



aboutfirst

LOVE FIRST. LET'S GATHER, GROW, GO TOGETHER



OCTOBER 2022, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

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October 2022

First United Methodist Church
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aboutfirst.com



1 Thessalonians

Understanding Our Faith Through its First Letters

Beginning Sunday, October 16th we will begin to look in depth at The First Letter of Paul to the Thessalonians. One reason we do so is if the Bible were to be arranged in the writings according to the dates of their composition, First Thessalonians would actually be at the beginning before the Gospel of Matthew. Paul wrote First Thessalonians around 51 C.E., which makes it the earliest Christian writing and the earliest evidence that Christianity existed in the world.

I appreciate bible teacher Beverly Roberts Gaventa, who tells the story of how her family lived at 175 Alexander Street and occasionally they would receive mail intended for someone at 175 Andrews street. They had never met the resident of 175 Andrews, but they began to learn a number of things about her: the college she attended, the general area of her work, and even her political leanings. They also suspected she was a very thoughtful, caring person because one time she brought a stack of misdirected mail to their door. All of this evidence came through only the mailbox, it didn't come from googling her name, or searching through Facebook. What this suggests is that as we read this letter from Paul, we are able to find clues in that letter that help us identify the author, the audience, and even the relationship between the two.

And so as we explore First Thessalonians together, we'll be using some detective skills, finding out how we might learn something more about our faith by reading over the shoulders of an early Christian community. It also is an opportunity for us to receive a letter of encouragement, for much of what Paul offers is pastoral care to the Thessalonians. So, let us join in the journey of faith growing as disciples together.

Blessings,

Pastor Scott

Looking for
something fun to do?
Come to our fall...



Harvest HULLABALOO!

2022

Fall is here! Are you ready to celebrate? We are!
Join us Wednesday, October 26 from 5-7 pm for an
evening full of food, fellowship and family fun! We are
expanding our annual Trunk-or-Treat event to include
even more activities!



Activities Include:

- Trunk-or-Treating
- Cake Walk
- Face Painting
- Our own FUMC Food Truck
- Games
- Crafts
- and More!

If you would like to host a trunk
please RSVP to Jenna by Oct. 22.





october

October 4 - Grief Support Session

Where: Parlor

Time: 2:00 to 3:30 pm

If you are grieving a loss, it can help to meet with others who care and understand. Our next monthly support session will be Tuesday, October 4th from 2:00 to 3:30 pm in the church parlor. These sessions provide a safe, confidential setting in which to share your feelings and concerns. Please call Carol through the church office with questions.

October 11 - Card Making for the Western Home

Where: Gathering Place

Time: 1:00 to 4:00 pm

October is the month we make cards for the Western Home Communities! We will meet on Tuesday, October 11th in the Gathering Place from 1:00 to 4:00 (Come-and-Go). The Friends of the Western Home group sells the cards in each of five different buildings and uses the funds raised for special projects. We challenge you this month to come and join us and invite a friend to help. Bring a snack to share if you'd like.

October 16 - Ingathering Bazaar

Where: Gathering Place

When: 12:00 pm to 2 pm

We are holding a bazaar on **Sunday, October 16, from 9:00-12:00**. We need crafters to make their loveliest crafts and bakers to whip up their tastiest treats. Fall and Christmas themed items sell well or those things that might make special Christmas gifts. There will be sign up sheets at the welcome center for you to indicate if you can bring either a craft or something for the bake sale. For more information see page 11.

October 20 - First Friends Potluck and Fellowship

Where: Gathering Place

When: 9 am to 12 pm

First Friends Potluck and Fellowship meets on the third Thursday of the month in the Gathering Space. 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. Bring a dish to serve 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.



October 23 - 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 at First United Methodist Church and how you can begin to take next steps in getting connected. We look forward to seeing you there!

October 24 - 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.

October 24 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, October 24th 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.

October 26 - Harvest Hullabaloo

Where: Outside and Gathering Place

When: 5:00-7:00 pm

Join us Wednesday, October 26 from 5-7 pm for an evening full of food, fellowship and family fun! We are expanding our annual Trunk-or-Treat event to include even more activities! See page 3 for more info!

Oct 27 - 30 - Walk to Emmaus

Where: Solon, IA

This three-day, weekend experience will take you away from the distractions of life and allow you to refocus on your faith. You'll be immersed in a Christian community. You'll be amply fed, comfortably housed, and you'll have plenty of time for a good night's sleep. Scheduled break times allow opportunities for private meditation, social interaction, and fresh air. See page 13 for more information.

November 4 - Fun Friday Game Night

Where: Gathering Place

When: 6:00-7:30 pm

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. Meet in the Gathering Space and bring your friends for a night of fun and fellowship—dinner will be provided!

Donations for Wednesday night 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.

SUNDAY MORNING

Worship Schedule

8:30 am	Traditional worship service, sanctuary
9:00-11:15	Fellowship, Gathering Place
9:15 am	Transformation Contemporary worship, Temporarily in Theater
11:15 am	Traditional worship service, sanctuary

HOW TO WORSHIP ONLINE

Option 1

Watch Live

Watch Sunday worship live, as it happens on our church website

aboutfirst.com

Look for “worship online” in the top menu. Our online worship pages will also include links for this week’s Good News, online offering, music titles, and scriptural resources.

Option 2

Watch Later

You’ll find our worship services archived on our Youtube channel. 8:30 and 9:15 services will be posted on Youtube by Tuesday of each week.

www.youtube.com/c/FirstUMCCF

Miss A Sermon?

If you miss a Sunday message, 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.

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

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.

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

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.

Ways to Join In!

Drive Thru History

Come along on a worldwide adventure as we go on-site to discover how Christianity spread around the globe. Two thousand years ago, the risen Christ appeared to his disciples and commissioned them continue His ministry saying, "Go and make disciples of all nations", and "you will be my witnesses in Judea, Samaria, and to the ends of the earth". For 19 weeks we'll dig into the history and geography of our faith as we follow its expansion from the holy land, throughout Europe, Africa, Asia, Australia, and the Americas. Drive Thru History – The Ends of the Earth. Wednesday nights at 6:30 in the chapel.



PREPARE  ENRICH[®]
• building strong marriages •

Starts Wednesday October 5th
thru October 26th at 6:30pm

The PREPARE/ENRICH assessment provides the foundation for each of the class sessions taught by Pastor Scott. Class topics include: Sharing Strength & Growth Areas, Communication, Spirituality and Closeness & Flexibility. This program is ideal for couples at all stages—from the engaged to the seasoned married husband and wife.

Video link here: <https://vimeo.com/145926693>

In the first class session, couples will take the online assessment (requiring about 45 minutes on October 5th at 6:30pm). This allows for their confidential, customized couple's report to be prepared and sealed for their review during the program.

...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:6

The attendees' total cost for this program per couple is \$35. Contact Scott for more information.

Check out the Video: <https://vimeo.com/145926693>

Church Membership

If you would like to become a member of Cedar Falls First United Methodist Church, we would love to have you!

We will be welcoming new members Sunday, October 30 during our each of our worship services.

We will be welcoming members through baptism, profession of faith or transfer from another congregation.

If you would like to join our congregation on that Sunday please contact Pastor Scott at scott.kober@aboutfirst.com or Pastor Karen at karen.nelson@aboutfirst.com sometime before Sunday, October 23.

October Mission of the month

ACE-SAP FREE CLINIC

Our Mission of the Month is a great local cause that fills a gap in the healthcare landscape and is a win-win for the community. The ACE-SAP Free Clinic is a partnership between the Salvation Army and Allen College. It is a free clinic that allows students in Allen College's Nurse Practitioner program to gain valuable clinical experience while providing free or low-cost medical care to those who are unable to pay for service at traditional providers. Nurse Practitioner students serve under supervision of a teaching CNP and are able to provide:

- Complete health history and full physical (health check-up)
- Treatment of minor acute illnesses or chronic conditions
- Medication assistance available
- Cholesterol and blood sugar screening done on-site with results ready in 5 minutes.
- Health education
- Several immunizations recommended for adults are available at no charge
- Referral to local resources

The ACE-SAP Free Clinic was founded by FUMC's own Rus DeBonis and is an example of a creative approach to combine existing assets to serve others. The NP students win by gaining valuable experience, and the community wins by having a place for the under-served to receive medical care.

The ACE-SAP Free Clinic is our October Mission of the Month and you can contribute online at the secure giving portal of our website aboutfirst.com/giving, or by sending a check to the FUMC office.





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 each month, please contact Maxine Kehret at 319-610-4191.



Got extra fabric? Bring it in!

The Stitches & 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.



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 Love INC 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. Your donations do make a difference!



Be a Blessing to Someone

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 over 30 that partner with Love INC. 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 loveincv.org or call 266-1264. They'll get back to you in the next couple of days.



Northeast Iowa Food Bank Volunteers

After our sermon about volunteering and the interview with Barb Prather from the Northeast Iowa Food Bank, two groups of volunteers assisted at the food bank. We had such a good time we've decided to do it again and hopefully make it a monthly occurrence.

Join us on Tuesday, October 18 from 9 to 11 or Thursday, October 20 from 2 to 4 at the NEIFB at 1605 Lafayette St., Waterloo. We're hoping to have a group of 8 people at each session. Rides will be available. Sign up at the Welcome Center or contact Julie Fee - bjfee@cfu.net or 319-296-8963.

Save the date!

APRIL 15, 2023

A Midwest Mission Packaging Event is coming in April. Watch for more information!

A MESSAGE FROM OUR FRIENDS AT WESTMINSTER PRESBYTERIAN CHURCH

Hello Friends!

We are fast approaching our 14th packing event for Feed My Starving Children to be held October 17 – 19, 2022!

Online registration will begin on September 27 at www.wpcw.org/fmsc

A few things we want to tell you about ahead of the registration. We are packing less meals this year than years past and with the safety regulations mandated by Feed My Starving Children, our volunteer needs will be about half of what we have usually needed. Keeping that in mind, we want this important mission to be shared with as many people as possible. As you prepare your volunteer list, please consider a reduced number of people to bring so as many as possible can share the joy of this ministry.

We ask that when you register, be ready with a list of names and please put in each person's name who has committed to attend with your group, this is required.

Our open packing dates and times are:

October 17 – 7:00 pm – 9:00 pm

October 18 – 7:00 pm – 9:00 pm

October 19 – YOUTH ONLY – 4:30 pm – 6:30 pm and 7:00 pm – 9:00 pm

We can't wait to partner with you once again for this special mission!

Have a great day!

Westminster Presbyterian Church

This will be good practice for the packaging event we'll be doing April 15th at FUMC.



INGATHERING Bazaar

New this Month!

I want to jog your memory for a bit and ask you to think back to Pastors' Scott and Karen sermon series on missions. Every Sunday in August they went into detail on a different project that the people of our church give our time and/or money. If you can recall even a little further back you will remember that this is the time of year we begin to talk about the Mission Ingathering. This will mark the 42nd annual Ingathering on November 5th and while the actual event has changed its original purpose continues "to show the love of Christ to the world's people by ministering to their needs and to work together as a community...".

Groups from our church have been busy packing school kits, personal dignity kits and more to be delivered to Midwest Mission Distribution Center, Pawnee, Illinois, to be sent where most needed. Other churches in our district will also bring their kits on that day to be trucked to MMDC. That's where more volunteers make sure that everything is packed as it should be before it goes into a shipping container for delivery overseas or maybe to stay right in the U.S. for needs here.

So where can you be of service with this mission project? Perhaps one day you will go to MMDC. It's a lot of fun and not too far away. For now, we are asking that you help out right here at FUMC. We are planning to hold a bazaar on **Sunday, October 16, from 9:00-12:00**. We need crafters to make their loveliest crafts and bakers to whip up their tastiest treats. Fall and Christmas themed items sell well or those things that might make special Christmas gifts. And guys, don't think this is just a woman thing. There will be sign up sheets at the welcome center for you to indicate if you can bring either a craft or something for the bake sale. You do not need to be specific. Items should be here by 8:30 a.m. on October 16th. Unless previously priced, items will sell for a free will donation. Even if you can't contribute, we always need customers to make our bazaar a success. Money collected will be sent along with our kits to help defray the \$2 shipping cost of each of the kits we send to MMDC.

Enjoy your social time with friends before or after worship and plan to do some shopping, as well. We hope to see you there!

Kris Rash

Pictured Rocks District Representative

Find Your Place In God's Great Story!

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.

Join HOME Team!

Do you have a background in Marketing or hospitality? Do you enjoy event planning? Do you have a lot of ideas for ways our church could reach out in innovative ways to our community? If so, the HOME Team committee might be for you! We are looking to add a few fresh faces to our group and would love to hear your ideas! Please contact Jon Cooper for more information: jcoop0723@gmail.com

Calling All Singers!

The Chancel Choir invites you to sing with them. Worried about adding another event to your hectic schedule? Don't sweat it, you can sing as often as you like, without committing to every Sunday. You don't even have to know how to read music; we will help you find your voice. Junior high to senior citizens and every age in between are welcome to sing with us. Join us for rehearsals on Wednesdays at 7:30pm in the Sanctuary.

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.

Coffee & Fellowship

We need volunteers to help serve our baked good, make coffee and drinks. This position starts 8:00am and ends at 11:15am.

Communion Prep

We need folks to prepare communion elements for the first Sunday each month! It involves preparing the communion elements for service the first Sunday of each month.

See Pastor Karen for details!

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



Go For a Walk & Have an Emmaus Experience

WOMEN'S WALK #186, OCT 27 - 30

CAMP IO-DIS-E-CA, SOLON IA

MEN'S WALK #185, RESCHEDULED FOR APRIL 2023

CAMP IO-DIS-E-CA, SOLON, IA

- learn to see the Christ among us
- learn to be the Christ among us
- jump-start your faith
- live with a new sense of purpose
- a great opportunity for everyone, including YOU

This three-day, weekend experience will take you away from the distractions of life and allow you to refocus on your faith. You'll be immersed in a Christian community. The activities and discussions will instill in you a new sense of purpose, and encourage you to live out your faith in new ways. You'll be amply fed, comfortably housed, and you'll have plenty of time for a good night's sleep. Scheduled

break times allow opportunities for private meditation, social interaction, and fresh air.

This is the Walk to Emmaus. People often ask, "How far do we have to walk?". The answer: you don't really have to walk anywhere. Facilities and activities are fully accessible for all abilities. The name Walk to Emmaus refers to Luke 24:13-35 where Jesus walks with two travelers who do not, at first, recognize him. In this weekend, you'll learn to recognize Christ in the world around you, and will be inspired to be an instrument of His love.

Many in our First UMC family have participated. Learn more at <https://www.cedarrapidsemmaus.com/>. If you have questions or are ready to go, talk to a pastor, or call us in the church office and we will start the process with you.



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 scheduled for Friday, November 4 from 6:00-7:30. Meet in the Gathering Space and bring your friends for a night of fun and fellowship— dinner will be provided!

CrazyFunBusy Wednesday Nights are Back!

Join us each Wednesday night for worship, games, and small group connections with G3 youth! Come to the Filling Station starting 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!

Join us for a Lock-in!

Join the G3 youth for our first lock-in of the year! All youth and their friends are invited! Come to the church starting at 5pm on Saturday, October 29. We will play games, eat dinner, and work together on fundraising projects to benefit next summer's mission trip to Daytona Beach, Florida. We will spend the night at the church and help lead service the next morning, Sunday, October 30. Bring anything you need for an overnight stay. If you have any questions, contact Haleigh Derhammer at youth@aboutfirst.com.

Confirmation Class Begins!

Beginning Sunday, October 9, all youth 8th grade and older will be invited to join the Confirmation Class for 2022-2023. October 9 is a parent and youth meeting that will go over the schedule for the year, topics to be covered, and an opportunity to ask questions of the pastors and youth coordinators, who will be teaching the class.

There will be a Mentoring program that will take the place of class sessions from November 14 through January 21. Each youth will choose an adult member of our congregation to mentor them and work on Confirmation materials together one-on-one. Our pastors and youth coordinators will help youth with the process of choosing a mentor. This is a great opportunity for youth to deepen their faith by developing new relationships within our congregation. Regular Confirmation classes will resume on Sunday, January 22. Finally, Confirmation Sunday will be April 30 .

If you have any questions, please contact Lorrin Schofield, Youth Program Coordinator at youth@aboutfirst.com or (319) 427-0383.

We look forward to seeing your youth in Confirmation this year!

THE NEXT BIG THING

Transformation Worship Temporary Move

We're about to do the Next Big Thing with a remodeling project in Fellowship Hall, but that means some events will have to be temporarily relocated. Beginning Sunday, October 2, the Transformation Worship service will meet upstairs in our theater. This is a temporary location, expected to last through the month of October. At the end of the remodeling, Transformation Worship will move back into Fellowship Hall and will enjoy a permanent home with new walls, new carpet, and a new stage! If you're a Transformation usher or greeter, we ask you to stick to your regular schedule to help guide people to the temporary space. Transformation Worship starts at 9:15 on Sunday mornings. We hope to see you there.



Quilts On Sale!

Quilters will offer quilts for sale Sundays in October. Proceeds to go to Mission InGathering!

Do you need a birthday or Christmas gift for a grandchild? DO you have a friend who could use some comfort from a quilt from you? Would you like a quilt to cuddle under as winter approaches? The Quilters and Stitchers at FUMC will be offering quilts for sale each Sunday in October with the proceeds to go to Mission InGathering. Check them out in the Gathering Space.



Event Update!

The Faith Over Fear event held in September was a resounding success! Nearly 100 women gathered to fellowship and encouragement. This event was led by Christian women's speaker and Pastor Mandy McCleary. Thank you to Denise Barr for putting this wonderful event together!

United Women in Faith Update



First United Methodist Church's UWF (formerly United Methodist Women) unit meeting was held on Thursday, September 8 in the parlor. Our guest speaker was Dusky Steele from House of Hope.

Dusky is an Oregon native with education in justice and sociology administration. She has over 15 years experience in social services working in local government and non-profits. In her spare time, Dusky spends time behind her camera as she is a professional photographer.

House of Hope began in 1995 aiming to help women to get back on their feet. In 2018, they moved into their new much larger building on West 4th Street in Waterloo. With this move they were able to house 5 more families than the previous 10 in the old building. They have 15 apartments, classrooms, and childcare. House of Hope has a waitlist of 60 families well under their peak of 125 just 2 years ago.

One of the programs they offer is Pillars, which assists children when they age out of foster care. Another program is Outreach to Families which helps get families off the wait list. These families must successfully participate in agency programs to be positioned for an apartment. A program called Home for Awhile is available in partnership with Candeco church. They provide 90-day temporary housing in an apartment setting.

Since 2018, House of Hope has developed several new programs, always working to meet the current needs of families. One program provides financial mentoring where clients create spending plans and learn how to improve their family finances. Habitat for Humanity assists by working with families to build homes and leave the system debt free. In February 2021, the first mother who graduated from the program, moved into her new home debt free.

Many of the women in the programs at House of Hope have experienced different types of trauma. Additionally, many women are underemployed so they can't adequately support their children.



The Family Support and Wellness program addresses these issues. When a mother successfully completes its components, she can earn scholarship for additional education.

Boost is an exciting program that helps to build employment by elevating job skills enabling a woman to work in higher paying and more fulfilling jobs. By partnering with area businesses, 6-week job shadow experiences allow women to experience new types of employment that can lead to higher paying jobs and decrease or eliminate dependency on community resources.

House of Hope is entirely community funded. This allows the agency to manage their programs and adjust as the needs of the community evolve. An example of this flexibility is a program created during the pandemic that kept 72 families in their homes. If House of Hope was government funded, it is unlikely that they would have been able to do this. They have 12 staff, 9 of whom are fulltime. They rely heavily on volunteers.



October Bible Verse

“But I tell you: Love your enemies and pray for those who persecute you.”

Matthew 5:44



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, Marilyn Pape
Martin Suites
420 E. 11th St
Cedar Falls IA 50613

Sharon Krebs, 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, Jack Hovelson, Harold Krebs, Faye Rohwedder, Lillian Shoemaker, Lura Treloar
Deery Suites
5307 Caraway Lane
Cedar Falls IA 50613

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

Chuck Roudebush
Thuesen Cottage
5127 Caraway Lane

Cedar Falls IA 50613
Vivian Hill
New Aldaya Lifescapes
7511 University Ave
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

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

Dorothy Schwab
Our House Senior Living
1401 15th Ave NW Room 11
Austin MN 55912

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 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.



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Thank You

Arlene Fleming passed this note on to share with the people of First United Methodist Church:

The Bounmaphouxay family wanted to thank you for the 36th year anniversary of arrival to the U.S.A. Thank you to you (the Flemings) and Cedar Falls First United Methodist Church family for sponsoring and support. Thank you for new lives and opportunities. My two boys are in college. Mandy's son is also in college. Mala's daughter is in 7th grade.

The Bounmaphouxay children all have good jobs and most stayed in Iowa. Only Phothala is in Denver, Colorado.

Love from all of us.

Elizabeth (Phet) on behalf of the Bounmaphouxay family"

A little back story...First UMC sponsored a refugee family from Laos in 1986. The family of eight (parents, four daughters, and two sons) arrived with nothing to their name except a box containing a wool blanket, a rice cooking pot and a basket used to steam rice. Friends from our church provided a completely furnished two-bedroom apartment stocked with food. The Bounmaphouxay family lived in that apartment for eight years before buying a home of their own. As you can see, our church made a world of difference to this family in their time of need.

I would like to thank Jane Wyckoff for the lovely flower she delivered to me for my 91st birthday.

Marlys Pals

Dorothy and I want to thank all those who sent us cards for our 61st anniversary in September. We really appreciate your thoughtfulness. God bless you all.

Dorothy and Jim Schwab

A huge thank you to all my church friends for all the cards, calls, and payers. Without all of you I don't know how I would have survived this last year. Many thanks,
Kay Masters

Thank you to our church family for the cards and the lovely flower delivered by Jane for my 92nd birthday. It helped to brighten up my room at the cottage.

Charles Roudebush

Thank you to Jane Wyckoff for delivering a beautiful flower for my birthday from the Congregational Care Team/ church. This gesture is so appreciated, and I enjoyed it for many days. Also thank you to the staff for the birthday card signed by everyone. That is impressive with all the signatures of our staff. My church family means a great deal to me! Thanks for making my birthday a happy one!

Marlene Baumhover

Congratulations

Congratulations to Haleigh Derhammer and Austin Ernst who were married on October 1.

Sympathy

Mike and Jane Ingraham on the death of Mike's father on August 14.

Family and friends of Harlan Hughes, a previous member of First UMC. Harlan died August 18.

Lorraine Parker and her family on the death of her mother, Joann, on August 22.

Family and friends of Shawn McDermott, who died September 4. Shawn's funeral was September 16.

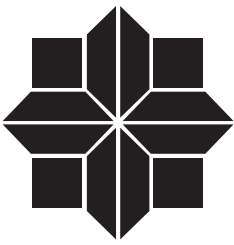
Family and friends of Carol Farrell. Carol died September 2. Carol's funeral was held September 19.

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.



FIRST UNITED
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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

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(in alphabetical order)

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