

# aboutfirst news

October, 2020 First United Methodist Church, Cedar Falls

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



## CONTENTS

2	-	pastor's page
3	-	news
4	-	church life together
5	-	church life together
6	-	reaching in & out
7	-	reaching in & out
8	-	in mission together
9	-	in mission together
10	-	connect with First
11	-	short notes

issue 240, October 2020

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

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

## A Season of Saints

Halloween was one of my favorite holidays growing up. Not only did I look forward to the costumes every year, but I was always very anxious to hit the streets to fill my candy bags. My siblings and I would weigh in our candy bags at the end of the night to determine who collected the most candy. It was competitive let me tell you.

We know Halloween as a holiday that is full of tricks, treats, scares, and thrills. However, Halloween has become a holiday that has been domesticated by our Western Culture and has lost its original roots. Halloween actually stems from the Christian Tradition. The origin of Halloween stems back to the 18th Century and actually is translated to mean "hallowed evening". It was known as a night to remember the dead. It was commonly referred to as a season of the saints and could last several days. It was grounded in Christian worship and prayer.

In the protestant church, we do not acknowledge formal "Sainting" of individuals. Rather a saint is considered to be anyone who has gone before us, or is still presently amongst us that is in Christ. In other words, a saint is anyone alive or dead that believes that Christ is Lord. Who would you classify in your life as a Saint? What Saints have been influential to you in your spiritual journey? This could be someone that taught you Sunday school, a former pastor, perhaps a friend, or a colleague.

Even among the trick or treating, the pumpkin patches, and knowing that duck season is in full swing, I will be mindful of those saints that have taught me about Jesus. I will give thanks and celebrate their lives in the way this holiday began. Have fun, give thanks, and may you have the heaviest candy bag of them all!

Be Bold, Be Strong,  
*Rev. Matt German*

## Contentment: New Teaching Series in October

We've all known discontent - the world around us seems to fuel it. Everywhere we turn, we're told that we would finally be happy if we just had a little more. But we can't buy our way to feeling satisfaction and joy. What are the keys to experiencing contentment in life? Our three 3 week contentment series will provide the answers we all long for.

Oct 4: More Blessed to Give Than to Receive  
Oct 11: Give Thanks to the Lord  
Oct 18: Where Joy is Found



## Preparing for the Challenges of 2021

Hello FUMC family. We miss seeing you all and hope you are staying healthy and still able to experience the Love of Christ everyday.

We're writing you to "kick start" your thinking and praying regarding giving back to the Church that has given each of us so much.

Soon you will be receiving information from Pastor Scott regarding FUMC's annual Giving Campaign.

Your Pledge NOW will allow the Church to accurately plan for its ministries for the next year AND allow each of you to prayerfully set a personal or family goal of giving for the year. If you haven't given before, let this be the year to start. Even if only a few dollars each month, your faith can grow the Kingdom of Heaven - remember the mustard seed! If you give regularly, consider how you can go farther by increasing your giving 1-3% over last year.

We pray that you are able to let your financial commitment now reflect your personal commitment to FUMC, remembering how the lessons taught here every SUNDAY help you face your lives EVERYDAY.

We understand the daily challenges you all face, many which are know financial, but we ask you to reflect on this poem (origin unknown).

*Go break bread to the hungry, Sweet Charity's Bread  
For giving is living the Angel said  
Must I be giving again and again?  
The weary wandering question came  
"No" said the angel, piercing me through  
"Just stop when the Lord stops giving to you".*

We need each other now more than ever. Please give this request your prayerful consideration.

Your 2021 Campaign Chairs -  
Frank Darrak and Justin Grevel

## Seeking Modern Worship Leader

First United Methodist Church is seeking a highly skilled Modern Worship Leader with a passion for music, leadership and ministry. The qualified applicant would provide strategic vision and leadership for the contemporary worship service/s, overseeing the weekend experience, providing leadership and guidance for the church in conjunction with pastoral leadership, as well as vision and strategy for growth and expansion of music/worship ministries. This position is salaried at 10 hours a week. Full position description is available at [aboutfirst.com](http://aboutfirst.com).

# 50 %

## Closer to our 50% Goal

Since early spring, we have increased the percentage of our giving that is either online or recurring to 35%. This is a celebration! Our First UMC Finance Team would love to see this reach 50%. Please consider shifting your giving to online and recurring methods.

### Why should you set up online or recurring giving?

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

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

<http://aboutfirst.com/giving>

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

**GIVE  
PLUS<sup>+</sup>**

# 4 Church Life Together

## Washington Chapel UMC's Legendary Turkey Supper!

**October 5**

The folks at Washington Chapel are planning their fabulous turkey supper again on Monday, October 5 at the church at the corner of Ford Road and Bennington Road (just north of Cedar Falls). As you would expect, this year is carry-out only. Drive up between 4:30 and 7:00 and we will bring your meals to your car.

Enjoy turkey, mashed potatoes, stuffing, gravy, Iowa sweet corn, coleslaw, roll and butter, homemade pickles, and your choice of dessert (fruit pies or pumpkin bar or banana bar).

Lisa Congdon is selling tickets to the dinner: \$10 for adults, \$5 for kids age 6-12. (checks payable to Washington Chapel UMC)

Get your tickets at the FUMC church office during office hours, or call or email Lisa at the church (266-1713 or [lisa.congdon@aboutfirst.com](mailto:lisa.congdon@aboutfirst.com)) to make other arrangements.



# SUNDAY MORNING

**8:30 Traditional Worship Service** - join us in the sanctuary, or on the livestream

**9:35 Sunday School for kids** - virtual Sunday School, join us online!

**10:00 Transformation Worship Service** - in Fellowship Hall or on the livestream

## Children's Sunday School Online This Fall

Sunday School will be virtual this fall. You can join us on our Facebook page where we will go live at 9:35. During our time together we will have a mini-lesson and an activity. Supply packets will be available for you to pick up ahead of time. We hope that you will follow along with us on Sunday morning.

If you would like a packet(s) please let Jenna know. The packets will be ready to pick up at the church on Friday, October 2.

# WEDNESDAY NIGHT

## community book discussion

The Pastors invite you to join them at **6:30pm via zoom** for a weekly study utilizing the community book reading resources (see pg 9). This is a chance to go deeper into the sermons, ask questions, and pray together. Join us for this 45 minute gathering! Access to the meeting can be found in your Thursday emails.

## your church night

We've re-formed our CrazyFunBusy Wednesday nights to be safe for the pandemic season. Instead of a meal, and then scattering to different activities, we'll have a single activity appropriate for all. We'll begin at 6:30 to give you time for dinner first.

**October 7:** We will have an in-person social distance gathering. Meet at Big Woods Park at 6:30. Devotion sheets will be handed out and you'll be free to enjoy the park with your family or in your First UMC small groups: walk the trail, bring your kayak or fishing pole.

**October 14** Join us on Facebook Live as Lorrin, Haleigh and Jenna teach a lesson.

**October 21:** Cooking with First UMC on Facebook Live. We will be picking a recipe out of the UMW cookbook. We will post the recipe in advance so you and your family can follow along with us.

**October 28:** Join us on Facebook Live for either a lesson or a fun interactive activity.

## Fusion Tonight Worship Talk Show!

Fusion Tonight is our weekly worship talk show. We've tweaked the format to make it more compact and to better tell the stories of people being Christ for one another in these difficult days. Join us on Facebook or our Youtube channel, Wednesday nights at 7:15 pm.

## Getting Together Again

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

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

Please make good decisions regarding church attendance based upon your vulnerability to infection, and your likelihood of being a transmitter of the COVID-19 virus to others.

## Small Groups May Meet Again

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

## Get Your Flu Shot at First UMC - October 8

Flu shots will be available Thursday, October 8 at First United Methodist Church. A nurse from MercyOne Home Health will be here, so stop by anytime between 3:00-5:00pm. Medicare is 100% covered, and any insurance is welcome except for people who are currently employed by John Deere or state insurance (Medicaid) for children under 18 years old. The vaccine is good for children 6 months and older. Bring your insurance card. Curbside service is available! Just pull up under the canopy and they'll meet you there.



If you are not getting out due to health issues or trying to avoid exposure, let Lisa in the church office know. The MercyOne Home Health nurse will set up a date and time to come to your home.

## Crafter's Corner - October 27

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

**30 QUESTIONS**

**Virtual Trivia Night**

**Oct. 9th • 6 pm**

Watch the church facebook page for more details

## Calling All Trivia Buffs

**- Friday, October 9**

How many rings make up the Olympic logo? In a deck of cards which King is the only one without a mustache? How many books make up the Old Testament? Do you think you have what it takes to compete in a virtual trivia night? Join us on Zoom, October 9 at 6pm for 30 Questions. Host Bevan Lucas will have all the questions and answers. Players will compete in three rounds of ten multiple choice questions. Some of the questions will be easy, others will leave you scratching your head. We'll share a link to the event on the church Facebook page. We ask that all contestants join the meeting at least 15 minutes prior to the event. Rules and game play will be explained before the broadcast.

## Trunk or Treat:

**Oct. 28th - Save the Date**

We are currently planning on holding a safe and social distancing Trunk or Treat. We invite the kids to dress up in their costumes and stop by each trunk. Jenna will be looking for 12-15 people that would be willing to host a trunk. If you are willing please let Jenna know. More information to come. Please know this could change

## Send a Card or Note

Many care facilities are not allowing visitors, even family. Send a card or a letter to our friends who are isolated right now. Phone calls and cards are also much appreciated for those who are staying home. Think of who sits around you in worship or in a group, and give them a call or a card. We still have updated photo directories at our Welcome Center. Pick one up Monday-Friday.

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

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

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

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

*list continued on next page . . .*

## Learn to Climb Upward

A father tells about his five year old son, Aaron, wanting to learn to climb a large tree in their back yard. He said, "When I lifted Aaron onto the tree's lowest branch, he panicked for fear of falling. I tried to coach him along, telling him to first kneel on the branch, then slowly stand up and climb to the center of the tree. But Aaron was so focused on his fear of falling that he couldn't move. I finally shouted, "Aaron!" Once I had his attention, I told him to quit thinking about falling and think about climbing. Aaron thought about that for a while and then started to climb to the center of the tree. His fear was gone, and he was able to do what he wanted.



The phrase, "think about climbing" is a good one to hold onto. Most of us periodically are faced with change of some kind or an impossible looking task, and find ourselves being fearful. If we give into the fear, we are crippled with respect to moving ahead/upward. But, if we think about climbing- not falling, failing, or being overcome- we can move upward to what we want.

Sometimes illness, losing a job, or loved one, difficulty/tragedy in a loved one's life, various adverse circumstances and so many other things, can cause us to focus more on "falling" then on "climbing upward". Like Aaron was encouraged to change his focus by his father, we can often benefit by another person encouraging us to climb upward. **Stephen Ministers** are trained to do just that. They don't condemn, they aren't shocked by any circumstance, response, or emotions. They just want to be channels through which the love and healing power of God can flow to help people climb upward out of difficulty.

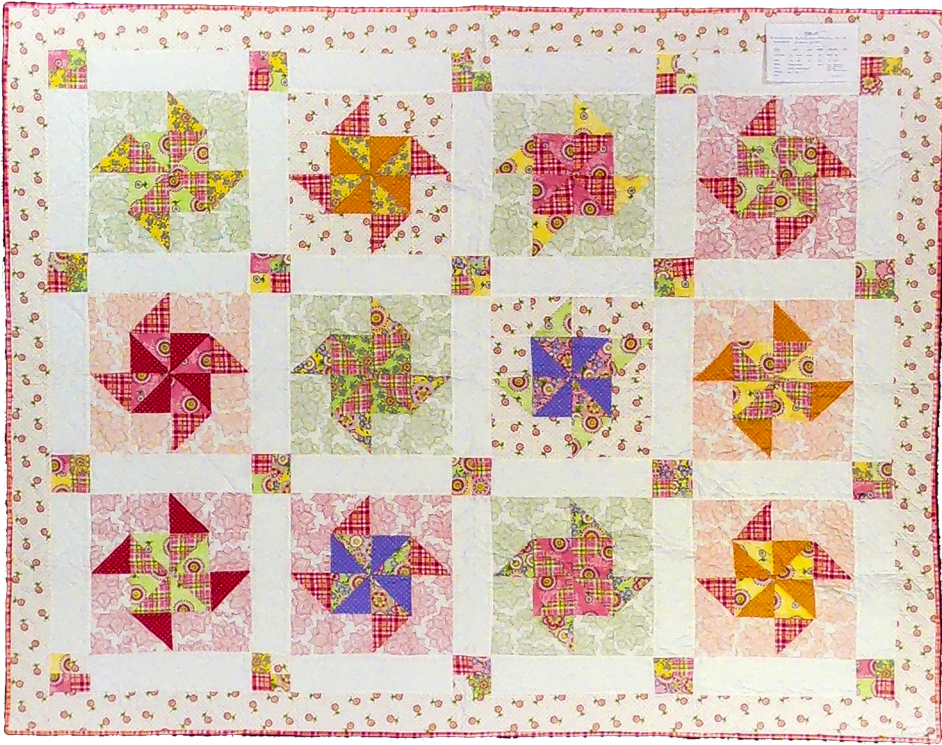
Our church has a team of trained Stephen Ministers who are here to walk with you through times of difficulty. If you or someone you know could benefit from a Stephen Minister, do not hesitate to contact the church office for a confidential referral.

## Grief Support Session - October 6

Where: church parlor

When: 2:00 to 3:30 pm

If you are grieving a loss, often it can help to meet with others who care and understand. Our next monthly support session will be Tuesday, October 6th in the church parlor from 2:00 to 3:30 pm. Please wear a face covering. These sessions provide a safe, confidential setting in which to share your feelings and concerns. Please call Carol through the church office with questions.



## Get This Quilt And Support the Ingathering

Our Quilters & Stitchers auction a quilt every month, with proceeds going to support the missions of First UMC. This month, the quilt will support the Iowa UMC's Mission Ingathering. The auction is online-only, and will be open for three weeks beginning October 4.

Get it for yourself, or as a gift of warmth for a loved one. Each quilts is unique and will surely become a family heirloom.

The October quilt is pictured above. Be sure to get the online version of this newsletter so you can see it in color! It measures 68"x 88". Minimum bid for this beautiful quilt is \$100.

Other quilts are available for purchase. To do some shopping, contact Barbara Pershing.

## Adopt a Shut-in Church Member

Maybe this would be a good time to "adopt" a church member living in a long-term care facility. Due to the ongoing concerns of COVID-19, facilities will probably be restricting in person visits for quite sometime. If you as an individual or family would like to support someone who is especially isolated right now with a flower, gift basket, cards or phone call, please call Carol at 277-0711 and we will get you started.



... list continued from previous page

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

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

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

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

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

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

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

# 8 In Mission Together



## Mission of the Month

We've been gathering supplies for health kits and school kits since summer. Now we have to ship them! It costs a couple bucks to get each kit to its final destination, where it will help someone in need. You can help us cover the cost of shipping the kits. Send a check to the church office or contribute through our secure giving portal at [aboutfirst.com/giving](http://aboutfirst.com/giving).



## Mission Ingathering 2020 is a GO!

YES, we will partner with Midwest Mission Distribution Center (MMDC - an UMCOR affiliate) in Pawnee, Illinois, to collect kits at all of the Iowa Ingathering sites on Saturday, November 7, 2020. 2020 has been a year of disasters, so these kits are important!

NO, we will not be hosting large group activities such as: youth retreats, bazaars, mission presentations, luncheons, bake sales, quilt auctions, or worship services.

Mission Ingathering will be a "drive through" process this year. Northeast Iowa churches will bring their kits and remittance forms to First UMC Cedar Falls on Saturday, November 7. Volunteers will be on hand to help unload kits and to collect remittance forms. We will not be repacking kits.

Cash donations are also needed! Please consider donating funds for the Mission Ingathering 2020. Much of the money for Iowa UMC District Hunger Grants comes from Ingathering auction, bake sales, luncheons, and bazaar sales, none of which can happen this year. That will leave a huge void. These grants assist Iowa food pantries and help fund community meals right here in our conference. Last year, \$32,000 was granted to Iowa churches from Ingathering giving to go back into their communities.

Our 41st Mission Ingathering will be like no other. We can be flexible, because our purpose is clear - to show the Love of Christ to the world's people by ministering to their needs. Iowa UMCs can and will be difference makers!

## UMCOR Hygiene Kits For Disaster Response

We can't plan for disasters - they simply happen, often without warning. You can help by providing supplies for UMCOR hygiene kits. These are distributed at shelters for those who have been displaced by a disaster.

### Hygiene kits include

- 1 new hand towel, unwashed (15x25 to 17x27 inches)
- 1 new washcloth, unwashed
- 1 comb - sturdy with at least 6 inches of teeth
- 1 toenail or fingernail clipper
- 1 bar bath-size soap in wrapper, 3 oz or larger (no Ivory or Jergens)
- 1 adult toothbrush
- 10 adhesive bandages (3/4 x 3 inches)

We especially need hand towels, washcloths. Bring the items to the table outside the chapel in the Welcome Center

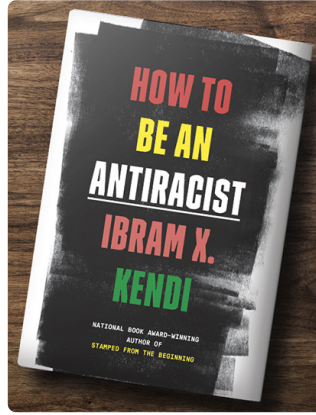


# COMMUNITY READ

## What it is

The University of Northern Iowa holds an annual campus-wide reading event centered around themes of justice and inclusion. This year's book is *How To Be An Anti-Racist*, by Ibram X. Kendi. What began as a UNI campus-wide reading event has spread into the wider Cedar Valley community, with other educational, corporate, and faith-based groups taking part.

The heavy interest in this book comes in the wake of recent, high-profile killings of black Americans, and in the 2018 naming of our community as the worst place in the nation for Black Americans to live. It was a distinction that many found shocking and embarrassing.



## Why are we involved?

This is a unique opportunity for all members of the community to engage in a common discussion on a pressing issue of justice. We encourage you to read the book and add your voice to the discussion.

## Facing our resistance, assumptions, & fears

Many of us are uncomfortable with this. White Americans can feel accused and mischaracterized in discussions of racism. But the problem won't go away by not talking about it. We may learn difficult things about ourselves and we may also learn that we have less to fear than we thought.

## Practical Advice

“What can I do?” That question is often asked in frustration by people who are tired of being characterized as oppressors, who don't want to be labeled as racist, or who want to make a positive impact on their community, but don't what to do differently in their daily lives to bring about change. This book, and the community discussion will help to answer the “What Can I Do?” question.

## How to Participate

Get the book and read it. *How To Be An Anti-Racist*, by Ibram X. Kendi. It is available at most book stores in paper, audio, and ebook formats. Our public libraries have limited copies available.

Find Cedar Valley Book Read on Facebook.

Watch our weekly announcements for information on Wednesday night online discussions

# YOUTH

## Make A Difference

First UMC youth will gather for a mission work session **October 21 at 6:30** to work on two projects: one global and one local.

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

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

Masks and social distancing will be required. We are planning to host this mission night outside if the weather permits, otherwise we will be in Scott Hall.

# 10 Connect With First UMC

## How to Worship Online

### option #1 Facebook Live Stream

Watch Sunday worship live, as it happens on our First UMC Facebook page.  
[facebook.com/firstumccfmedia/](https://facebook.com/firstumccfmedia/)

### option #2 aboutfirst.com

The online worship page at [aboutfirst.com](https://aboutfirst.com) has service videos and worship resources including: links to the teaching scripture passage, kids' video, online sign-in, and online offering.

### option #3 Youtube Channel

Go to [aboutfirst.com](https://aboutfirst.com) and click the "sermons" graphic for a link to our channel

## First UMC is on Cable TV

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

Cedar Falls (CFU) Channels 18 and 95.5, Friday @ 8:00 pm,  
Sunday @ 9:00 am

Waterloo (MediaCom) Channel 17, Sundays @ 11:am & 8:pm

## Tune In To Evening Reflections

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

## Join the Facebook Group

We have created a Facebook group called **First Friends and Family** to allow everyone to interact and share the ways they are finding to Love First. This group was developed so we as a church family could stay connected while we are social distancing. Head over to our church Facebook page, select "visit group". You should find the button under the banner. Want to join? Click the member request button and we will be sure to add you, or send a note to Chris or Jenna and we'll connect you.



## Building the Next-Level Broadcast Team

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

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

If you think this might be an interesting way to serve your church, contact Chris in the media office to learn more. He'll show you some pretty cool equipment, tell you more of what we're trying to accomplish, and give you a picture of how you can fit in to this ministry opportunity.

[chris.congdon@aboutfirst.com](mailto:chris.congdon@aboutfirst.com)



## Thank yous

I am overwhelmed by the love and concern shown by my church family, since the passing of my mother.

Thank you for the many cards, phone calls, memorial money and prayers.

What a blessing you all are to me.

Jane Wyckoff

Thank you to the Congregational Care Team for the beautiful red rose for my 80th birthday. Thanks also to cheery Jane Wyckoff for delivering it and for the card from the FUMC staff.

Gary Pease

To our neighbors at First United Methodist Church, We would like to thank you for your continued support of our students and school! We really miss our Reading Buddies. Thank you for your extremely generous donation to our students.

Ralph Bryant, Lincoln Principal

Thank you for providing a wonderful church family for our mother. She loved every single minute with FUMC CF.

Sincerely,

The family of Margaret Willoughby

I want to thank the following groups:

First UMC congregational Care Team for the beautiful red rose delivered by Jane Wyckoff.

First UMC and UMW for their beautiful cards and well wishes for my 89th birthday!

Sincerely,

Marlys Pals

## Sympathy to:

Sandy Simpson on the death of her brother-in-law, Bob Simpson, from Wells, Maine.

Jakayla Wellington on the death of her father.

## Congratulations to:

Wyatt and Jordan (Lange) Beltz. They were married in our church on September 20.

## LifeServe Blood Drive October 26

Our monthly Blood Drive will be Monday, October 26 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](http://www.lifeservebloodcenter.org).

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



## 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.

## 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.

## 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 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.

# First United Methodist Church

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## aboutfirst news

First United Methodist Church, Cedar Falls



### Worship

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

### Television

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

### Our Pastors

Scott Kober, Lead Pastor, [scott.kober@aboutfirst.com](mailto:scott.kober@aboutfirst.com)

Matt German, Associate Pastor, [matt.german@aboutfirst.com](mailto:matt.german@aboutfirst.com)

### Staff (in alphabetical order)

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John Bentley, Head Custodian

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