



September 2015
issue 180

ABOUTFIRST

First United Methodist Church, Cedar Falls, Iowa

As another school year cranks up, let's make it your Best Year Ever! We never really stop being students, as life keeps leading us into "teachable moments".

Inside this issue you'll find groups for learning, sharing, serving and just for fun. Join us in our fantastic adventure of faith, and have your Best Year Ever.

**BEST
YEAR
EVER**

ABOUTFIRST.COM

Thoughts from Steve

The theme for this summer's Church Camp Program was BEST! WEEK! EVER! From what I hear it has been an excellent year for our church camps. The numbers of participants are up, and reports are coming back that the campers are having wonderful Christ-filled camping experiences this summer. Some of our own campers are reporting that their time at camp was one of the best weeks of their life!

This fall we are taking that theme and carrying it even further with the goal that we will have the BEST YEAR EVER! The staff and committees are making BIG plans for a great year in providing Christ-filled opportunities for our congregation to grow in their faith. I am really looking forward to all the special events in September. We even have real horses for the hay ride at our Smores and More event! It is going to be a great start for the BEST YEAR EVER!

I can't wait for our Wednesday Night activities to start this month. Wednesday nights are the most exciting nights at First. We begin with a simple supper in the Gathering Place. Families and friends gather around the tables for food and fellowship. The room is filled with contagious laughter and joy. This is what the Gathering Place was designed for in providing a warm and friendly environment where people can gather for Christian fellowship. My favorite thing to do is move through the room and hang out with everyone, and play with the kids. If you haven't come, please give it a try!

After supper everyone heads to their own space. Women of all ages head to Mommy Maintenance for meaningful discussions on relevant topics and programs, and sometimes they just spend time finding support in being together. The Men head to their Man Cave to become "rogue warriors for God!" as they deal with the challenges of being faithful to their family and faith in this day and age. Both of these groups are a good reason we are seeing growth in our church!

The Children and Youth have their own places to go. The children have a blast at B.L.A.S.T. with fun and games that have a lesson about our Christian faith weaved through all their activities. The Youth go upstairs to their 'hood where they find a safe place to gather for strength, comfort and guidance in dealing with the struggles of being a teenager in this ever changing world. Our Children and Youth need your prayers as they come to know the value of a personal relationship with Christ.

Wednesday night is a hopping place at First Church. Our Chancel and Bell Choirs also come to rehearse and fill this place with music. We can always use a few more singers and ringers! I accuse them of having too much fun because they do enjoy what they are doing, and find time to make friends. It is amazing to me that we can have all these things going on in our building.

The evening is finished off with FUSION. FUSION is a worship experience led by our laity. We are blessed to have so many lay people who are willing to share their faith stories. FUSION is real people sharing their real faith in real life situations. I find it inspiring. The format is similar to the Tonight Show with Jon Cooper serving as the host. Jon will share a few jokes, and then invite a special guest to take a seat on the couch and talk about some of the ongoing ministries we have in our church.

I believe this is going to be the BEST YEAR EVER! I invite you to join us!

In His Steps -
Pastor Steve

It is hard to believe that we are beginning our seventh year in serving Cedar Falls First. We have experienced so many great times together. We will never forget our first night in Cedar Falls. It had been a very long and hot day of moving on that Friday. The movers were dragging because the temperatures reached 100 degrees that afternoon. They didn't pull out until 8:00 p.m. leaving us to begin getting our house in order. It was 2:00 in the morning when we finally got our bed put together, and laid our heads down to go to sleep. We were beat. The peace and quiet didn't last very long when we were awakened at 6:00 a.m. with the sound of people getting ready for the Sturgis Falls Parade. They were just outside our bedroom window running around in golf carts putting up signs! Even though, it was a glorious welcome!

Now Cedar Falls feels like home for us. We are pleased that we have been appointed to serve another year here at First United Methodist Church of Cedar Falls. We also want to thank you for the opportunity to travel together to Nigeria. It was a trip that we will never forget, and hope to continue to share with you in how Cedar Falls First is making a difference in the name of Christ.

Thank you so much!

Pastor Steve and Janet

Standard Worship Times Resume September 13

It's been a nice relaxed summer around First UMC, but September is here, school has started and it's time to get busy again. On September 13, our worship services will revert to their standard times.

Sunday morning:

- 8:30 Transformation Worship, Fellowship Hall
- 8:30 Traditional Worship, sanctuary
- 9:30 Fellowship Time, Gathering Place
- 9:45 Sunday School
- 11:00 Traditional Worship, sanctuary

Wednesday evening:

- 7:15 FUSION worship, theater

Meanwhile, North of Town....

Our first two months of partnership with Washington Chapel have been a lot of fun. We have been providing some worship leadership, and they have been providing a friendly congregation in a peaceful, country setting. Washington Chapel is just north of Cedar Falls at the intersection of Ford and Bennington Roads. If you feel the call to share a message with our new friends, please contact Jordan Derhammer at jordan.derhammer@aboutfirst.com. Services begin at 10:30 every Sunday morning. Feel free to join them for worship and to support your friends from First.

Here are the speakers for September:

- September 6: Karl Dance & Dave Glenn-Burns (communion will be served)
- September 13- Mark Fransdal
- September 20 - Lesley Toma
- September 27- Shawna Brimm

Sunday Morning Prayers

7:45 a.m.

All are welcome on Sunday mornings to the chapel from 7:45 a.m.- 8:00 a.m. to pray with the prayer team to lift up all that goes on during the morning. Each Sunday there is a prayer facilitator to guide us. Please contact a member of the team if you have questions: Jim Larson, Sue Ney, Genny Van Dorn, Debbie Dance or Jan Hoover

Now Hear This

Here's some help for those who find it difficult to hear in the sanctuary. We're equipped with a set of listening-assistance devices. They are little radios that pick up the pastor's microphones and amplify the signal for you. The radios plug into an earpiece, or you may bring your own headphones (standard mini-plug). Also, those with telephone-enabled hearing aids may request a wire "necklace" that transmits the signal directly into the hearing aid - no headphones necessary! If you'd like to try one of these devices, ask an usher and they will get one for you and show you how to use it.



FUSION Tonight

nobody else is doing this...

It's fun, it's serious, it's real: FUSION on Wednesdays with host Jon Cooper. FUSION is a true worship venue, with prayers, open mic time, offering, and a real message of faith, but it feels more like a late-night talk show. Is this different? Yeah, it is! Come check it out, on Wednesday nights at 7:15, upstairs in the theater.



Seven Deadly Sins

Coming to FUSION - real stories from real people who have had issues with our most basic temptations. These aren't perfect people giving us morality lectures, they're people like us, talking about living real, imperfect lives, and finding redemption in their faith. Watch the trailer at aboutfirst.com and come to the theater at First UMC on Wednesday nights at 7:15. Series begins September 16.

Coffee Talk With the Flock

Come join The Flock Sunday school class after FUSION at 8:00pm in The Gathering Place every Wednesday evening. Cindi Knox will have the coffee brewing, and decaf and hot chocolate are available. This is a great time to visit, share stories and talk about whatever is on your mind. All are welcome!



Fall Kick-off Picnic

Our annual free picnic will be Wednesday, September 9th, 5:30 pm. H.O.M.E. Team is serving hamburgers, hot dogs, chips, carrots & celery, and dessert. Come and enjoy games and fellowship. This is a great night to invite your friends to First UMC.



Wednesday Nights Are Going to be Great Again!

We've got just the thing to get you over the mid-week hump. Our Wednesday nights are packed with something for everyone's body and soul. A church is more than Sunday morning - it's a family of people of faith who "do life" together. "Do life" with us on Wednesday nights.

- 5:15 - 6:00 The Filling Station - a meal for everyone.
- 5:15 - 5:45 Children's Choir
- 6:00 - 7:10 Jr & Sr High
- 6:00 - 7:15 BLAST! (for kids)
- 6:00 - 7:15 Mommy Maintenance
- 6:00 - 7:15 Wednesday's Warriors Men's Group
- 6:00 - 7:30 Tower Bells
- 7:15 - 8:00 FUSION Tonight - laity-led worship
- 7:30 - 8:30 Chancel Choir
- 8:00 Coffee Talk (hosted by The Flock) y'all come

Join Up!

As you can see in this newsletter, First UMC has opportunities for learning and serving and growing your faith, all in the company of some pretty good people. You're always welcome in any of our church activities, whether you're a member, or not. And, if you'd like to make it official, we'd love to have you! If you are interested in becoming a member of First U.M.C., our New Member Sunday School class is beginning soon! It is an easy two-week course to introduce you to our church in a more intentional way. We meet during the Sunday school hour, October 25th and November 1, in the Parlor to learn, grow and share. New members will join on November 8th at any of the services. Now is a great time to join! Please contact Lesley Toma at (319) 266-1713 or lesley.toma@aboutfirst.com if you are interested. Hope to see you there!

Introducing: Second Families @ First

Second Families at First is a new mentoring program involving our congregation and UNI students. Beginning this Fall, you may "adopt" a UNI student into your family. This program will allow you to connect with someone who may want a home cooked meal now and then, a place, perhaps, to do laundry, or just have a family to turn to if there is a need. It is our hope that students involved with the program will also feel comfortable coming to First and having a friendly family to sit with during worship. First U.M.C. will plan a few activities throughout the year to enhance the mentoring experience. We will also place students with persons who share similar interests. This could be either in the professional arena or a hobby. Please contact Lesley Toma, lesley.toma@aboutfirst.com, as soon as possible if you are interested! Our kick-off potluck will be on September 20th, at noon. Please help us share our life here at First U.M.C. with a college student.

Friends are great, but do you miss FAMILY?

- Home cooked meals
- Perhaps a place to do laundry
- Someone to call if you have an emergency
- A place to go to that feels like home
- People that care about you

We pair UNI & Hawkeye students with families from our congregation who share common interests and goals. Questions? Curious? Contact Lesley Toma. 319-266-1713 or lesley.toma@aboutfirst.com.

First United Methodist Church
aboutfirst.com

SECOND @ first FAMILIES



Playground Task Force Formed

Representatives from the First Kids Day Care/Preschool Board and our Education Committee began meeting in late spring to dream about the possibility of a playground to be built on a portion of our green space. The dream is to create a safe area for our children to play. This project is being worked on in partnership with First Kids, with both of us contributing financially to the project. Donations will be accepted to adopt parts of the playground when plans are finalized. Plans may include landscaping, picnic table and benches.

The Task Force is still in the planning stage. The current plans include a fenced in area with playground equipment for young children. The area will be landscaped with soft rubber mulch. The Task Force has met with the Trustees with preliminary plans, and was given a vote of confidence to continue developing plans. Our insurance will not be increased with the addition of the playground. There is an option of buying a \$150 vandalism policy through our insurance. Information and plans will be shared with the congregation in the near future.

Greenhill Property Update

The Trustees will meet with the District Building and Location Committee on Tuesday, September 8 to seek permission to put the Greenhill Property up for sale. The Trustees will make a presentation that will include our proposed ministry plan for the proceeds of the sale. If the District Committee approves, it will go before the Bishop and Cabinet for final approval. If all goes well, we hope to have a for sale sign up this fall.

Quilts for Kids

The Quilters and Stitchers displayed 20 quilts for Foster Kids on Sunday, August 23. The FUMC Quilters and Stitchers have pieced and tied over 50 quilts for Northeast Iowa Foster Care this year and more in process. Twenty-one foster children received one of our donated quilts at the Black Hawk County adoption day in November 2014. We want to thank everyone who donated fabrics to our many projects. Often we do not know who to say thank you to as we have fabrics left at our door (Room 60) or in the hall by the mail boxes. A big THANK YOU to everyone who has made contributions to our projects including: school bags, baby kimonos, and dress kits for UMCOR; pieced and hand quilted quilts, baby quilts, wall hangings, and table runners for Ingathering Auction; baptism quilts; and comfort quilts.



Community Meal Leadership

With Becky and Faye stepping down after years of heading our community meal effort, we are in need of new leaders. The duties may be split between more than one person, so if one part of this job sounds interesting, let us know.

- be our on-site rep (ie: the one with the keys) while crews from other churches prepare, serve and clean up (2nd, 3rd & 5th Tuesdays)
- plan meal and lead prep, service and cleanup team for one meal per month (4th Tuesday)
- program administration: grocery acquisition, finance

The community meal has become an important ministry for our church. Each week, up to three hundred people come for the food and to see old friends. This meal is completely free for those who attend, and is a gift to the community. Please pray about how you can help us continue this ministry. And, if you haven't attended a community meal, by all means do so!

Financial Update

July Receipts	\$56,054.00
July Expenses	\$73,407.91
YTD Receipts	\$490,800.22
YTD Expenses	\$496,042.26

As of August 23--

YTD budget amount needed	\$580,104
YTD general fund received	\$541,362
Mortgage balance as of August 19--	\$847,744.40

Consider Automatic Giving

You'll never need to remember to write a check again! It is quick and easy to set up. Contact our Financial Manager, Deb Bernard for details. 319-266-1713 or emailed deb.bernard@aboutfirst.com.

Sept 1 - Grief Support Session

When: Tuesday, September 1st
Where: Church Parlor
Time: 2:00 to 3:30 pm

If you are grieving a loss, you are welcome. We provide a safe, confidential time to share feelings and thoughts. If you have questions, please call Carol through the church office at 266-1713.

Sept 1 - Food Bank Work Crew

The NE Iowa Food Bank is ready for their best volunteer group (that's us!) to help fill bags of food for the Backpack Program. With school in session now they want to be sure to have plenty of backpack-ready bags prepared for the kids who could use a little help with food for the weekends. The Backpack Program is one of six hunger fighting programs offered by the Northeast Iowa Food Bank. The program serves 100 school sites, providing backpacks of food to about 3,500 children each month.

Mark your calendar for Tuesday, September 1 to help at the Food Bank at 1605 Lafayette Street in Waterloo. Let Lisa know if you want to carpool from the church (north parking lot at 6:00pm), or get yourself to the Food Bank and come into the Volunteer Entrance. We'll be there from 6:30 to no later than 8:30pm.

Sept 8 - Cardmaking Party

Join us on Tuesday, September 8th in the Gathering Place as we recycle old cards and make them new again. We meet from 1:00 to 5:00 pm (Come-and-Go). No experience is needed and new people are ALWAYS welcome. This quarter's profits from the card rack are going to Community Meals. By the way, stay and enjoy the meal that night! See you there!

Sept 17 - 1st Friends Potluck

Everyone is welcome! Spend some time enjoying good food, card games, dominos, cribbage, etc. Fellowship is an important part of the gathering. Check us out! Come and get better acquainted with others in the church. Couples and singles are welcome. Bring a dish to share and your own table service. We meet on the third Thursday of every month from noon until 2 pm in the Gathering Place. Need more information? Phone Arlene Fleming at 266-3322.

Sept 27 - S'Mores & More

The Fun & Fellowship committee is once again sponsoring the S'mores & More Picnic on September 27th from 4-7pm. NEW LOCATION!! This event will be held at Riverview Lodge at Black Hawk Park on the north side of Cedar Falls. Bonfire, hot dogs, s'mores, hayrides, horses, music & games, just for fun! Enjoy an afternoon in the great outdoors. Everyone is invited! We will have a good ol' fashioned pot luck for sides and desserts. Table service will be provided. Don't forget your lawn chairs!

Oct 5 - World Famous Fall Supper

Tickets are now available for Washington Chapel's annual fall supper which will be Monday, October 5th at 5:00 or 6:30 (or you may take a meal with you to enjoy at home). This is a meal that many people anticipate all year: turkey, mashed potatoes and gravy, stuffing, home grown sweet corn, roll, and a dessert. Tickets can be purchased from the First UMC church office, Jordan Derhammer, Paul Klotz or any Washington Chapel member. Adult tickets are \$9, children ages 6-12 \$5, age five and under eat free. Please have exact change or make your check to Washington Chapel, and we'll need to know which seating time you prefer or if you want carryout. Seatings are limited to 80, so get your tickets now! Thanks for your support of this important fundraiser!

Every Thursday

Zumba with us on Thursdays at 5:30 pm in our Fellowship Hall! A free-will contribution of a couple of bucks is appreciated. Contact [mary.friedrich@cfu.net](mailto:maryl.friedrich@cfu.net) if you have questions. Come and dance...it's never too late to join us on this fun fitness adventure!



BLAST! (for kids) Begins Sept 16

Bible Learning And Service Together is a fun time of action, learning and serving the church for elementary aged kids. BLAST is Wednesday nights from 6:00 - 7:15. Bring the family, grab a bite to eat at the Filling Station, then while you head to Mommy Maintenance, or Wednesday Warriors, the kids go to BLAST where they'll have you guessed it ... a blast. They'll run and jump and dance and shout and burn off some energy, then settle down to learn the week's Bible verse and work on a service project.

Recurring Weekly:

Sunday

7:45 prayer in the chapel
 8:30 Transformation Worship
 8:30 Traditional Service, sanctuary
 9:30 Fellowship time, Gathering Place
 10:00 OR 11:00 Traditional Service, sanctuary
 (10:00 Sept 6, 11:00 all other Sundays)
 *6:00 Les Cloches d'Or rehearsal, sanctuary
 *6:30 DBS - Gospel of John, library
 *7:30 Chapel Ringers rehearsal, sanctuary
 *weekly beginning Sept 13

Tuesday

7:00 Men's Breakfast
 9:30-1:00 Quilters/Stitchers, O59
 9:30 Tuesday Bible Study, Chapel
 6:30 Transformation Band, Fellowship Hall
 7:00-8:00 AA, O55
 7:00-8:30 Men's Group (weekly after Labor Day)

Wednesday

9:00 Women Connected by Prayer, parlor
 5:15 AA, O55
 *5:15 - 6:00 The Filling Station
 *5:15 - 5:45 Children's Choir
 *6:00 - 7:10 Jr & Sr High
 *6:00 - 7:15 BLAST! (for kids)
 *6:00 - 7:15 Mommy Maintenance
 *6:00 - 7:15 Wednesday's Warriors Men's Group
 6:00 - 7:30 Tower Bells (weekly beginning Sept 9)
 6:30 WOW AA, O55
 *7:15 - 8:00 FUSION Tonight
 7:30 Chancel Choir (weekly beginning Sept 9)
 *8:00 Coffee Talk
 * weekly beginning September 16

Thursday

7:00 Transformation Band, Fellowship Hall
 5:30-6:30 Zumba, Fellowship Hall

Also Scheduled....

TUESDAY September 1

2:00-3:30 Grief support, parlor
 5:30 Food Bank Work Crew
 6:00 Transformation Design Team, library

WEDNESDAY September 2

5:30 Youth Group
 6:30 BLAST leader training, parlor
 7:00 Cub Scout registration, Gather Place

THURSDAY September 3

6:30 Trustees, library

SUNDAY September 6

10:30 Washington Chapel
 - Dave Glenn-Burns & Karl Dance

MONDAY September 7

Labor Day - Church Office Closed

TUESDAY September 8

9:30 UMW Board meeting, O58
 1:00-5:00 Cardmaking, Gathering Place
 1:30 Miriam Circle Bible Study, library
 4:30-6:00 Community Meal, Fellowship Hall
 5:30 H&H apple butter
 6:30 Prayer Team, chapel

WEDNESDAY September 9

2:00 Communion Service, Western Hm
 5:30 Fall kickoff picnic,
 6:00 Youth Group, 3rd floor
 6:15-7:30 Tower Bell rehearsal, sanctuary
 6:30 Finance committee, O57
 7:30-8:30 Chancel Choir rehearsal, choir rm

THURSDAY September 10

1:00 UMW Unit meeting, Fellowship Hall
 6:30 SPRC, O57

FRIDAY September 11

Youth retreat @ Pictured Rocks camp

SATURDAY September 12

Youth return from Pictured Rocks
 8:30-noon Met Chorale retreat

SUNDAY September 13

back to standard worship times 8:30 & 11:00
 Sunday school begins
 10:30 Washington Chapel - Mark Fransdal
 6:00 Les Cloches d'Or rehearsals begin
 6:30 DBS - Gospel of John, begins
 7:30 Chapel Ringers rehearsals begin

MONDAY September 14

7:00 Boy Scouts

TUESDAY September 15

4:30-6:00 Community Meal
 6:30 No HOME Team

WEDNESDAY September 16

9:30-11:30 MOMs group, library and gym
 9:00 Memorial Committee, chapel
 11:00 Windsor Care Chapel Service
 5:15-6:00 Filling Station begins
 5:15-5:45 children's choir begins
 5:45-7:15 Mommy Maintenance begins
 6:00-7:15 BLAST begins
 6:00-7:15 Men's group begins
 7:15 FUSION Tonight, begins
 8:15-9:00 Coffee talk with the Flock, begins

THURSDAY September 17

12:00 1st Friends Potluck, Gathering Place
 6:30 Stepping Up, Beth Moore Study

SUNDAY September 20

October Newsletter Deadline
 Women of Faith bakesale
 12:00 2nd Families Potluck
 10:30 Washington Chapel - Lesley Toma
 3:00-4:00 Bear Den meeting (Cubs), library

MONDAY September 21

10:00 Deborah Circle, parlor
 5:45-7:45 Healthy Cooking
 6:30 Stephen Ministry Supervision
 6:30 Worship Committee, library
 7:00 Boy Scouts?

TUESDAY September 22

1:30 Miriam Circle Bible Study, library
 4:30-6:00 FUMC Comm Meal
 6:30 HOME Team, library
 7:00 Laura Story planning, parlor

WEDNESDAY September 23

2:00 Windermere communion service
 7:15 FUSION, Steve Williams - Wrath

THURSDAY September 24

9:30 Mary Circle, parlor
 1:30 Joy Circle, parlor
 6:30 Stepping Up, Beth Moore Study

SUNDAY September 27

10:30 Washington Chapel - Shawna Brimm
 4:00-7:00 S,mores and More,

MONDAY September 28

7:00 Boy Scouts

TUESDAY September 29

4:30-6:00 Community Meal

WEDNESDAY September 30

12:00 newsletter labeling, Gathering Place
 7:15 FUSION -Jake Sandvick - Greed

An Amazing Opportunity

If you're ready

- to step forward in a bold, new way
- to unlock your potential as a servant in the Church
- to explore the history and structure of our United Methodist Church
- to commit yourself to pursue your personal ministry at a higher level

You may be a great candidate for the Iowa Annual Conference's School for Lay Ministry (SLM). SLM is designed to grow Iowa churches by providing a supplemental source of leadership. Some of the ways that SLM graduates serve are: volunteer management, Christian education, care-giving, youth programming, outreach, and the SLM is the pathway to becoming a Certified Lay Minister.

Students devote four weekends a year for three years to this program. Classes are held at the Cornell, Simpson and Morningside colleges. There are reading assignments, lecture sessions, group discussions and activities. It's not for everyone - you have to be serious about this - but if you are, you will end up having one of the most enlightening experiences in your Christian life. Weekend courses will dig into worship, congregational care, Christian ethics, theological perspectives, missions, social concerns, church history, doctrine and polity and strategizing for growth. You will emerge equipped and inspired to see your life as a ministry and to share it openly in ways that suit your strengths and skills. In our congregation, **Lesley Toma, Karl Dance, Jan Hoover, Chris Congdon and Jim Reidy** are graduates of the program. **Lisa Congdon, Padma Templeton, Sue Ney, Jon Cooper and Shane Walz** are current students. Ask any of them about their experience, or talk to one of our pastors. Classes start this fall, so it is time to begin the application process. More information can be found at www.iaumc.org.

Invest Three Days in Your Faith



The Walk to Emmaus is a three-day, short course in New Testament Christianity. Your three-day retreat will take you away from the distractions of your life and allow you to focus on what a new life of discipleship might look like. You'll be immersed in a caring Christian community, and will be encouraged and challenged to find ways to live out your faith in your home church and your community.

If you have difficulty walking, don't worry. This "walk" is figurative and symbolic, not an actual physical challenge. Facilities and activities are fully accessible regardless of physical abilities. The name, Walk to Emmaus refers to the story in Luke 24:13-35 where Jesus appears to, and walks with, two men who do not recognize the risen Christ in their midst until he breaks bread with them. In this weekend, you'll learn to see Christ in the world around you, and will be inspired to be an instrument of His love.

The Walk to Emmaus is an experience for adults, and there is a similar youth-oriented experience called Chrysalis. If you have interest in learning more about the Walk to Emmaus, contact the church office, and we can arrange for you to meet someone who has already been - there are many in our congregation. The next Walks to Emmaus are scheduled for this fall. Check out this video at www.vimeo.com/8697255.

The Study of the Gospel of John with Pastor Steve and Janet

It is not too late to sign up for Pastor Steve and Janet's study on the Gospel of John. This study is styled after the Disciple Bible Study series, but will only focus on the Gospel of John. This eleven-week study includes a participant book outlining daily reading assignments for group preparations for use in the 60-90-minute weekly session. The cost for the participant book is \$12.00. Sign up is at the Welcome Center. Class will begin on September 13 at 6:30 p.m.

Take a trip to the Holy Land with Pastor Steve and Janet

A trip of a life time to the Holy Lands has been scheduled for March 8 through 17, 2016. There is still time to make reservations. If you are interested in going, please contact Pastor Steve and Janet. This is an incredible trip that is can be overwhelming with the thoughts of walking where Jesus walked. We will host meetings to help you prepare to our trip of this nature that will include Bible Studies that correspond with the sites we will be visiting. Our group will be touring biblical sites such as Jerusalem, Bethlehem, Jericho and the Sea of Galilee.

Question, Answer, Study, Lead

One way to expand your personal ministry, challenge yourself and explore new areas of faith is to lead a short-term study group. We would love to fill our calendar with six to eight week bible studies and small groups. Short-term studies offer a chance to dig into the issues that are important to you, without being obligated for an entire semester. It's not as hard as you might think to be a leader. We have resources available for book and/or video-based studies on all kinds of Christian topics. If you have interest in pursuing a study, contact Jan Hoover. We'll help you get the materials, reserve meeting space, get your group on the church calendar, and we'll help you with publicity and recruiting.

Mommy Maintenance

Are you a tired, stressed or bored mom? Are you looking for a little R & R? Then Mommy Maintenance is the class for you! Beginning September 16th in the parlor, all mothers are welcome to join this relaxing, exciting, educational and fun group (child care provided.) Every Wednesday night we will meet from 6:00 until 7:15pm to discuss pertinent topics, play games, relax and share a laugh or two. Fun times are already scheduled for this semester. Invite a friend . . . all are welcome! Any questions, please contact Ginger L'Heureux, (319) 883-9181, or Lesley Toma (319) 266-1713.

Tuesday Morning Bible Study

This group meets every Tuesday from 9:30-10:30 a.m. No special study books are needed, just an easy to read version of the Bible, a notebook, and a pencil. The study group is open to anyone interested in reading the Bible in a comfortable, relaxed atmosphere. Notebooks and pencils are optional. No special knowledge needed! No Tests! No Assignments! Just discussion! Chapel Contact: Shirley Bolin

Wednesday Morning Women's Bible Study 9:00 a.m.

From the road to Damascus to the sun-drenched lands of modern-day Greece and Turkey to a Roman prison, we'll go with Adam Hamilton as he follows the journeys of Paul in this six-week DVD study about Christianity's greatest teacher and missionary. Join us for The Call, The Life and Message of the Apostle Paul. You'll see exactly where some of the most dramatic events in the spread of Christianity took place, and through Hamilton's insightful and colorful teaching style, you'll quite probably likely gain a better understanding of Paul's missionary travels than if you had covered the many miles in person. We meet in the parlor. Contact: Jan Hoover

DEEP BLUE KIDS

Children's Sunday School

First UMC kids will be working with the Deep Blue curriculum on Sunday mornings. With Deep Blue, children will make Bible stories a part of their lives. They will come to know the Bible as *their* book and will learn to find ways to let the Bible speak to them today.

Deep Blue incorporates Bible stories, science activities, arts and crafts, animated video storytelling, and active games into a lived-faith experience that will help children discover what it means to be a disciple of Jesus Christ today! Learn more about Deep Blue online at www.deepbluekids.com to see what we will be doing this fall.

You'll find Children's Sunday School Classrooms on the lower level. Head down the stairs from the Gathering Place, and you'll find the Children's welcome desk to point you toward the right room.

Family Bible Class

In this six-week class, children (usually, but not always, 3rd graders) and their families learn to explore their Bibles together.

Every Sunday @ 9:45

Everyone is welcome - you do not need to be a member of First UMC to attend.

Living Word

Will spend time each week sharing and caring for each other, then move on to study different books of the Bible. Room 057 Contact: Terri Grover

CCF (Christ Centered Families)

This class will focus on strengthening our families and developing our young children into strong Christians. We have quarterly fellowship activities. Room: 055, Kevin & Lori Price

Growing Christians

Our studies generally vary during the year from Bible studies, applying Biblical principles and the gifts that God puts into our lives. Room 056, Kris Rash

Open Door

We focus on people, ancient and modern, who serve as models of faith. We begin this fall with a six week study of the original 12 disciples of Jesus. Please join us if you'd like to dig deeper into your faith. 061 Contact: Sue Mutchler

Kaleidoscope

This group is for anyone willing to tackle any topic! This fall we'll begin with a study of St. Paul, hosted by Adam Hamilton. Room 058 Gil Hewett

Seekers

The Seekers present several small studies/discussions each year (no homework) to help grow our faith in Jesus Christ. You're welcome to sit-in! Room: 060 Contact: Debbie Dance or Mike & Betty Butler

The Flock

The Flock welcomes all young adults (college & beyond) for fun, fellowship and study as we look at how the world around us influences our lives as Christians. Third Floor Café, Karl Dance or Lesley Toma

F.R.O.G.

This class studies biblical themes and seeks concrete ways to put those lessons into action. Library: Contacts Mark Schlatter & Tim Klein

Women @ First

Laura Story at First UMC

FUMC has the opportunity to host two exciting events in July 2016. Grammy award winning Christian singer and speaker Laura Story has agreed to appear at FUMC for a Night with Laura Story Friday night concert and an all-day Saturday women's conference called Blessings & Lemonade.

Anyone interested in being a benefactor for this event or helping with it, please contact Cindi Knox. You are also invited to a planning meeting at 7:00 on Tuesday, September 22.

Women of Faith bus and lunch payments due now

It is now time to collect for the bus, which is \$60. Checks made out to FUMC, with WOF bus on the memo. Also, if you want a box lunch please let Stephanie Buchs know and pay her \$12. This year each attendee will need to complete a simple registration form. Denise Barr or Stephanie Buchs have them.

UMW schedule of events

The organized unit of UNITED METHODIST WOMEN shall be a community of women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ, to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church. UMW meets on second Thursdays as scheduled at 1:00 p.m. for a program and a brief business meeting followed by coffee, dessert, and a social time. There are 5 circles or small groups that meet monthly, February through May and September through November, namely Deborah, Joy, Mary, Miriam and Hearts and Hands. Contacts: Lorna Ericson, President, Karen Page, Vice President.

Sept. 8 - Board Meeting, 9:30 am, Room 058 (moved to Tuesday because of Labor Day)

Sept. 8 - Miriam Circle, 1:30 pm, Library

Sept. 8 - Hearts and Hands Circle, 5:30 pm, Karen Page's new home

Sept. 10 - Unit Meeting, 1:00 pm, Fellowship Hall

Sept. 18 - NE District UMW Annual meeting, New Hampton UMC

Sept. 21 - Deborah Circle, 10:00 am, Parlor

Sept. 22 - Miriam Circle, 1:30 pm, Library

Sept. 24 - Mary Circle, 9:30 am, Parlor

Sept. 24 - Joy Circle, 1:30 pm, Parlor

Hearts & Hands

Hearts and Hands is a group for women who use their hands to make items to warm the hearts of others in our church, or community or the world. It's open to any woman who would like a time of creative fellowship. Watch your Sunday bulletins and newsletters for meeting times.

Contact: Karen Page

Fellas @ First

Tuesday Night Fellas - Making Sense of Islam

After taking the summer off, we'll be back on Tuesday nights after Labor Day. We're a relaxed group of fellas working our way through life and trying to learn a little along the way. We start each gathering with a little hanging out and conversation as we polish-off a bag of chips or two, then we'll dig into the evening's topic. This fall, we'll start with *Islam 101* and *The Challenge of Islam* as we try to make sense of the state of the world today. In 6-8 weeks we'll move on to *Doing Good* with Chip Ingram and *When the Game is Over* by John Ortberg. We have a full slate of "studies" for this fall. You'll find us downstairs in the Man Cave (059) at 7:00pm. All men are invited - punks to geezers. Never joined us before? Just show up.

Wednesday Warriors - Men for God

Men of all sizes and ages are invited to the Wednesday night men's group this fall. We will be doing a study called "Being God's man...by walking a new path." We will be looking at Book of Romans and finding ways that we can apply it to our everyday lives. Our goal is that eventually we will be "rogue warriors for God!" We will start on Wednesday, September 16th at 6:15 p.m. in the Man Cave downstairs (room 059). Any questions, please contact Tim Burton or Shane Waltz.

Men's Tuesday Breakfast

Men's Breakfast Fellowship meets at the Cedar Falls Family Restaurant in North Cedar, Tuesday mornings at 7:00. A short devotional is shared, followed by casual conversation and fellowship. Devotionals are scheduled among attendees. We usually finish before eight o'clock - leave when you need to to get to work on-time. Start your Tuesdays with us. Contact people are: Tim Houts and Steve Williams



BEST YEAR EVER

Youth Begin Their Best Year Ever!

The Best Year Ever has started! We have started youth group for Junior and Senior High for the Fall semester. Our Wednesday nights will always be fun, will always allow for digging into the stuff that's heavy on our minds, and we'll be looking at a guided program called *Best Year Ever*.

Our semester is filling up quickly; on September 11th-12th we will be heading to **Pictured Rocks Camp** in Monticello, IA to join with other youth from the North East District. Cost is just \$20. There will be music provided by Theody, ziplining, and high ropes challenge course. A great opportunity to get away before the true chaos of the school year starts and challenge our strength and faith.

Back by demand **breakfast before school** will again happen this year! We will be meeting on Monday September 28th from 7:45-8:30 at Panera. Don't worry about paying we got that covered! Rides will also be provided to students to school if needed.

Stay Young- Work With First UMC Youth

We have an amazing group of youth that are in need of a couple of adult volunteers. We meet Wednesday nights at 6:00. Being a youth group volunteer is a lot of fun and a rewarding experience as we help guide a group of fantastic kids along Christ's path. If you enjoy having good conversations, sharing some words of advice, and having fun playing a game or two, we'd love to have you as a part of our group! Contact Becca Nims at rebecca.nims@aboutfirst.com for more information. Thanks!



Youth And Others Go to Bidwell Riverside Mission

On August 1st a handful of youth from First United Methodist, Cedar Falls and Waterloo made a day trip to Des Moines to do some mission work at Bidwell Riverside. They put our group to work right away cleaning out and reorganizing a storage unit, stocking the shelves for the food pantry and hanging up clothes for the clothing pantry.

We of course had to stop at Jordan Creek Town Center for some lunch at Zombie Burger and back to school shopping as well!

Lisa's Holy Land Mission

Lisa Congdon is joining a Volunteer in Mission trip to the Holy Land this September. Our group will be working with and visiting several UMC supported ministries in the area. The missionaries were encouraged to bring useful items as gifts for some of these organizations. Thanks to all of you, we have a very large, very full suitcase full of toothbrushes and toothpaste to give to a residential facility for children and adults with disabilities (Four Homes of Mercy in Palestine). In addition, a good number of hearing aids will be given to the Aftaluna Society for Deaf Children in Gaza.

Lisa will be gone September 12-25 and will be spending the first week working and touring in the area near Galilee, and the second week working and touring in Bethlehem and Jerusalem. Prayers for safe travels are appreciated, and please be kind to the volunteers in the church office while Lisa is away.

Collect items for Lincoln School

(Our Partner In Education):

We collect items year-round to support our Partner in Education. Please drop them in the appropriate can on the table outside the church office.

1) box top labels from any General Mills products. These are redeemed for 10 cents each.

2) Milk Moola caps or labels - also redeemed for 10 cents.

3) Campbell soup UPC codes (some other related Campbell products apply, too)

4) Hy-Vee receipts from any Waterloo-CF Hy-Vee stores

Many thanks to Cindy Spragg and Nancy Murdock for taking care of the collecting, trimming, and delivery of these items. Cindy also takes care of the entire redemption process of these items for Lincoln School - this is a BIG job and an enormous help for the Lincoln School Pals. Thanks again to Cindy

September Monthly Mission - CROP Walk

The annual CROP Hunger Walk happens Sunday, October 4 (registration at 1:30, walk at 2:00). This year the walk will begin and end at Nazareth Lutheran Church, and will be just over a pleasant 2.5 miles long. Our goal is primarily to support world hunger projects through Church World Service and to raise funds for local projects like the NE Iowa Food Bank and the Jesse Cosby Neighborhood Center. But, we have a secondary goal as well - to have the MOST walkers! We plan to do better than 3rd place this year.

During the month of September you'll have opportunities to sign up to be a walker or to contribute to the cause. Every \$10 donated will add a footprint to the display. We also need some cookie bakers to provide refreshments for the walkers at the end of the walk. Lisa could also use some help setting signs out on the route the day of the walk and picking them up at the end.



For those who would like to help the NE Iowa Food Bank in another tangible way, we are collecting peanut butter again. Bring your jars to the church anytime before October 4. Any variety is appreciated, and 12-18oz jars are preferred.

Check out the display in the Gathering Place for more information, and to sign up to walk or help in other ways.

Rummage Sale Was Huge!

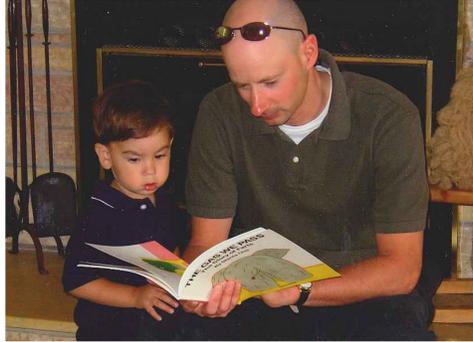
We cleared in excess of \$8856 in the August rummage sale. It was our second-best year, ever. Thanks to John and Kelly Roy, and Jim and Stephanie Buchs and everyone else who gave time and effort (and rummage!) to make it happen. Profits will be split three ways: two thirds will be split between Love INC and Red Bird Mission, and one-third will be kept here for use on a First UMC need which has not yet been determined.



Change a Child's Story

One million books and a million hours of reading with children – that's the goal of Iowa United Methodists in the next two years. Sadly, Iowa's kids are not all developing the reading skills they need for success. We can help by collecting quality children's books and giving them to children, and spending some time reading with children. We are partnering with Lincoln School and FirstKids by providing books and reading time for the children.

What's your favorite book from childhood? We'll try to get it. Use the "Change a Child's Story" offering envelopes from the display outside the chapel to donate to this. We have already collected over \$200 for this. Your donations will be matched 100% through the lone Zach Endowment for Missions!



Do you have fond memories of a parent, grandparent, or favorite teacher who read aloud to you? Sign up on the clipboard at the display and we will contact you when you can share the love of reading with children at Lincoln Elementary, FirstKids Preschool, or with children in our church. Together we can change a child's story by giving books and giving time.

What We Learned in Prison

Here are some observations from some of the people who went to W@W in July:

What surprised you? "I was surprised to see how positive the women were. I thought they might see us as "do-gooders from the outside", but they were friendly, gracious and happy." "I think I had been nervous FOR the women, thinking that they'd probably be embarrassed to be inmates, or think that we might think that we are 'high and mighty'. But most of them didn't seem nervous or shy around us."

"The most surprising thing for me was the strength and beauty of the voices in song - clear, smooth, melodious - we all just "sang to the Lord a new song"! This was also my favorite part." "I was surprised at how much the ladies seemed so friendly toward us. It was interesting to talk and share some of their stories."

What did you like most? "I loved Pastor Lee's energy and how it was absorbed by the congregation. I also enjoyed watching the women's interactions; they seemed to know about the joys and trials of each other just like in any other congregation. They were so proud of each others' accomplishments." "Pastor Lee Schott's message and delivery of all parts of the service ran dead even! She was awesome: she expertly, kindly and comfortingly gave a message that reached all of us, but seemed especially encouraging for the Women at the Well, who face really big challenges, no doubt." "The worship service was rewarding and I felt the Holy Spirit filling the hearts of many. Pastor Lee was just amazing, I was being fed along with the other ladies. The singing, dancing, marching filled the room with laughter, praise and worshipping."

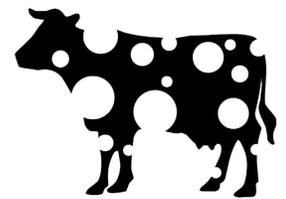
Would you recommend the experience to others? "I think it's a wonderful opportunity to step out of your comfort zone and see how God's love works in an environment very different from First Church."

"I would recommend this trip to anyone."

Do you want to know more? Ask any of these people how it felt to worship with the Women at the Well: Julie Fee, Debbie Grover, Deb Goodenbour, Catherine Thompson, Lisa Congdon, or Karen Page.

Reaching Out to the Littlest

Diapers in all sizes, teething gel, diaper rash ointment, burp cloths, receiving blankets, along with bottles (4 and 8 oz) and sippy cups are needed for the Wee Care Ministry. Baby wash, baby lotion and wipes are the items that are in almost every single client request so a steady stream of these items throughout the year is hugely appreciated. No baby powder, please, and no used items. You may bring baby supplies to the church anytime. If you are not a shopper, you can make a monetary donation and we will purchase the supplies most needed. Checks can be made to FUMC, with "Wee Care" on the memo line. Thank you for your ongoing support of our WeeCare ministry to support mothers with small children who could use a little help.



Holy Cow!

We need just \$160 more to complete our Milk Menagerie for Heifer Project. The Milk Menagerie represents a quality-breed heifer, two goats, and a water buffalo – four milk-producing animals that provide hardworking families with the start-up capital to provide a better life for their children. Each animal will produce gallon after gallon of wonderful, life-sustaining milk that can be turned into cheese and yogurt to sell for additional income. Plus, each animal's offspring will multiply the blessings even further by Passing on the Gift. Eight more milk bottles will complete our goal! \$20 will fill a bottle on the display in the church office.

Postcards from Nigeria

One thing we're always asked after we get back from Nigeria is, "how is the food?". That's hard to answer as taste is a personal thing. A typical (and frequent) meal includes rice, chicken with a somewhat-spicy red sauce, and fresh fruit. We get A LOT of that, but also noodles and jollof rice (rice w/ tomatoes, meat & veggies). Bananas, mangoes, oranges and melons are grown locally and are pretty good. Also, our cooks make tasty onion omelettes for breakfast. They grow yams and casava that are served in various ways, and their little golden potatoes and fried "chips" are really good. There's a pasty, globular thing called fu-fu that's made from maize. Fu fu is an acquired taste. Pastor Steve acquired it. Some of us did not. Smoked fish is available from the local rivers - it is tasty, but we don't eat much of it. In the areas we travel, refrigeration is rare, so all of the food is fresh. Nigerian tastes run toward the spicy end of the spectrum, so we frequently reminded our cooks to keep it mild for us.

While there isn't the variety in the menu that we're used to here in the USA, there is a strong sense of hospitality in every meal - a sense that comes from being in a place where food is not as easy to get. When someone offers to share food, it is something they have either grown themselves or purchased at great expense. And certainly, two highlights of the trip were the meals where we were invited into the private homes of our Nigerian friends.



*above: picnic at Pena's
right: Mark dishes it up
below: our cook at work in Pero*



UMCOR kits...

Thank you for all your donations of school supplies. You really used the great sale prices and got some real deals. Feel free to keep bringing them in, but we can also use items for Health Kits and Layette Kits. Pick up a shopping list at the display on the table outside the chapel in the Gathering Place.

Midwest Mission

We have two rooms reserved in the dorm at Midwest Mission Distribution Center in Illinois for Monday, November 2 through Thursday, November 5. Lisa will need to know by September 7 if you wish to join her to work that week. It's a friendly bunch of people, the dorm is comfortable, and the work is well organized. See what happens in an UMCOR depot, and how this facility is utilized for quick disaster relief when the need comes up. Costs are minimal (less than \$150, plus some food costs) and it's a fun way to help others.

Thank yous

What a pleasant surprise when I was greeted by Jane as she delivered a rose in celebration of my 90th birthday. I appreciate the friendships and support in my transition to the Cedar Valley, and I enjoy worshipping with you.

Don Neill

I must have received at least 96 flowers from the church, so it's about time I say "thank you." The rose was an absolutely gorgeous pink and looked perfect on my blue table cloth. Thanks to Jane for the rose and for all she does.

Julie Bailey

Many thanks for the volume of birthday cards and greetings sent by my friends at First UMC. The one signed by all staff members of the church was certainly special. It is really gratifying to know that I still have many good friends there, and the large yellow rose delivered by Jane Wyckoff was especially beautiful. I am attending chapel services at Western Home and that helps somewhat to fill the gap.

I am adjusting quite well to living in a assisted living home. The aides are all very friendly, kind, and helpful and the food is good. I have been very fortunate to have maintained good health - so what more could one ask? If any of you find yourself in my neighborhood, I'd love to have your stop by for a visit.

Ruby Hockey

Thank you all so much for all the beautiful cards and support, especially all of your prayers. Paul and I appreciate you so much. We don't know what we would do without our church family. Thank you, Pastor Steve Williams, for your visits. I feel so much better because of you all!

Nora Johnston

Many thanks to the staff of the church for the lovely birthday card and for Jane for the lovely rose and big hug!

LaVonne Neese

Thank you to Jane for delivering the beautiful rose for my 80th birthday. Also for the card signed by staff members - such a caring church family - I am blessed!

Loretta Dykes

I want to thank everyone for all of the prayers, cards, and phone calls I have received during my recent back surgery and recovery. A special thanks goes out to Pastor Williams and Franklin for their visit while I was hospitalized. I enjoyed the visits. I am looking forward to being more active in church. You all have been a much loved blessing in my life!

Cindy Klodt

I love the rose you delivered for my 80th. It means much. My life has changed somewhat since a diagnosis of eye disease, but I did learn from my Stephen Ministry training years back to be grateful for what is. Hugs for Jane, and God bless.

Dee Berger

I want to thank all of you that sent me get well card and all of you prayers for my quick recovery. I am truly blessed to have people like you in my life.

Mary Card

Thank you for all of your thoughts, prayers and texts while I was with my dad in the hospital.

Jan Hoover

The family of Ruby Wagner would like to express their gratitude for all of the kindness shown during the difficult time of losing Ruby. We appreciate your hard work and the delicious lunch.

Sympathy to:

Family and friends of Doris Wilson. Doris passed away July 23.

Family and friends of Mildred Deal. Mildred passed away August 4.

Family and friends of Maurine Jaquis, who passed away August 7.

Dave Harris and his family on the loss of his sister.

Sue Mutchler on the loss of her brother on August 14.

Family and friends of Jane Dargan, who passed away August 15.

Family and friends of Ruby Wagner, who passed away August 15.

Scott & Lauren Raap on the death of Scott's mother on August 22.

Congratulations to:

Karen & Jeremy Yokem on the birth of their daughter. Mackenzie Ann was born July 28. She joins big brother Jonah at home. Proud grandparents are Debbie and Bob Condra.

Welcome:

We welcome Ari Ynez Ribbens to our family of faith. Ari was baptized in our church on August 16. She is the daughter of Paul and Yazmin Ribbens.

Attendance, week ending...

	8/2	8/9	8/16	8/23
Transformation	80	67	81	78
Traditional 8:30	86	120	111	137
Traditional 10:00	69	94	120	114

First United Methodist Church

718 Clay Street
Cedar Falls, Iowa 50613
Phone: 319.266.1713
Fax: 319.266.1715
Email: churchoffice@aboutfirst.com
www.aboutfirst.com

aboutFirst (USPS 671-710)
is published monthly by
First United Methodist Church
718 Clay Street
Cedar Falls, IA 50613.
Periodical postage paid at
Cedar Falls, IA. **POSTMASTER**
Send changes to:
aboutFirst
718 Clay Street
Cedar Falls, IA 50613



Sunday, 8:30 & 10:00* a.m. Traditional services (*11:00 after Labor Day)
Sunday, 8:30 a.m. Transformation Worship

Van rides are available for the 11:00 Sunday service.
Child care is provided in the nursery for infants and babies for Sunday Services.

Spreading the Word

If you miss a Sunday, or want to hear a message again, find us on the local Public Access cable television channels. If you are unable to receive the television broadcast, weekly dvds are also available, or find the video links for sermons at www.aboutfirst.com

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

Our Pastoral Staff...

Steve Williams, Senior Pastor, steve.williams@aboutfirst.com
Franklin Livingston, Associate Pastor, franklin.livingston@aboutfirst.com

October Newsletter deadline is September 20.

Staff (in alphabetical order)

Sam Barr, Transformation Music Coordinator

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

John Bentley, Head Custodian

Deb Bernard, Financial Manager
deb.bernard@aboutfirst.com

Mary Card, Custodian

Chris Congdon, Media Coordinator
chris.congdon@aboutfirst.com

Lisa Congdon, Office Ministry Coordinator
lisa.congdon@aboutfirst.com

Jan Hoover, Christian Education Coordinator
jan.hoover@aboutfirst.com

Bryan Houts, Chancel Choir Director
bryan.houts@aboutfirst.com

Flo Mobley, Parish Visitor

Rebecca Nims, Youth Ministry Coordinator
rebecca.nims@aboutfirst.com

Doug Shaffer, Organist
musicman52151@gmail.com
610-4249

Lesley Toma, Family Ministries Coordinator
lesley.toma@aboutfirst.com

ABOUTFIRST.COM