate the Resurrection!**

New Worship Service: 2 Songs and a Sermon

Busy People | New-Comers | First-Timers | You

If you want the Sunday teachings, but can't invest time in a regular worship service, try this (and bring a friend)

Our new, compact worship services distills the experience down to a manageable size. We will use a song or two to set a worshipful mood, and then we'll get right to the point of the day's teaching. After the message, you'll be sent on your way with a lot to think about. We call this new worship service "2 Songs and a Sermon." We call it that because . . . well, you know, it's just 2 songs and a sermon.



Lent is such an important time in the Christian calendar. Don't miss church because you're busy. Try 2 Songs and a Sermon.

2 Songs and a Sermon | 6 weeks beginning March 1 | Sundays, 10:00am, in the sanctuary

- 2020 Lenten Gospel Reading Plan -

Engage with the Gospels in the season of Lent - we'll make it easy. With this plan, you'll read approximately a chapter a day from the Gospels of John and Mark, for parallel looks at the incredible life of Christ. Read for yourself and gain a better understanding of who Jesus was, and what his life, death, and resurrection means for people today. A printed copy of this plan is available at the Welcome Center.

date	read	date	read
Wed. Feb 26	John 1: 1-18	Sat Mar 21	John 11
Thurs Feb 27	John 1:19-51	Sun Mar 22	Reading In Worship
Fri Feb 28	Mark 1	Mon Mar 23	Mark 10
Sat Feb 29	Mark 2	Tues Mar 24	Mark 11
Sun Mar 1	Reading in worship	Wed Mar 25	John 12
Mon Mar 2	Mark 3	Thurs Mar 26	Mark 12
Tues Mar 3	John 2	Fri Mar 27	Mark 13
Wed Mar 4	John 3	Sat Mar 28	Mark 14:1-42
Thurs Mar 5	John 4	Sun Mar 29	Reading In Worship
Fri Mar 6	John 5	Mon Mar 30	John 13
Sat Mar 7	Mark 4	Tues Mar 31	John 14
Sun Mar 8	Reading In Worship	Wed Apr 1	John 15
Mon Mar 9	Mark 5	Thurs Apr 2	John 16
Tues Mar 10	Mark 6	Fri Apr 3	John 17
Wed Mar 11	Mark 7	Sat Apr 4	Mark 14:43-72
Thurs Mar 12	John 6:1-40	Sun Apr 5	Reading In Worship
Fri Mar 13	John 6:41-71	Mon Apr 6	John 18
Sat Mar 14	Mark 8	Tues Apr 7	Mark 15
Sun Mar 15	Reading In Worship	Wed Apr 8	John 19
Mon Mar 16	Mark 9	Thurs Apr 9	Mark 16
Tues Mar 17	John 7	Fri Apr 10	John 20
Wed Mar 18	John 8	Sat Apr 11	John 21
Thurs Mar 19	John 9	Sun Apr 12	Easter Sunday
Fri Mar 20	John 10		

additional Lenten resources can be found at <http://aboutfirst.com/>

A Musical Exploration

The Chancel Choir is preparing a special Lenten Cantata to be presented to the congregation on Sunday, March 29. As well as the richness that this brings to our worship, participating in the choir is a wonderful way to immerse yourself in the drama, theology, and emotion of this holy season. Consider adding your voice to the cantata. Rehearsals are Wednesday nights at 7:30 in the choir room.



Pastor-Led Studies

The Walk

Pastor Matt invites you to join him on Wednesday nights during the holy season of Lent as we embark on a 6 week study from Adam Hamilton entitled, "The Walk." In each chapter, Hamilton explores one of the core disciplines of the Christian faith, its New Testament foundation, and what it looks like to pursue this practice daily in our personal life and together in the life of the church. Deepen your walk with Christ as we explore the five essential practices of worship, study, serving, giving, and bearing witness to our faith. Class starts on Wednesday March 4th @ 6:00pm in the library. Book cost is \$15. It's not too late to join - talk to Pastor Matt.

Lay Servant

Ministries Course

You'll find this course useful for your life inside and outside of the church.

During Lent, Pastor Scott will be leading the Basic Course in Lay Servant Ministries. Topics such as servant and spiritual leadership, caring ministries, basic communication skills, sharing your faith, and leading meetings will enhance your knowledge and skill as a leader.

This course is **not** designed to prepare you to preach. Those who have gifts for preaching may take the advanced course on preaching after this course. You could almost think of this course as a lighter version of (and good introduction to) the School for Lay Ministry.

You'll emerge better equipped to lead and work with others in the church, and also in the community and the world you live in. Sessions begin Wednesday, March 4, at 6:00 pm. See Pastor Scott for more information.


6 News

Q How are funds invested by the Endowment Committee?

A The committee uses savings accounts, certificates of deposits, and also uses investment funds provided by the Iowa Annual Conference (UMC) Foundation.

While we encourage gifts of bequests to the Church to be honored through your wills after your death; acts of generosity while you are alive allow you to witness the benefits of your charitable gift firsthand. The gift can be enjoyed right away, and there are often tax advantages as well.



 **First UMC Endowment Funds**
securing your legacy - ensuring our future

UMW Continues to Fund a Multitude of Missions in 2020

Our United Methodist Women continues to be a powerhouse of mission support. At their Unit Meeting on February 13th, they voted unanimously to fund the following projects and/or organizations with Veda Rasmussen's very generous Bequest:

1. \$6,000.00 towards the purchase of new chairs for the Fellowship Hall. (A final decision has yet to be made by the Trustees on the style of chair, etc.)
2. \$1,869.00 to the Legacy Fund of UMW at the national level. The year 1869 was the year UMW was founded 151 years ago! The monies given are put into an endowment and only the interest is spent to help with mission work worldwide.
3. \$2,475.00 for a commercial refrigerator for First Kids to store milk. This is in place of two much older, inefficient refrigerators.
4. \$1,000.00 to the Salvation Army to be directed to their Pathway of Hope program.
5. \$1,000.00 to the Salvation Army's Women's Emergency Homeless Shelter.
6. \$100.00 to the UMW's Prayer and Self-Denial program as 100% is used for women and children in need.

Thank you to our UMW for their selfless support of these important projects!

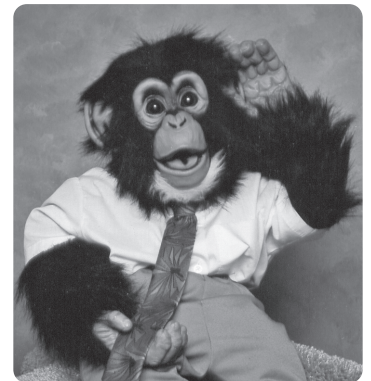
A Family Reunion - All Sons & Daughters of First UMC

When: Wednesday Nights at 7:15

Where: Fusion Tonight

Pastors are sent by the bishop to serve us, and while they're here, they become more than just the shepherds of our flock - they become members of our family of faith. At the same time, some of our homegrown members end up feeling that tug into ministry. In our United Methodist way, they all get moved to serve elsewhere, but they never stop being part of our family - wherever they go, they will always be Sons and Daughters of First UMC.

This spring, in a very special series, we will be inviting some of our Sons and Daughters back to reconnect. Joining us as our special guests at Fusion Tonight will be **Steve Williams, Steve Braudt, Steve Hansen**, and some others not named Steve like, **Tim Bonney, Sue Ney, Jordan Derhammer and Becca Nims**. We're working on another big name or two, so keep watching for updates, and join us for these Wednesday night family reunions.



who remembers this guy?

We're excited to bring this All Sons & Daughters series to Fusion Tonight this spring. Fusion Tonight is our weekly worship talk show, and YOU are invited to be a part of the live, in-studio, participating crowd! (it's free!) Fusion Tonight is fun and it's serious and we guarantee you'll go home encouraged to be Christ for one another.

March 3 - Grief Support Session

Where: church parlor

When: 2:00-3:30 pm

The First UMC Grief Support Team offers monthly group support sessions. This month's group meeting will be held on Tuesday, March 3rd from 2:00 to 3:30 pm in the church parlor. Anyone who has suffered the loss of a loved one is welcome. Carol and Deb are the facilitators. Please call the church office at 266-1713 with questions.

March 10 - Card Making Party

Where: Gathering Place

When: 1:00-5:00

Come join the fun at our next Congregational Care Team card making party! No experience is required. Bring a snack to share if you'd like, and you can even stay for a meal in Scott Hall. If you haven't yet checked out the beautiful cards on the rack by the office, take a look. They sell for only \$.50 each and profits go to a local organization each quarter. We also use the cards we recycle to send to members of our congregation during times of joy or challenge.

March 19 - 1st Friends Potluck

Where: Gathering Place

When: noon - 2:00

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.

March 23 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30 - 6:00

They have quite a few appointments slots to fill. Sign up to donate blood at www.lifesevrbloodcenter.org.

We also need hosts and cookie bakers. Use the sign-up sheet at the Welcome Center to let Lisa know if you can bring cookies, or hang out and chat with the donors for an hour or so.

Would you like to help coordinate these blood drives? Let the church office know. It's pretty easy to find people to provide cookies and to host - often as easy as an email to some of the faithful who almost always plan on it.

March 24 - Crafters' Corner

Where: church parlor

When: 6:00-8:00pm

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. Thank you to all who have donated craft items - we are well stocked and need to use up what we have. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

April 5 - Many Foods, Many Faiths

Where: ThreeHouse (2422 College St, CF)

When: 5:00pm

Gather with others, have great conversation, make connections, and enjoy some amazing food.

ThreeHouse will provide some vegetarian food but we are asking community members (not students) to bring additional vegetarian dishes. But, whether or not you bring food, you and your friends are most welcome.

Parking is available on both sides of nearby streets (except on College St.) and in municipal parking lots on College Hill.



Wednesday is Your CrazyFunBusy Church Night!

- 5:15 - 6:00 **The Filling Station**
- a meal for everyone. Eat & go on to
- 6:00 - 7:10 **Jr / Sr High Youth**
- fun & connections for 7th - 12th graders
- 6:00 - 7:15 **BLAST! (for kids)**
- Bible Learning And Service Together
- 6:00 - 7:15 **More Than Moms**
- helps for the real life of womanhood
- 6:00-7:00 **The Walk**
- Pastor-led look at spiritual discipline
- 6:00-7:00 **Lay Servant Ministries Course**
- Pastor-led course equipping for ministry & life
- 6:15 - 7:30 **Tower Bells**
- weekly bell choir rehearsal. Want to play?
- 7:15 - 8:00 **FUSION Tonight**
- live talk show / worship
- 7:30 - 8:30 **Chancel Choir**

8 Calendar

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 begins Jan 8
10:00 2 Songs and a Sermon
11:00 Traditional Service
6:30 Les Cloches d'Or rehearsal, sanctuary

Tuesday

9:30 Quilters/Stitchers, O59
4:30-6:00 Community Meal, Fellowship Hall
6:30-8:00 Tuesday Night Fellas, O59
7:00-9:00 AA, O55

Wednesday

9:00 Women Connected by Prayer, parlor
5:15 AA, O55
5:00-6:00 Filling Station, Gathering Place
6:00-7:00 World Religions class, library
6:00-7:15 More than Moms, parlor
6:00-7:00 BLAST Fellowship Hall
6:00 Youth Group, 3rd floor
6:00 The Walk - Lenten study
6:00 Lay Servant Class
6:15-7:30 Tower Bell rehearsal, sanctuary
6:30 WOW AA, O55
7:00 Kids Choir Rehearsal
7:15 FUSION
7:30 Chancel Choir rehearsal, choir room

Also Scheduled....

SUNDAY March 1 – Lent 1

Communion 8:30 and 11:00
9:45 3rd grade Bible class, chapel
9:45 Coffee with a pastor, Gathering Place
10:00-10:45 2 Songs & a Sermon, Fell Hall
11:00 Traditional Service, sanctuary
5:00 Boy Scouts potluck, Fellowship Hall

MONDAY March 2

5:00-7:00 Stephen Ministry training, Chapel
6:30 Stephen Ministry supervision Lower level

TUESDAY March 3

9:00-noon Quilters/Stitchers, O60
2:00-3:30 Grief support, parlor
4:30-6:00 Community Meal, Fellowship Hall
6:30 Stewardship sub-committee, library
6:30 men's group, O59
6:30 Transformation Band, Fellowship Hall

WEDNESDAY March 4

CrazyFunBusy Wednesday night
6:00 Lent Classes begin
7:15 Pastor Steve Williams at Fusion Tonight

THURSDAY March 5

8:15-1:00 DCoM interviews
10:00-12:00 Renovare group, Tea Cellar
2:00 Clergy group, library
6:30 Trustees, library

FRIDAY March 6

UMW bell ringing day

SATURDAY March 7

Set Your Clocks Ahead Tonight

SUNDAY March 8

9:50-10:00 Kid's choir rehearsal, choir room
6:00-7:30 Girl Scout Troop1874, chapel
6:00-7:00 Bear Den, library
7:00 Pack 44 parent meeting, library
7:00 Boy Scouts, Fellowship Hall

MONDAY March 9

9:30-11:00 UMW Board meeting, library
9:30-1:00 NE District UMW meeting, parlor
6:30 HOME Team, chapel

TUESDAY March 10

1:00-5:00 Cardmaking, Gathering Place
6:00 CPR training, room O27
6:30-8:30 Farmer's Market mtg, parlor
6:30 Finance Committee, library

WEDNESDAY March 11

2:00 communion service at Stanard Care
7:15 Rev Steve Braudt at Fusion Tonight

THURSDAY March 12

1:00 UMW Unit meeting, Fellow Hall

FRIDAY March 13

5:30-7:00 Daisy Troop 4029, library

SUNDAY March 15 Lent 3

spring break begins
No Sunday School

MONDAY March 16

spring break
10:00 Deborah Circle, parlor

TUESDAY March 17

spring break
6:30 SPRC, library

WEDNESDAY March 18

spring break
11:00 service at Pinnacle Care

THURSDAY March 19

spring break
10:00-12:00 Renovare group, chapel
Noon-3:00 First Friends potluck, Gather Pl

FRIDAY March 20

spring break
Newsletter deadline

SUNDAY March 22 – Lent 4

spring break
9:50-10:00 Kid's choir rehearsal, choir room
6:00-7:30 Girl Scout Troop1874, chapel
7:00 Boy Scouts, Fellowship Hall

MONDAY March 23

12:30-6:00 Blood Drive, Gathering Place

TUESDAY March 24

6:00-8:00 Crafter's corner, parlor

WEDNESDAY March 25

2:00 Communion Service, Windhaven
7:15 Rev Tim Bonney at Fusion Tonight
7:30-8:30 Chancel Choir rehearsal, choir rm

THURSDAY March 26

9:30 Mary Circle, parlor
1:30 Joy Circle

FRIDAY March 27

5:30-7:00 Daisy Troop 4029, library
5:00-8:00
Pinewood Derby set up and check-in

SATURDAY March 28

12:30-4:00
Pinewood Derby, Fellowship Hall

SUNDAY March 29 – Lent 5

Lent Cantata at sanctuary services
7:00 Boy Scouts, Fellowship Hall

TUESDAY March 31

Noon Newsletter mailing crew
6:30 In Mission Together, library

Rocky Railway Vacation Bible School June 5th-7th

Vacation Bible School will be looking a little different this year. We will kick off on the night Friday, June 5th, spend all day together on Saturday June 6th and end Sunday Morning with a VBS themed worship service.

Also, new this year we asked the children to vote on the theme for VBS. The kids have spoken and we will be climbing aboard the Rocky Railway. We will be taken on a Faith-Filled Adventure where kids discover that trusting Jesus pulls them through life's up's and down's. We are looking for volunteers if you would like to become a part of Vacation Bible School, please contact Jenna Engel.



Check Out United Methodist Summer Camps

We will be having a camp representation come and hang out with us on a Wednesday this month. They will be offering information on camps and then join the kids for the BLAST hour to teach them some camp games.

Get a Kid to Camp: If you would like to help send a kid to camp visit our display in the Gathering Place.

- The white envelopes are designated to get our First kids to camp. The amount starts at \$1 and goes up to \$50. You can select an envelope with the desired amount you would like to donate.
- Once you have selected and filled out your envelope you can drop it in the offering plates during service or bring it up to the church office.

Third Grade Bible Class Wrapping Up

I am very excited to announce that we had 6 families complete our 3rd Grade Bible Class. Thank you to the families who participated in the class. It was so wonderful getting to know each of you a little better. Thank you for allowing us to go on your faith journey with you.
- Jenna Engel

We Had A BLAST Making Pretzels

B.L.A.S.T: In preparation for Lent our BLAST kids made pretzels. While we were rolling and twisting we found out the history behind the pretzel and its meaning to Lent. Did you know: When early Christians would pray, they would cross their arms and touch each shoulder with the opposite hand. They also fasted very strictly and during Lent, making bread only with water, flour, and salt. A monk shaped this in the form of praying arms for children, and the pretzel was born.



Paging All Parents

Our nursery is equipped with a paging system that will call you if you are needed. When you register your child in the nursery, you will be given a pager that can discreetly summon you from worship or a class, or alternatively, can send you a message of reassurance if there was "drama" when you dropped the young ones off.

We love the little ones - our nursery staff is trained in our Safe Sanctuary policy so that you can enjoy your Sunday morning worry-free. Your children are in good hands, and we'll page you if we need to.

Resources for Study Groups

Need materials for your Bible study or small group? First UMC has a subscription to United Methodist Resource Center. This resource center has an easy to use online catalog. If you are in leading a Sunday school class, small group or want to find a study to do on your own please be sure to check it out at www.igrc.org/UMRC.

10 Mission of the Month

March Mission Focus: Books for Lincoln Students

With Lincoln Elementary School as our neighbor and Partner in Education, we're in a position to help young students develop a vital life skill: reading. Early-elementary literacy has been shown to be an indicator of future academic performance, and success in life. It might be the most important skill to have, and First UMC wants all of our neighborhood kids to have every advantage they can get.

Be a Blessing to Someone - Love INC

People in need will often approach a church for assistance. Unfortunately, many churches are not equipped to meet the variety of needs that are presented. That's not a failure of the churches - at their core, they are faith organizations, not relief agencies. But, the Christian imperative is to help. Love INC works like this: when someone approaches a member church for assistance, they are referred to Love INC. Love INC then conducts an interview to fully determine the need, and which church is best able to assist. Love In The Name of Christ (Love INC) pools the strengths of area churches and agencies to reach out to those in need - our church is one of 29.

You can be a blessing to someone today by volunteering with Love INC as a Clearinghouse or Community volunteer. If you're interested in serving with Love INC, fill out a volunteer form found at loveinccv.org or call 266-1264. They'll get back to you in the next couple of days.

Reading Buddies

Through the hours of reading with Lincoln students, FUMC Reading Buddies have enriched the lives of many children. According to Ralph Bryant, Lincoln principal, "our Reading Buddies have had such a positive impact on our students and school. The opportunity for our students to receive extra practice and build relationships with a caring adult has been a true blessing."

Our dedicated Reading Buddies from FUMC are Jim Larson, Donna Hoffman, Jane Wychoff, Marlene Baumhover, Roger Maifeld, Connie Maifeld, Scott Kober, Jean Richardson, Linda Bohr, Bevan Lucas, Betty Butler, Pat Powell, Chris Condon, Lisa Congdon, Rita Congdon, Betty Goetsch, and Lorna Ericson. Thank you to these buddies.

If you are interested in knowing more about Reading Buddies, please contact Ralph Bryant at 319-553-2950 or ralph.bryant@cfschools.org.

Books For Kids

Additionally, FUMC has supported Lincoln School for several years by raising funds to provide books for students and for the classroom libraries. Your generous donations will help to continue this worthy mission work. Please consider donating to purchase at least one book for each student at Lincoln School. If we all pitch in, we can cover the cost of 412 books so each child can receive their own book. What a joy for those children and a blessing on your heart.

The display in the Gathering Space has more information on this mission focus for March. To donate: write a check to First United Methodist Church and put "books for Lincoln school" in the memo. Remember, your generous donation will be doubled through an endowment from Bill & Ione Zach. Thank you!



Work / Mission Trip to Detroit Michigan

trip dates: May 10-17

expected cost: \$200-\$400

Our friends at Threehouse - the UMC-affiliated UNI campus ministry are planning a mission and work trip to Detroit, Michigan, and it is **open to First UMC members**, as well. Threehouse did a similar trip two years ago and Chris Congdon went along. Here's what he says about it:

- It was fun to be the "old guy" traveling with a bunch of college-aged people. I enjoyed our evening discussion sessions and exchanging perspectives and ideas.
- The work we did was meaningful, and the agency we partnered with gave us an inside look into some of the worst urban decay in the United States. It was fascinating to see.
- Some of the strongest witnesses of faith come from people who have struggled the most. As you work alongside them, let them minister to you.
- Cass Community Services - founded by United Methodist pastor Rev. Faith Fowler - is creative in finding ways to lift people and neighborhoods up from desperate situations. You might come home with a new idea that could be implemented in CF or Waterloo.
- We baled cardboard for recycling, cooked and served food, went into derelict neighborhoods and picked up illegally-dumped tires,
- We made mud mats out of those tires, which CASS sells to help fund operations
- We worked with special needs adults at an adult daycare center and attended their Friday dance party, which was one of the most genuinely joyful things I've ever seen.
- Expect to work in a soup kitchen - and to eat there, too.
- Expect to get filthy dirty in your daily work, and tired, too. Take gloves.
- Expect to sleep communally in an open bunkroom in a musty church basement.
- You'll be able to have a mostly-private shower every day, but don't expect luxury.
- There will be a little time for sight-seeing.

This is a roll-up-your-sleeves work trip, and also an educational one. If most of your life has been in middle-class Iowa, you will see a different side of America than you ever have before. You'll be exposed to new perspectives on politics, economics, and race relations.

Details of the trip are still coming together. If you are interested or have questions, talk to Chris Congdon in the First UMC CF media office.



Midwest Mission Opportunity

trip dates: May 11-15

expected cost: \$136 + gas & food

First UMC has reserved 4 spots for a mission trip to Midwest Mission Distribution Center in Pawnee, Illinois, from Mon, May 11 - Fri May 15.

Midwest Mission is a depot for disaster and humanitarian relief supplies, which are collected and shipped to where they are needed most.

Midwest Mission has few staff, so the vast majority of their mission is carried out by volunteers. Anyone from the age of 11 and up is welcome. There is a wide-variety of work available: sit-down work and heavier labor - a way for everyone to help. You may be packing kits, sorting items, sewing, helping with mailings or building desks in the wood shop.

We have reserved two rooms in their comfortable guest house which has a full kitchen, laundry, bathrooms, and showers. The rooms have bunk beds but we will not plan to use the top bunks.

The cost for this trip is \$136 per person for lodging and supplies at MMDC. Each person is responsible for their own food for the week and a share of the gas to get there. We usually buy groceries as a group for breakfast, lunch, and snacks and then go out for dinner.

Please contact Jan Benson if you are interested in this mission opportunity. The first half of the fee is due by March 15. There are scholarships available.

Jan Benson
jbenenson@cfu.net
319-269-2211

12 Reaching Out & In

An Encouraging Cheerleader



Sometimes there are challenges in life that can be too much for you to handle alone. At those times, a Stephen Minister can come alongside to walk with you.

One member of our congregation has faced just such challenges in the last few years. She said yes to having a Stephen Minister, someone she did not know before they started meeting, and she has not regretted one minute of the time they spend together.

As she states, “I trust her, and she trusts me. The benefit is being able to say anything and express any feeling without having to burden my friends or family. She is a good listener and non-judgmental. She never gives advice but provides a sounding board for my feelings. I always leave our time together feeling uplifted. In other words, she is my cheerleader, my encourager.”

God is present in the Stephen Minister/care receiver relationship. A Stephen Minister does not “cure” a person or solve the person’s situation, but through that relationship, the burdens are shared. If you would like to explore having someone to be your “encourager”, please call the church office and you will be directed in strict confidence.

UMCOR Sunday—March 22, 2020

Sunday, March 22 is UMCOR Sunday. It is a time to lift up and financially support this important mission work. UMCOR Sunday is one of the six special offerings observed across the United Methodist Church.

How does UMCOR impact people?

Clean water is life. One in five children who die under age 5 die from diseases related to contaminated water sources. One in nine people do not have access to clean water every day.

Jesus calls us to give drink to the thirsty. This is the aim of the United Methodist Committee on Relief through the Water, Sanitation and Hygiene or WASH program. UMCOR works in communities

and in partnerships to rehabilitate or

create new water sources in communities without access to clean water. UMCOR then offers training to ensure that the communities will be able to maintain their own water sources. UMCOR also is involved in global education and training programs that build appropriate toilets and teach proper handwashing practices.

Additionally, the United Methodist Committee on Relief (UMCOR) assists communities who are impacted after storms, wars, and displacement. UMCOR prayerfully works with communities that are overwhelmed by natural or man-made disasters using their strengths and actively involves the people who are affected in recovery efforts. Their work is endless.

On Sunday, March 22, we invite you to join with other Methodist congregations in donating

to support UMCOR. These generous donations collectively enable UMCOR to remain strong in their day-to-day efforts around the world. How can your donation make a difference? Along with thousands of other Methodists, these donations allow UMCOR to direct 100% of contributions to the projects that donors specify, rather than using that money for administrative or fundraising costs.



Please prayerfully consider a donation to UMCOR.

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.

United Methodist Women - March Meeting

First United Methodist Church - Cedar Falls, IA
February 13, 2010

Mary Schlicher presented the program on A Call to Prayer and Self-Denial 2020 setting the backdrop describing Paul's missionary trips to Macedonia and Corinth. The goal is not to be rich or poor, but to have enough. She shared stories from several regional missionaries to empower women who are facing various struggles. Daily, many families struggle with issues surrounding education, poverty, health, maintaining jobs, economic development and equality, gender inequality, keeping safe in the midst of gunshots, and providing for the safety of their children.

Despite all these challenges people are very determined and creative. It is hard to believe that women are still considered to be men's private property, whereby many decisions about their lives are in the hands of men - their husbands, sons, fathers and brothers. In 2017 the United Methodist Women in North Mozambique, in partnership with the United Methodist Women National Office, worked on a project on early marriages in order to bring awareness of the negative impacts of this practice. Education of the girls is making a huge positive impact on many. We are making a difference.

2020 Mission u: Learning Together for Transformation of the World

The United Methodist Women (UMW) Mission u summer and fall events are wonderful mission education opportunities to study current issues impacting society. Whether you are young or old, laity or clergy, a UMW member or not, a first timer or attend every year, you are invited. All participate in the "Spiritual Growth Study: Finding Peace in the Midst of Anxiety". Also, attendees may choose to attend either the Special Issue Study - "Pushout: Mass Incarceration; the School-to-Prison Pipeline" or the Special Anniversary Study "Women United for Change: 150 Years in Mission".

WHEN: July 19 - 21 Summer Mission u
October 16-18. Fall Mission u

WHERE: Iowa Valley Continuing Education Center, 3702 S. Center Street, Marshalltown, Iowa

You may obtain a copy of the brochure and registration form at the counter on the back of the Welcome Center in the Gathering Place.



UMW meetings in March

- Mar. 04 - More Than Moms, 6:00-7:15 p.m., Parlor
- Mar 06 - World Day of Prayer
- Mar 06 - International Bell Ringing for Women's Rights Mission Study Day, NE District UMW, 9 a.m., location TBD
- Mar. 09 - Board Meeting, 9:30 a.m., Library
- Mar. 11 - More Than Moms, 6:00-7:15 p.m., Parlor
- Mar. 12 - Unit Meeting, 1:00 p.m., Fellowship Hall
- Mar. 16 - Deborah Circle, 10:00 a.m., Parlor
- Mar. 16-20 - Spring Break
- Mar. 25 - More Than Moms, 6:00-7:15 p.m., Parlor
- Mar. 26 - Mary Circle, 9:30 a.m., Parlor
- Mar. 26 - Joy Circle, 1:30 p.m., Parlor

14 How To Help

Some people might think of these ministry opportunities as the “little things”, but little isn’t the right word.

These are the needs of the church that are on-going in our weekly and monthly cycles of ministry.

These are the support roles that need to be filled and the easy contributions that we all can make to enhance the worship experience for others and to ensure that our ministries are well-equipped and well-staffed.

How can you help?

Worship: Prayer Team

Everyone is invited to join the prayer team any Sunday morning as we lift up worship in the chapel at 8:00 a.m. Contact one of the prayer team members if you have any questions: Jim Larson, Genny Van Dorn, and Jan Hoover.

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.

Outreach & Missions: 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 Maxine Kehret or Stephanie Buchs. 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 Tuesday of the month. You’re always welcome to come and eat - the community meal is completely free and open to everyone.

Got extra fabric? Bring it in!

There is always a need for fabric to make school bags and other stitching projects. The Quilters & Stitchers are looking for durable/sturdy material for school bags. They also could use decent sized lengths of cotton quilting fabric for comfort quilts, baptism quilts, quilts for foster kids, and of course - for the beautiful items they make for the quilt auction each November. There is a designated bin for your quality fabric donation in the church collection site on the main level of the church in the little hall across from the drinking fountain.

Ongoing 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.

Thank You's

Many thanks for the beautiful pink rose Jane delivered to me for my Birthday. It was very special to receive a birthday card from the church staff. The love and prayers from my church family are my greatest blessing! Thank-you!

Donna Couvelier

I wish to thank all who prayed, sent cards, or phoned before and after my recent heart surgery at St. Mary's Hospital in Rochester. Maxine and I deeply appreciate our kind, caring friends at F.U.M.C!

Doug Kehret

I would like to thank First United Methodist for the pretty yellow rose for my 86th birthday, and thank you Jane Wyckoff for delivering it to me.

Richard Fanning

Thank you Congregational Care Team for the beautiful rose and to Jane Wyckoff for delivery. I'm grateful for a wonderful church family.

Larry Maas

I want to thank all of my church friends for their prayers and prayers. My gall bladder surgery went really well and I am now on regular food, but smaller portions. The wait was certainly worth it. A special thanks goes to Pastor Scott Kober, for your visit while I was recovering in the Deery Suites. I appreciated your visit and prayer.

Cindy Klodt

I am grateful to be feeling better. Recovery and healing will come, in time. I want to thank my church family for all the visits, prayers, cards, and love. They all help to carry one to another day. I appreciate Pastor Scott and Pastor Matt for visits and prayers. What a wonderful church family. Thanks for all the support and friends and food.

Dorothy Schwab

Sympathy to:

- Family and friends of Kathryn Dix. Kathryn passed away January 28.
- Wanda Koupal on the death of her son, Steve, on January 31.
- Ruth Tucker on the death of her husband, Casey, on February 8. His service was held February 15.

Welcome

We'd like to welcome JahZari Jones to our family of faith. JahZari was baptized on February 16. She is the daughter of Bill and Pam Jones, and is in 7th grade.

Girl Scout Sunday is March 8.

We would love to have Girl Scouts of ALL ages as greeters and ushers for all 3 morning worship services. Please wear your uniform and/or GS Pins and arrive 15 to 20 minutes prior to the service. Questions? Contact Linda Kennedy at: LK@cfu.net

Boy Scout Can Drives

Our chartered Boy Scout Troop is planning monthly can drives to raise money for troop activities. The plan is to collect cans the last Saturday of each month from 9:00-noon in the north parking lot of our church. Save your cans to support the scout programs of our church.

Church Finance Updates

As of Feb 25, 2020

YTD Receipts	\$117,283
YTD Budget Needs	\$127,704

Numbers! Some people want to see them, some people don't. Our Finance team wants to be transparent in their stewardship of our resources, and you are always welcome to know the most recent figures.

Monthly statements and budget information are posted on the bulletin board in the short hallway opposite the drinking fountain. (near the choir room)

Mobile Giving Options Available

First UMC Cedar Falls is now able to accept financial contributions through the mobile giving apps Venmo and Shazam Bolt\$. Both apps are available for Android and Apple devices. The apps are free to download, and after you link your bank account, transactions are handled much like debit card payments. Don't carry cash or a checkbook? No worries - just use your phone! Send contributions to contributions@aboutfirst.com

Consider Automatic Giving

You'll never need to remember to write a check again! It is quick and easy to set up. Contact our Financial Manager for details. 319-266-1713..

Attendance

- week ending	2/2	2/9	2/16	2/23
Fusion (Wednesday)	26	20	15	9
Transformation	68	68	62	78
Traditional 8:30	106	94	108	115
Traditional 11:00	108	131	92	113

First United Methodist Church

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First United Methodist Church, Cedar Falls



Sunday, 8:30 & 11:00 a.m. Traditional services
Sunday, 8:30 a.m. Transformation Worship
Sunday, 10:00 a.m. 2 Songs & A Sermon

Bus rides are available for the 11:00 Sunday service. Our bus is wheelchair-accessible.
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 Pastors

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

Matt German, Associate Pastor, matt.german@aboutfirst.com

Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator
sam.barr@aboutfirst.com

Dee Behr, Parish Visitor
dee.behr@aboutfirst.com

John Bentley, Head Custodian

Susan Chizek, Finance Manager
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Chris Congdon, Media Coordinator
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musicman52151@gmail.com

Emily Terpstra, Custodian

Jane Wyckoff, Parish Visitor