







MARCH 2023, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

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lssue 269, March 2023

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

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





Stephen Ministry Training

Stephen Ministry Training improves our one-to-one listening skills and prepares

us to meet people more effectively in their places of struggle and victory. It is valuable training for anyone who interacts closely with others. Members of our current class are Sue Ney, Pastor Scott, Lorrin Schofield, Haleigh Ernst, Pastor Karen, and Linda Kennedy.

New Church Directory

It's time for a new Pictorial Directory! Our dates of photography are April 20-22, and May 23-26, 2023. You are an important part of our church family and we want you to be included. Our directory will not be complete without you! We do not have access to photos from previous directories, so make your appointment soon to ensure a date and time that is convenient for you.

To schedule your appointment online, simply go to www.ucdir.com , click on photography appointment scheduling login on the right side, enter **ia239** in the Church Code field and enter **photos** in the Church Password field. Follow the prompts to schedule your appointment time. If you are unable to sign up on-line, you can sign up at church from 9:15-11:15am on the following Sundays: March 19 & 26, April 2, 9, & 16.

Just for participating you will receive a complimentary 8x10 portrait and a church directory. You will view your images right away and have the opportunity to purchase family portraits if you wish.

You will have an opportunity to review your contact information which will be published in the back of the directory when you come for your photography appointment. Unless we hear otherwise your address, land-line, cell phone numbers, and email addresses will be published. If you prefer that any of these not be published please contact Lisa at the church at (319) 266-1713 or lisa.congdon@aboutfirst.com by June 1, 2023.



Observing a Holy Lent

Lent began on Ash Wednesday, February 22 and will go until Easter Sunday, April 9, 2023

Lent is a period of 40 days (not including Sundays) before Easter. The period of 40 days reminds us of the 40 days that Jesus was sent into the desert by the Spirit and faced his own temptation (Matthew 4:1-11). We also face temptations in our life. Lent is a time when we reflect on who we are, our own temptations and our need for the forgiveness that is ours through Christ's death on the cross.

It is common for Christians to observe Lent by giving something up, sacrificing to remind them of Jesus' ultimate sacrifice for us. Instead of giving something up, some Christians add something to their lives during Lent.

Below are some suggestions that are adapted from Upper Room.

• Try an electronic fast. Give up TV, Facebook, texting, tweeting, e-mail and all things electronic for one day every week. (Or everyday of Lent!) Use the time to read or pray. Have you seen the ad on TV from US Cellular called Take 5? The add suggests that we all Take 5 from our electronic devices, 5 minutes, 5 hours or 5 days. That would be a great Lenten practice! • Start a prayer rhythm. Each day of Lent pray for someone. Pray for that person all day. God will show you who to pray for each day if you ask.

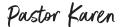
• Forgive someone who doesn't deserve it (maybe even yourself.)

- Give up soft drinks, fast food, tea or coffee, some food as a way to grow closer to God. Give the money you save to help folks in need.
- Create a daily quiet time. Spend 10 minutes a day in silence and prayer. Read a daily devotional for the season of Lent. See how it can help you add spiritual practice to your daily life beyond Lent.
- Cultivate a life of gratitude. Write someone a thank you letter each week and be aware of how many people have helped you along the way.
- Pray for others you see as you walk to and from classes or drive to and from work.

Lent is about love and sacrifice, both shown to us by Jesus.

How will you show your love for others? How will you sacrifice as a reminder of Christ's sacrifice for you?

May you find a way to observe a Holy Lent this year.





Striking a New Chord

If you've stepped into the Sanctuary recently, you would have noticed that the church

has acquired a baby grand piano. This beautiful addition to our church was made possible by memorial funding. A special thanks goes to the families who have made this possible and to the Memorial Committee for utilizing the funding in this capacity.

Since becoming music director in 2019, it has been my goal to continue our rich history of providing wonderful music for the glory of the Lord. When the Covid 19 pandemic hit, our plans for life, church and the music department had to change. Life as we knew it was turned upside down seemingly overnight. During the pandemic a digital piano was moved into the Sanctuary to easily record and stream music. It was never our intention to keep a digital piano in the Sanctuary. It is our hope that this new instrument continues our goal of enhancing our worship experience for many years to come.

Oh Come, let us sing to the Lord!

Rehearsals for the Chancel Choir have resumed, and we need volunteers to step up and lift their voice. In Psalm 95 we are told "Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to Him with songs of praise!" Did you know, the bible mentions music more than 100 times? It also mentions singing more than 60 times. Without volunteers our choir, like many other ministries of our church, cannot function. The small but mighty Chancel Choir needs your help! For several months, many people have told me they cannot sing, I have always believed, that it does not matter to the Lord. What matters is service! Every time the choir sings in church, I'm told, "I really enjoyed that," My response almost always is "join us". You do not have to commit to every week, sing when you can. You do not need to know how to read music, we will help you find your voice! Rehearsals are held every Wednesday at 7:30pm in the Sanctuary. Come and sing to the Lord!

- Bevan Lucas

United Women in Faith Update

The first unit meeting of the year for United Women in Faith was held on Feb 9th at 1:00. The program speaker was social worker, Miranda Kracke, who spoke about her work at the Child Protection Center in Waterloo. The center is one of six across the state that provides service and support for children who are victims or witness abuse. The office in Waterloo serves 27 counties in Iowa. Sobering statistics include that 1 in 10 children is sexually abuse by the time they are 18 years old but only 5-13% tell anyone. These incidents occur proportionately across races and economic backgrounds. Miranda's work focuses on assisting the Iowa Department of Health and Human Services and Iaw enforcement by doing forensic interviews with the children in a sensitive and safe environment. Representatives from both organizations observe the interviews from another room to assure the child only has to tell of the incident once. The children and families are then followed by family advocates who provide further ongoing support.

The Child Protection Center is supported by state funding, local grants, and individual donations. They have seen a 27% increase in the number of referrals interviewing 583 children last year. Some of the increase may be related to increased awareness of the program but Miranda also believes the impact of Covid shut down may have had a negative impact. She recommends teaching children "body safety" and refer any suspected abuse to authorities for investigation.

Maxine Kehret also lead the prayer of self-denial and reviewed the Charter for racial justice.

Find your Place in God's Great Story

ALTAR FLOWERS

The altar flower calendar is at the Welcome Center. Sign up now to recognize a special date or to honor a loved one with flowers for the altar. Have the flowers delivered to the church on Friday, please.

BUS SERVICE

The bus picks for the 11:15 traditional service in the sanctuary. We are offering this ministry for people in Cedar Falls who have been vaccinated and are willing to wear their masks on the bus if a rider requests it. Call Steve and Janet MacTaggart at 319-404-0077 to let them know you are interested.

FACEBOOK DEVOTION

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

REBUILDING THE USHER CORPS

We're looking to rebuild our usher corps for the post-pandemic time. Sunday morning ushers greet people at the door and ensure that everyone has what they need to participate in the worship service. Ushers work a one-month block of Sundays, three times per year. We're looking for men, women, young and old. This is a great way to meet new First UMC friends while serving the church in a necessary way. Call or email the church office and we will connect you with the usher team leader. Rex Pershing is your guy if you have questions.

TECH VOLUNTEERS

Tech volunteers get to use the same cool equipment and do the same important job as our paid staff, but they have more flexibility to pick and choose the Sundays and services they work. We can't do this without volunteers. No experience necessary – we can teach you what you need to know.

GREETING

As a greeter you are our guest first encounter. You will be responsible for welcoming all who enter our doors. We need greeters at the First and Second Services. Greeters will be placed at the main doors to Welcome our guests.

HOSPITAL REMINDER

Governmental regulations prohibit health care facilities (this includes hospitals, assisted living and nursing homes) from sharing information about their patients and residents, so if you want your church family to know you need our love and prayers, please call the church office.

JOIN THE FACEBOOK GROUP

We have created a Facebook group called First Friends and Family to allow everyone to interact and share the ways they are finding to Love First. Head over to our church Facebook page, select 'visit group'. You should find the button under the banner. Want to join? Click the member request button and we will be sure to add you.

DONATIONS FOR WED. MEALS

The Filling Station meal is a big hit on Wednesday nights, but we could use a little help to make the meals especially delicious without breaking the budget this year. Below is a list of food items that are needed: Hamburger, Chicken, Large bags of Tater Tots, Large Bags of Fries, Frozen Vegetables, Frozen Fruit Thank you in advance for helping make the Wednesday night Filling Station possible.

Email jenna.engel@ aboutfirst.com for more info.

March

Beginning Mar. 1 - Lenten Study Images of the Cross

Where: Library When: 6:30-7:30 pm

The Bible uses many images to understand the meaning of Jesus' death and resurrection. In our Lenten study we will be guided by these images to achieve a deeper understanding of the Christian faith. By exploring the mystery of salvation through the cross, we can deepen our love for God and others and strengthen our commitment as followers of Jesus. Join Pastor Scott and Pastor Karen on Wednesday nights this Lent beginning March 1st at 6:30pm as we explore together!

Mar. 3 - Youth Game Night

Where: Gathering Place When: 6:00-7:30 pm

Join us for a night of food, fun, and mystery on Friday, March 3 from 6:00-7:30! Meet in the Gathering Space and bring your friends! Dinner will be provided.

Beginning Mar. 6 - Yoga

Where: Fellowship Hall Time: 4:45-5:45 pm

Join us for an hour of yoga on Monday afternoons at 4:45, beginning March 6. Bring your own yoga mat or a towel and meet in Fellowship Hall. Our instructor, Angie, will guide us through gentle stretches and poses that are sure to keep you limber and ready to face the rest of the week. The cost is \$7 per session, and you can pay Angie each time or she will accept payment at month's end (cash or check only). No need to commit to every week, just come when you can.

Mar. 7 - Grief Support Session

Where: Parlor

Time: 2:00 to 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 7th from 2:00 to 3:30 pm in the church parlor. Anyone who has suffered the loss of a loved one is welcome. Please call the church office at 319-266-1713 with questions for Carol, the group facilitator.

Mar. 9 & 21 - Food Bank

Where: Food Bank

The Northeast Iowa Foodbank Needs You! We'll be sending crews to the Food Bank on Thursday, March. 9 -2 to 4 pm and Tuesday, March 21 - 9 to 11 am. If you are interested, please sign up on the clipboards at the Welcome Desk in the Gathering Space. If you can't make it every month, that's okay! Rides are available from the church to the food bank and if we are working in the refrigeration area you will be contacted in advance.

Mar. 16 - 1st Friends Potluck

Where: Gathering Place Time: 12:00 pm

Now is a great time to peruse your recipe files and cookbooks for the perfect potluck item to share on March 16. Come and join us for good food, fellowship and fun. All you have to do is bring a dish to share and your own table service. We will have the coffee pot on and ready to serve at 12:00. Dominoes, cribbage, and card games follow the meal until 2:00.

Mar. 19 - Newcomers' Coffee with the Pastors

Where: Gathering Place When: 10:15 am

If you are new or newer to First United Methodist Church, our pastors want to get to know you! Come have a coffee with the pastors at 10:15am to hear about what is happening here and how you can begin to take next steps in getting connected. We look forward to seeing you there!

Mar. 27 - Crafters Corner

Where: Parlor

When: 6:00-8:00 pm

Get your crafting project lined up and join the group on the 4th Monday of the month from 6:00-8:00 in the Parlor. Please contact Crystal Wilken at crystalwilken@gmail.com with any questions.

Mar. 27 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, February 27 from 12:30-6:00. They have quite a few appointments slots to fill, and the need is great. Sign up to donate at www.lifeservebloodcenter.org.

Mar. 28 - Card Making Party

Where: Gathering Place

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

Come join the fun at our next Congregational Care Team card making party! 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. Last year \$598.75 was given to four worthy groups. We also use the cards to send to members of our congregation during times of joy and challenge.

Save the Date - April 15, 2023

Midwest Mission Packaging Event Details on page 8.

SUNDAY MORNING

Worship Schedule

8:30 am	Traditional Worship
	Service, Sanctuary,
	live stream at aboutfirst.com
9:00-11:15	Fellowship,
	Gathering Place
9:15 am	Transformation
	Contemporary Worship,
	Fellowship Hall
	live stream at aboutfirst.com
11:15 am	Traditional Worship
	Service, Sanctuary

Previous services are archived on our First UMC CF YouTube channel

WEDNESDAY NIGHT

5-5:45 pm	Filling Station Meal,
	Gathering Place
6:00-7:30	G3 Youth Ministry
6:00-6:30	FUSION Tonight, Theater
	Fellowship Hall
6:00-7:30	BLAST, Lower Level
6:30	Small Groups
7:30	Chancel Choir Rehearsal

Winter Weather Policies

WORSHIP

This is Iowa and winter weather happens. When winter weather gets bad, the pastors will decide if changes should be made to the worship schedule.

WEEKLY ACTIVITIES

Cedar Falls Schools will be our guide. If Cedar Falls Schools have cancelled classes or dismissed early then church activities will also be cancelled for the rest of the day and evening.

Cancellations will be broadcast on KWWL Channel 7 and posted on Facebook and aboutfirst.com. We also ask that you use your best judgement and do not venture out if it is dangerous to do so.

mission of the Mon

March Mission of the Month: Having books in the home is proven to positively benefit children in a myriad of ways. A two-decade long study found that the mere presence of a home library increases children's academic success. vocabulary development, attention and job attainment. This is why our March mission again this year is Books for Lincoln School. Lincoln Elementary School is First United Methodist's Partner In Education. One way FUMC can make a positive impact for their major focus on reading

is to provide students with at least one book by the end of the school year in June. Let's donate money to purchase books to allow each of the 416 students to have their own book. We have been able to meet the goal in the past, so let's do it again this year! You may give to mission projects by dropping a contribution off at the church office, or use our secure online giving portal at aboutfirst.com/giving. Be sure to specify "books for Lincoln". Your generous contribution will be matched through Bill and Ione Zach memorial funds.

What a great way to show we support reading and the education of our children!

UMCOR Earthquake Relief

Please join UMCOR in prayer for the many people affected by these devastating earthquakes, including the rescue crews seeking survivors and those caring for the injured and displaced. Support relief and recovery efforts for this and other international disasters by donating to the United Methodist Committee on Relief. 100% of your donation will go to help those in need. Make your check out to First UMC with Advance #982450 or earthquake relief on the memo.

Midwest Mission Rice Meal Packaging Event

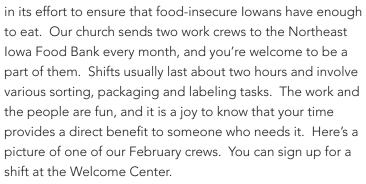
On Saturday, April 15 we will be hosting a Rice Meal packing event at our church. This is a great opportunity for all ages. We'll be filling bags with vitamin mix, dried veggies, soy, and rice. Each bag will provide a nutritious meal for six people, and our goal is to pack 2,000 bags. Two hours of your time will make a huge difference to a hungry person somewhere in the world. Choose your shift from 9:30-11:30am, or 12:00-2:00pm. Sign up on-line using this link: https://signup.com/go/BJpMOer

Community Meal

A free meal is served every Tuesday from 4:30 to 6:00 pm. It is open to anyone in the community as an opportunity to meet with friends, or to stretch their food budget a bit. We host the meal every week, and other area churches take turns providing the meal and the workers. Our church's commitment is the 4th Tuesday of each month. At this point our biggest need is dessert – cookies or bars are preferred. If you are willing to bake for the meal the 4th Tuesdays of any month, please contact Maxine Kehret at 319-610-4191.

The A-Team at the Food Bank

The Northeast Iowa Food Bank relies heavily on volunteer labor





Information about our Sunday School and educational opportunities!

easter egg hunt!

Join us Easter morning for an Easter Egg hunt. When: April 9th

Time: 10:15

Where: Meet in Fellowship at 10:15 for instructions

Who: Children up to 12 years old.

YOUTH

Summer Mission Trip Deposit is DUE!

If you are planning on going on the mission trip to Kenosha, WI this summer, a down payment of \$150 is due in the church office by Sunday, March 5 to reserve your spot. If you are not able to make this payment right away or have any questions, please contact Haleigh at youth@ aboutfirst.com and we can work with you! The remaining \$150 will be due in the month of May.

G3 Youth Pop Can Drive

Thank you to all who have donated their returnable pop cans and

fyi

The last Wednesday night for Filling Station and B.L.A.S.T will be April 5th.

I would like to Thank Julie Fee, Debbie Grover and Mary Card for helping cook the meal every week. Jan and Dean Hoover and Dee Behr for serving the meals. Ginger L'Heureux and Nancy Fransdal for helping with our BLAST program.

Without all of you we would not have these incredible ministries

bottles so far to help our G3 youth raise money for our summer mission trip to Kenosha, WI. We are still accepting cans and bottles through June 20, so please keep them coming! We appreciate your support!

Fun Friday Game Nights

Each month, the G3 youth get together for a Fun Friday Game Night. These happen on the Friday before the first Sunday of each month. Our first March game night is Friday, March 3 from 6:00-7:30. Meet in the Gathering Space! Dinner will be provided. Our next game night will be Friday, March 31!

Spring Youth Lock-in

All youth are invited to join our spring lock-in April 14-15 here at FUMC! We will be playing fun games together, working on fundraising projects, and

camps

Iowa United Methodist Camps are open and waiting for campers! They have camps at Lake Okoboji and Wesley Woods. If you are interested in signing you child up to attend a camp contact Jenna Engel at jenna. engel@aboutfirst.com

helping with a meal packing event here at our church on Saturday the 15th. To make sure we are adhering to our church's Safe Sanctuary policies for this event, we still need one more male adult volunteer to make this lock-in happen. If you are interested in volunteering, or if you have any questions, please contact Haleigh at youth@aboutfirst.com.

CrazyFunBusy Wednesday Nights!

Join us each Wednesday night for worship, games, and small group connections with G3 youth! Come to the Filling Station at 5pm, then join us on the third floor for fun and fellowship starting at 6pm. Bring your friends! We can't wait to see you!



Send a Card or Note

Send a card or a letter to our friends in care facilities and unable to attend church. Phone calls and cards are also much appreciated for

those who are staying home. Think of who sits around you in worship or in a group, and give them a call or a card. We still have updated photo directories at our Welcome Center. Pick one up Monday-Friday.

Marlys Cook, Geri Gilbert, Shirley Huffman, Marilyn Pape Martin Suites 420 E. 11th St Cedar Falls IA 50613

Wanda Chase, Sharon Kreb, Homer Leymaster, Emogene Marty, Marcia Simpson Windhaven Assisted Living 5500 S. Main St Cedar Falls IA 50613

Barb Spates

Thalman Square 5500 S. Main St Cedar Falls IA 50613

Sue DeBower (201), Harold Kreb, Lura Treloar Deery Suites 5301 Caraway Lane Cedar Falls IA 50613

Virginia Van Tassel Nation Cottage 5111 Caraway Lane

Cedar Falls IA 50613

Faye Rohwedder Thuesen Cottage 5127 Caraway Lane Cedar Falls, IA 50613

Vivian Hill, Donna Hoffman, Dorothy Schwab New Aldaya Lifescapes 7511 University Ave Cedar Falls IA 50613

Joy Sires (#1302), Donna Tiller (#1304) CedarStone Senior Living 4715 Algonquin Dr Cedar Falls IA 50613

Betty Fanning, Chet Starr Bickford Cottage 5101 University Ave Cedar Falls IA 50613

Betty O'Brien

Friendship Village Lakeview Lodge 312 Southbrooke Drive #39 Waterloo IA 50701

Kathy Gill

LaPorte City Specialty Care 1100 US-218 La Porte City IA 50651

Dixie Messerschmidt Village Ridge 365 Marion Blvd Apt 111 Marion IA 52302-3141

Darlene Prashak Heritage Care and Rehab Center 501 S. Kentucky Ave Mason City IA 50401

Give Through Our Website or Your Phone

Online giving is great for you, because you can do it any time, any place, and you don't need to carry cash to church. Recurring (automatic) giving is great for you, because you won't have to try to remember to write the check. Recurring giving is also great for the church because it provides a predictable income stream for budgeting and planning purposes.

Our secure online giving portal allows you to make onetime offerings, or to set up a recurring gift. Check it out today.

http://aboutfirst.com/giving

or, download the GivePlus app to your mobile device and give directly from your phone. Available for androids and i-people.



Thank Yous

On a sunny winter day about two in the afternoon, My doorbell rang, and Jane Wyckoff presented me A vase containing a beautiful fresh carnation. From members at First United Methodist Church Probably to celebrate my becoming a Centenarian, But arriving three years too soon. Rowena L. Hardinger

I wish to thank everyone who sent caring texts, notes and cards to me extending sympathy for my loss of my daughter, Diane Bremner of Cedar Falls, and my sister, Sharon Holtan of Stillwater MN. Thanks, too, for the phone calls. In this time of sadness, it helps to know others care.

Gratefully, Dianne Peterson

It was such a pleasure when Jane delivered the beautiful carnation for my February birthday! Thank you to my church family for all of the prayers and cards. I feel truly blessed! Donna Cuvelier

Thank you to my church family and staff for all the cards and special messages inside them. I always enjoy Jane's visits, especially the flowers to celebrate my birthday. God Bless, Carol Nicholson

Sympathy

Keep Laura Terlip and her family in her prayers. Her father, Albin Terlip, died February 2.

Keep John Bentley in your prayers. His brother, James, died February 12.

Tony and Rus DeBonis and their family could use prayers on the loss of a brotherin-law, Doug Purdy, on February 17.

New Members

We welcomed six new members to our church family on January 29. Be sure to

introduce yourself to them.

Matt Belz transferred from Dike UMC

Brianna Stanevicius transferred from Frankfort UMC in Frankfort IL

Josh Sager was confirmed here in 2002, and has moved back to the area and restored his membership at Cedar Falls Frist UMC.

Jordan & Jennifer Parsons transferred from Travis Park UMC, San Antonio TX. They have two little girls, Aspen and Laurel.

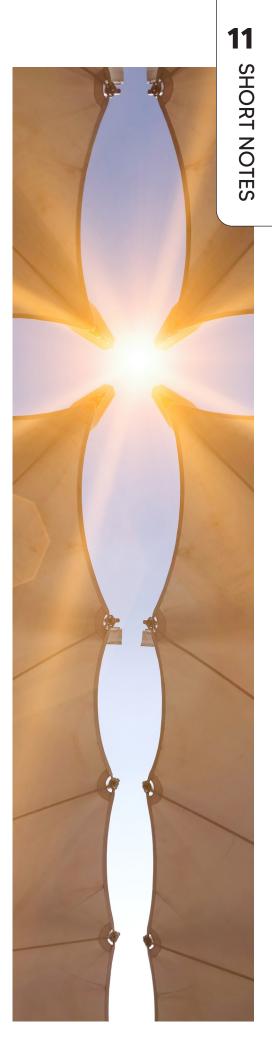
Terry Engel joined by confession of faith.

Easter lilies

We are in the season of Lent, and that means that Easter is on the horizon. Once again we are inviting you to purchase a lily in honor or in memory of a loved one. You may come into the church and find an order form at the Welcome Center or in the office, or you can mail your check to the church and include a note clearly indicating who the lily is in memory or honor of, and by whom. Cost for each lily is \$15. Checks can be made out to FUMC. The deadline to order your lily is Wednesday, April 5.

Tuesday Lenten Meditations at St Timothys UMC

From February 28-April 4, enjoy 30 minutes of quiet reflection and meditative music on Tuesdays from 12:15-12:45 at St. Timothys UMC (3220 Terrace Drive). There is no cost to attend this contemplative Lenten experience.





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First United Methodist Church, Cedar Falls

Worship

8:30 am	Traditional Worship Service, Sanctuary
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary Worship,
	Fellowship Hall
11:15 am	Traditional Worship Service, Sanctuary

Television

Cedar Falls (CFU) Channels 18 or 95.5 Friday @ 8:00 pm, Sunday @ 9:00 am Waterloo (MediaCom) Channel 1 Sundays @ 11:00am & 8:00 pm

Our Pastors

Scott Kober, Lead Pastor, scott.kober@aboutfirst.com Karen Nelson, Associate Pastor, Karen.nelson@aboutfirst.com

Staff

(in alphabetical order)

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

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> Lorrin Schofield, High School Youth youth@aboutfirst.com

Jane Wyckoff, Parish Visitor Coordinator