

MAY 2023, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

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lssue 271, May 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







**Trevor Dirks** Son of Angie Dirks and Ben Dirks Janesville High School

Grant D. Redfern Son of Don and Lorelei Redfern Cedar Falls High School Will attend the Univ. of Notre Dame

Gabby Burton Daughter of Tim and Martha Burton Waterloo West High School

YOUTH

### Bingo and Brunch

Join us for a Bingo and Brunch potluck! Bring your favorite brunch item and come have fun with us on Sunday, May 21 in Fellowship Hall at 10:00, following the Transformation service. This is a fundraiser for the youth mission trip to Kenosha, WI in June/July. No need to RSVP, come as you are and play for prizes! Contact Haleigh at youth@aboutfirst.com with questions.

### G3 Youth Pop Can Drive

Thank you to all who have donated their returnable pop cans and bottles so far to help our G3 youth raise money for our summer mission trip to Kenosha, WI. We are still accepting cans and **Pascal Cuhat** Son of Daniel and Gabriela Cuhat Cedar Falls High School

Matthew Edler Son of Larry and Trish Edler Cedar Falls High School

Joe Ulrich Son of Dave and Dee Ulrich Denver High School

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 next game night is Friday, May 5 from 6:00-7:30. Meet in the Gathering Space! Dinner will be provided.

# CrazyFunBusy Wednesday Nights are on Summer Break!

Wednesday night activities are officially on pause for the summer. Join us for youth group connections at our monthly game nights and watch for other activities as they come up! Like and follow our church Facebook page for announcements!

# "Be Holy, Because I Am Holy."

Peter quoted scripture in the letter he sent to the churches in Asia Minor, or current day, Turkey. And I quote scripture to you as I write this article for the newsletter for current day Cedar Falls First United Methodist Church.

I have done our suggested assignment for the current sermon series, Living Hope, by reading the New Testament letter of 1 Peter. Have you?

As I read through that letter something in the first chapter caught my eye. It was the quote, "Be holy, because I am holy."

Peter was quoting someone, and I wanted to know who that was. I looked it up. The most direct quote seems to come from the Old Testament book of Leviticus 11:44, however, I found it interesting, that there are several other places in the Bible with statements very similar. The call, the command, to be holy as God is holy. That is a loaded statement. I don't know about you, but I tend to compare my holiness to others around me. Am I as holy as \_\_\_\_\_? But this statement, repeated several times in the Bible, suggests we compare our holiness to God.

I know my holiness does not in any way compare to the holiness of God, but that shouldn't keep me from trying.

What is God's holiness like?

- God took sin seriously do I?
- God took love seriously do I?
- God forgave the sins of others do I?

But just as he who called you is holy, so be holy in all you do; for it is written, "Be holy, because I am holy."

• God went to great length to let people know that they are loved by God – do I?

I decided to claim those verses from 1 Peter as my own for this month, 1 Peter 1:15-16.

But just as he who called you is holy, so be holy in all you do; for it is written, "Be holy, because I am holy."

I wrote it on a note card and placed it on my desk, so I see it everyday when I sit down to work. I want to be holy, like God asks.

How about you? Is there a word that God has spoken to your heart? A verse you claim as your own this month. If not, read through 1 Peter and see if God has tucked something in there for you.

Pastor Karen



### Relay for Life Cancer Crushers

Once again FUMC has registered a team for the Black Hawk County Relay For Life. If you would like to join the FUMC Cancer Crushers, you can sign up online at www.relayforlife.org/blackbawk-

can sign up online at www.relayforlife.org/blackhawkcountyia. Be sure to sign up for our team FUMC Cancer Crushers.

Relay For Life Friday June 16th from 4:00 p.m. to 10:00 p.m. at Hawkeye Community College. The theme is Crusin' for a Cure--because we're racing towards the finish line as we're Crusin' For A Cure!

In addition to all the fun events, there will be a car show during the Relay! This will be a 'show & shine' event – no trophies or high entry fees. Registration for the car show is a freewill donation with all proceeds going to the Relay.

Luminarias are a wonderful way to encourage a cancer fighter or survivor or remember someone we have lost to cancer. A minimum donation of \$10 per luminaria is requested. Purchasers can decorate their own luminaria bags, or we can decorate the bag for them. Cindi Knox can get luminaria bags for you to decorate or take your information to have the bags decorated.

All cancer survivors are invited to the annual survivor reception at Relay For Life. RSVP is preferred for planning, but not required. Survivors should register on the website or contact Lynette at lynettelee63@gmail.com to RSVP or for questions or further details. If you have questions or need other information please connect with Team Captain Cindi Knox in person, via phone at 319-230-5642 or via email at cindi50701@aol.com.

# United Women in Faith Update - April 2023

The program for the unit meeting was presented by Rus DeBonis who has been coordinating ACE-SAP Free Clinic in Waterloo for the last 15 years. The clinic is a partnership between the Salvation Army (where it is located) and Allen College. Allen Nurse Practitioner students supervised by licensed Nurse Practitioner faculty provide care for underserved persons at no charge. Services include physicals, acute and chronic care, psychiatric and dental evaluations and referrals, adult vaccinations, cholesterol and diabetes screening, medical supplies and equipment, and medication assistance. All patients receive education on their medical conditions and on preventive care. They are also all screened for social determinants of health (like food insecurity and transportation issues) and receive referral information if needs are identified. Students benefit from getting clinical experience caring for underserved populations and learning to understand the needs and barriers they encounter. This will make them better providers in the future. Patients benefit from free medical care and services. The clinic is open 1-2 days a week and funded by grants and donations to Allen Foundation.

The meeting was recorded via zoom. If you would like to view the recording, please contact Chris Congdon.



### Attention: All Ladies of the Church and Church Staff

Mark your calendars for Thursday, May 11, 2023! It's the Annual Spring Salad Luncheon hosted by the United Women in Faith from F.U.M.C. It will be held in the Fellowship Hall at 12 noon. There will be a free will offering at the door. We will enjoy a variety of salads (fruit, vegetable, meat/protein, pasta/potato, and dessert salads. An assortment of breads will be served also.

Please RSVP to Maxine Kehret by May 4th at 319-610-4191 (can leave a message or text at that number). Circle members please RSVP to your Circle Leaders! Church Staff please RSVP to Lisa Congdon.



# Annual Rummage Sale News

There have been lots of questions as to whether or not we will be having a rummage sale this coming summer! We hope to!!! But in order to have a successful sale we need: DONATED ITEMS to sell, VOLUNTEERS to take in the items and arrange them for the BIG SALE, and people to SHOP!!

We will be having out first organizational meeting on Thursday, May 25th in the Church Parlor at 6:30 P.M. If you have helped in the past or want to learn how you can help with this please plan to attend! Questions, please call Maxine Kehret at 319-610-4191.

# 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. 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.

## **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. Email chris.congdon@ aboutfirst.com for more info.

## 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. Email Jenna. engel@aboutfirst.com for more info.

## **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.

### KEEP THE BELLS RINGING

Routine maintenance and professional servicing are necessary for bell instruments, including occasional overhauls every couple of decades. Currently, the handbells need an overhaul, which may cost around \$10,000. The congregation can help cover these costs by contributing to the bell fund, which some ringers have pledged personal gifts to. Help us keep the bells ringing for another 20 years!



## Mondays - Yoga

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

Join us for an hour of yoga on Monday afternoons at 4:45. Bring your own yoga mat (and blocks if you have them) 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.

# May 2 - Grief Support Session

### Where: Parlor

Time: 2:00 to 3:30 pm

If you are grieving the loss of someone special, it may help to attend a group with others who can empathize, pray with, and encourage you in your grief journey. New participants are always welcome, both members of FUMC and others. Please call Carol through the church office at 319-266-1713 with questions. Our grief support team also offers other support. Please do not hesitate to call.

### May 7 - Spring Bell Choir Concert

Where: Sanctuary Time: 7:00 pm Join us for a delightful evening of music as we present our Spring Bell Choir Concert on May 7th at 7 pm. Our talented and passionate bell choir members have been working hard to deliver a performance that will fill your heart with joy. The concert will be held in our sanctuary, with ample seating and excellent acoustics. Don't miss this wonderful opportunity to experience the beauty and magic of bell choir music. Mark your calendar, invite your friends and family, and join us for an unforgettable night of music, free of charge!

# May 11 & 16 - Food Bank

### Where: Food Bank

The Northeast Iowa Foodbank Needs You! We'll be sending crews to the Food Bank on Thursday, May 11 from -2 to 4 pm and Tuesday, May 16 from 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.

# May 9 - Card Making Party

### Where: Gathering Place

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

It's time for another card making party! Come join the Congregational Care Team. No experience (or special skills) are necessary. Bring a snack to share and stay for Community Meals if you'd like. Last quarter's profits were over \$177.00 and went to House of Hope. This quarter we will give the money to the Wee Care ministry here at FUMC. Watch for Mothers' Day, graduation, and our regular cards on the card rack. We thank all of the card makers, those who purchase cards, and especially our Affirmation Team members: Laurene Bernard, Pauline Harding, and Jean Richardson. Call the office and ask for Carol if you would like to be involved in this ministry.

# May 18 - 1st Friends Potluck

Where: Gathering Place

Time: 12:00 pm

Come and join us for good food, fellowship and fun. This is a great opportunity to get acquainted with others in the church and have lunch with the church staff. Couples and singles are welcome. 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.

# May 21 - Bingo and Brunch

Where: Fellowship Hall When: 10:00 am

Bingo and Brunch Potluck with the youth! Bring your favorite brunch food to share and join the youth with a game of Bingo right after the Transformation service. We will have it in the Fellowship Hall with prizes for Bingo winners! This is to fundraise for the youth trip to Kenosha, WI. They will be heading there at the end of June to help with free summer camp to serve the underprivileged youth and young kids in the area as well as helping aging adults get their groceries. If you have any questions, feel free to reach out to Haleigh Ernst at youth@aboutfirst.com.

# May 22 - 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.

# May 22 - LifeServe Blood Drive

Where: Gathering Place When: 12:30-6:00 pm Our monthly Blood Drive will be Monday, May 22 from 12:30-6:00. They have quite a few appointments slots to fill, and the need is great. Appointments are encouraged, but not required. Sign up to donate at www. lifeservebloodcenter.org.

# May 25 - Rummage Sale Meeting

Where: Parlor

When: 6:30 pm

We will be having out first organizational meeting for our annual rummage sale. If you have helped in the past or want to learn how you can help with this please plan to attend! Questions, please call Maxine Kehret at 319-610-4191.

### **Reminder:**

Last Day of Sunday school will be on Sunday, May 21st.

# **SUNDAY MORNING**

Worship Schedule

8:30 am	Traditional Worship Service, Sanctuary, live stream at aboutfirst.com
9:00-11:15	Fellowship,
9.00-11.15	
	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

crazyfunbusy will be back in the fall! Have a wonderful summer!

# mission of the month

### May Mission of the Month: A Camping We Will Go!

Remember going to camp as a child? The smell of wood smoke, activities with new friends and eating s'mores. It is our plan at Cedar Falls FUMC to raise "S'more" money for the Iowa United Methodist Camps. Our goal is to raise \$1000 during the month of May.

Director of Camps and Retreats, Bryan Johnson, views youth camping as a way to support youth and the future of United Methodism, "The sustainability of any church relies upon developing and growing the Christian faith in as many as possible. In that vein, Iowa United Methodist Camps are proud to be places where Christ is introduced to young people."

Financial subsidy for Iowa United Methodist Camps has come through the Iowa Apportionment System for decades until recently when changes to the apportionment system have required the camping ministry in Iowa to identify new sources of support.

"While some would see decreased apportionment funding as a bad thing, we see it as a tremendous opportunity to work directly with the tens of thousands of people who have had positive faith experiences at an Iowa United Methodist Camp," said Johnson. "We have an awesome opportunity to engage our alumni and supporters who understand the powerful experiences that camp provides."

Please help the camps provide a positive summer experience for Iowa youth by donating to Iowa Methodist Camps this May. You may give to mission projects by dropping your contribution into the Sunday offering plate, or coming in to the church office during business hours. You may also give to mission projects through the Venmo and Shazam Bolt\$ mobile apps, by sending your gift to contributions@aboutfirst.com . Be sure to specify that it's for Iowa Methodist Camps.

### The Northeast Iowa Foodbank Needs You!

We'll be sending crews to the Food Bank on Thursday, May 11 from -2 to 4 pm and Tuesday, May 16 from 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.



### Help the Wee Ones

Donate to our Wee Care closet. 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 in our own community 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. Your donations do make a difference.

### **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.



### Got extra fabric? Bring it in!

There is always a need for durable/sturdy fabric to make school bags and other stitching projects. The

Stitchers & Quilters also could use decent sized lengths of cotton quilting fabric for comfort quilts, baptism quilts, and quilts for foster kids, as well as school bags and quilts for Midwest Mission. 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.



### **VACATION BIBLE SCHOOL JUNE 8-11**

The VBS that send everyone over the moon! We will launch kids on a cosmic quest where they'll have a blast shining Jesus' light to the world. STELLAR rockets kids on an out-ofthis- world adventure that's light years of faith-building fun. If you would like to be a part of this amazing event please contact Jenna Engel at jenna.engel@aboutfirst.com

Dates: June 8th-11th Times: Thursday, June 8th 5:00-7:30 pm Friday, June 9th 5:00-7:30 Saturday, June 10th 9:00am-Noon Sunday, June 11th 8:30 VBS Theme Sunday Service. Ice Cream social to follow afterwards.

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Cost: Free

### Participating Child

Child's Name	Child's Date of Birth
AgeGrade in Fall 2023	(must turn 3 years old by September 15 to attend this year)
James 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 I	Jnited Methodists' VBS Staff consent to appropriate medical
treatment for my child	(signed)
If you are helping and will be here during VBS yo	ou do not have to compete the physician information.
Child's doctor's name and phone are listed belo	W:
Physician	Physician's Phone

### Media release

First United Met	odist 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 / r	o initial:

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



# 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 Deery Suites 5301 Caraway Lane Cedar Falls IA 50613

Faye Rohwedder Thuesen Cottage 5127 Caraway Lane

Cedar Falls, IA 50613

Vivian Hill, Donna Hoffman, Dorothy Schwab, Bill & Mary Shepherd 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.



# **11** SHORT NOTES

# Thank Yous

Thank you Jane for my pretty pink carnation. I always enjoy your visit. Thank you to the church staff for the birthday greetings. It is nice to be remembered. Pat Powell

I would like to thank everyone who prayed and provided meals for me during my recovery from surgery. A special thank you to Linda Kennedy, Genny Van Dorn and to all the meal providers. John Bentley

Thank you to all who prayed for me, sent well wishes or called after my recent knee surgery. It is such a great feeling to be cared for by so many in our church family! Thanks! Maxine K.

Dear Church Family,

I love the carnation I received for my birthday! The only thing better would be to be there in person. Thanks so much for thinking of me. Gratefully, Dorothy Addington

Thanks so much! Sorry to have missed your visit. The flower is beautiful Hitting 80 isn't so bad! Dennis McFarlane

### Thank You Rice Packing Volunteers and Donors

A huge thank you to everyone who made the April 15th rice packing event such a success. We truly appreciated the youth setting up for packaging which included setting up tables, hauling in totes and huge bags of rice and soy, and setting up chairs for the Transformation Service. A special thanks to Lisa Congdon for all of the behind the scenes organization. Over 70 volunteers packed 2000 bags in under 4 hours. These rice meals will feed 12,000 people in the Ukraine, Turkey and Haiti. It was a labor of love

# Sympathy

Family and friends of Virginia Van Tassel who died March 22.

Family and friends of Lura Treloar. Lura died April 5.

Jane Wyckoff and her family on the death of her nephew, Luke Christansen of Omaha, on April 12.

### New Church Directory

It's not too late to get your picture taken for the church directory. The next dates are May 23-26. 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.

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.

If the photography dates do not work out for you, there is an option to submit a photo. It will need to be wallet sized or 4x6, vertical view. Bring it to the church office by June 1 (make sure your name is on it). Or send a jpg., pdf, or tif with a minimum resolution image of 300 dpi at 2 x 3 inches to lisa. congdon@aboutfirst.com. Each submitted photograph requires a fee of \$15 to have it placed in the directory (checks to the church, please).

### #BeUMC on Ragbrai

The Iowa Conference of the UMC is organizing a team to participate in this year's 50th anniversary Ragbrai ride. You can be a part of the fun as a cyclist or as a support team driver. Ride with thousands of other cyclists, experience Iowa hospitality, and visit lots of UMC churches along the way. Details are still being finalized, but it isn't too soon to get registered. Go to ragbrai.com and register as a rider or support person, and be sure to choose #BeUMC from the list of teams. (And then tell Chris in the First UMC media office.)



We are a Dementia Friendly Organization!





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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)

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