



aboutfirst

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

THE WALK

5 ESSENTIAL PRACTICES FOR
LIVING THE CHRISTIAN LIFE

SEPTEMBER 2022, FIRST UNITED METHODIST CHURCH, CEDAR FALLS

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Email to:
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aboutfirst.com

Jesus looks at you, and loves you

I never noticed that before.....

That is what I said to myself during my morning devotion.

I was reading from the book of Mark, chapter 10, verses 17-22.
(check it out)

I was familiar with the story. A man came up to Jesus and asked what he needed to do to inherit eternal life. A short conversation followed between the two. Jesus reminded him of the commandments, which the man said he followed.

Here's what I never notice before, verse 21 begins this way, "Jesus looked at him and loved him."

Jesus looked at him, and loved him.

It was more than a conversation going on here, more than checking off a box on the to do list of "Things I must do to get to heaven."

Jesus saw the man. Jesus saw what it was that would keep this man from completely giving himself to follow Jesus. For this man, Jesus saw, it was his "stuff". His wealth, his possessions were getting in his way. Jesus saw that.

So here was the question I asked myself, you might want to ask yourself the same thing. When Jesus looks at me, when Jesus looks at you, is there an unhealthy attachment we might have that keeps us from completely following Jesus? It's not just about "doing" the right thing, it's about being right with Christ.

Jesus looked – and here's the part I missed before – Jesus loved. When he saw the man, it was out of his love for the man that Jesus revealed what it was in his life that needed to be put right. It was out of love that Jesus spoke.

It is out of love that Jesus reveals the areas in our lives that are holding us back.

Jesus looked at him, and loved him.

Jesus looks at me, and loves me.

Jesus looks at you, and loves you.

Here is my prayer. I pray that I have the courage to ask Jesus the hard questions about my own life and that as he looks at me with love, I will have the courage to let go of what holds me back and follow him. And I pray you have the courage to do the same.

Pastor Karen

Fall Small Groups & Series

THE WALK

5 Essential Practices for Living the Christian Life

Upcoming Series and Small Groups

Beginning Sunday, September 11th we will examine the essential steps to walking a life of faith rooted in Jesus' own walk with God. We will be looking at the importance of worship, study, service, generosity and sharing our faith. We will learn together in worship and have the opportunity to discuss and go deeper in small groups. We look forward to this 5 week journey together which begins the week of September 11. Watch for small group times and locations and find the one that fits your schedule.

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching." Hebrews 10:24-25

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. Before the class sessions, couples are required to take the online assessment (requiring about 45 minutes each) the week before the introductory class (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>



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.



september

September 2 and 30 - 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. There will be TWO game nights in September: Friday, September 2 and Friday, September 30. Meet in the Gathering Space and bring your friends for a night of fun and fellowship— dinner will be provided!

September 6 - Grief Support Session

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. New participants are always welcome.

September 7 - Womens Bible Study

Where: Gathering Place

Time: 9:00 am

You are welcome to join a group that reads and explores the Bible together (yes, we use the table of contents). This school year we will begin with drivthruadventure series "Acts to Revelation". Questions contact Jan Hoover 319-610-0926.

September 7 - First Fest 2022

Where: Outside

Time: 5:30-8:00 pm

Help us kick off our crazyfunbusy Wednesday nights this fall! We will have food trucks, games, prizes, live music and information about all our church has to offer! Activities will start at 5:30 p.m. and wrap up at 8. Food will be served until 7:30 pm.

Beginning September 11 - The Walk Study and Small Groups

We look forward to this 5 week journey together which begins the week of September 11. Watch for small

group times and locations and find the one that fits your schedule!

September 13 - Card Making

Where: Gathering Place

When: 1:00 to 4:00 pm

Come join the fun as we make recycled greeting cards to send and sell on the card rack. No experience is needed. Bring a snack to share and stay for Community Meals if you wish. This quarter's profits go to Ingathering for postage.

September 15 - First Friends Potluck and Fellowship

Where: Gathering Place

When: 12:00 pm to 2 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.

September 18 - 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!

September 24 - Faith Over Fear - Womens' Event

Where: Fellowship Hall

When: 12:30-4:00 pm

Come join us for an afternoon to refresh your soul in the bonds of sisterhood. We'll be led by Christian women's

speaker and Pastor Mandy McCleary.

Individual tickets are \$25. Bring a friend and purchase 2 tickets for \$40. Tickets will be sold in the Gathering Space from 9:00-11:00, Sunday mornings in September. If you purchased a ticket for our 2020 event which was canceled by the pandemic, that ticket is still good for this year's event! For more Info see page 11.

September 25 - Crop Walk

Where: North East Iowa Food Bank

When: 2:00 pm

The North East Iowa Food Bank will be hosting this year's crop walk. It is a 3 mile walk starting and ending at the NEIFB at 1605 Lafayette Street in Waterloo. See page 9 for additional details.

September 26 - 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.

September 26 - LifeServe Blood Drive

Where: Gathering Place

When: 12:30-6:00 pm

Our monthly Blood Drive will be Monday, September 26th 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.

Calling All Singers!

Where: Sanctuary

When: Wednesdays at 7:30pm

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.

SUNDAY MORNING

Worship Schedule (Until Sept. 4)

8:15 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

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.

NEW FALL WORSHIP TIMES

This fall we are changing our schedule starting Sept. 11.

- 8:30 to 9:15 AM - Traditional Service
- 9:15 to 10:00 AM - Transformation Service
- 10:00 to 11:00 AM - Sunday School Hour
- 11:15 to 12:00 PM - Traditional Service

WEDNESDAY NIGHT

Join us next month for more activities!

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.

First Fest on September 7th!

Join us on September 7th to kick off our crazyfunbusy Wednesday nights this fall! We are more than just a church, we are a home. We welcome all neighbors and future friends to share life and God's grace here at First United Methodist Church. This is a great way to get your fall started!

Food served from 5:30-7:30 p.m. Card and Venmo accepted. Activities will start at 5:30 p.m. and wrap up at 8 p.m.

Come Experience LOVE First!

If you would like to help we have several options for volunteers. Email Katie at katie.greuel@aboutfirst.com if you'd like to get involved!



Quilters and Stitchers News

Quilters and Stitchers will have quilts for sale each Sunday in October. Proceeds to go to the 2022 Mission Ingathering.

An Honor for the Quilters and Stitchers

On Saturday, August 20 the Quilters and Stitchers of FUMC were presented a Community Service Award and pin by the Cedar Falls Chapter of the Daughters of the American Revolution (C.F.D.A.R.). The chapter is allowed to honor only two recipients (individuals or groups) per year with application and acceptance required at the state level of D.A.R., and with National D.A.R. approval as well. Several Quilters and Stitchers group members were grateful to accept the award and pin, and enjoyed refreshments as well!





September Mission of The Month

SWIM for Him International Ministries

Safe Water International Ministries (SWIM) seeks to help people create safe drinking water while sharing the love of Jesus with them.

In many countries in the world, there is a critical need for safe water. Drilling more wells is not always the best option because these wells can still supply contaminated water, plus political, monetary, and location problems are sometimes insurmountable obstacles to safe water.

SWIM produces and distributes a simple chlorine producing unit (CPU) that generates chlorine from salt and water. Since salt is usually readily available, when added to water, chlorine can be produced as needed without assistance from outside resources. The result is a natural chlorine solution that is safe and is an effective disinfectant, allowing safe drinking water to be created.

In addition to creating safe water – one CPU can provide for an entire village! – people are also told about Jesus. Many people in remote areas are being reached by having their water needs being met – both physically and spiritually. They are introduced to safe water and to the Living Water in Jesus Christ.



THIS SIMPLE CPU TURNS A PUDDLE LIKE THIS INTO DRINKABLE WATER. THE CPU COSTS ABOUT \$100.00. LET'S SEE IF WE CAN PROVIDE CPUS FOR 15 VILLAGES.



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.



Cedar Valley Crop Walk Sunday Sept. 25

1:30 Registration begins

2:00 Walk begins

The North East Iowa Food Bank will be hosting this year's crop walk. It is a 3 mile walk starting and ending at the NEIFB at 1605 Lafayette Street in Waterloo. There are rest stops along the way. All ages are welcome to participate in this event to raise money and awareness about hunger in our community and around the world. Children should be accompanied by a responsible adult.

25% of the total donations will fight hunger locally at the NEIFB. The remaining 75% will go to hunger relief through Church World Services.

Walker donation sheets and information will be available at the visitors desk in the Gathering Place. Please put Crop Walk in the memo of your check.



Help Continue Stephen Ministry for the Next 20 Years

Our Stephen Ministry began at FUMC 21 years ago and what a wise investment it has been for so many who have taken the training and for all of those they have then cared for. I began the training in October of 2005 with completion in March of 2006 and was immediately paired up with a person going through some personal struggles. I, like so many other Stephen Ministers, quickly learned the value of this important caring listening ministry.

Thankful, Sandy Noelting

Another FUMC Stephen Minister shares her journey: I had thought of being a Stephen Minister but did not get signed up in time before my dad was diagnosed with ALS and passed away. I was blessed to have a Stephen Minister assigned to me who I could confide in when we first received the diagnosis and to help deal with the loss. The program helped me through a very difficult time. After experiencing the program, I knew that I wanted to help others (with God's help) with whatever they were going through and be that person

they could confide so I became a Stephen Minister. FUMC is very fortunate to have this program and I know that it will be a rewarding experience personally as well in your faith journey.

Sincerely, Hope Timmerman

This next courageous testimony comes from one impacted by this ministry in our FUMC congregation: After trying to "handle life" (the feelings of frustration, shame, embarrassment, and failure as a parent) due to a family member who was wrapped up in an addiction to alcohol and prescription drugs, I tried to find help via Al-Anon. Although I attended several different meetings over several months, none of them seemed to be the right fit for me. I felt like I was falling down the "rabbit hole" with my loved one. It took a while before I gingerly shared my woes with a few close friends, and they suggested looking into the Stephen Ministry program. I wasn't 100% sure, but felt I was being led to try it. I am grateful to the person who became my Stephen Minister who listened, cared, and prayed for

me each time we met. Slowly the feelings of frustration, shame, embarrassment and failure ebbed, and I was able to heal and grow and enjoy life again. I will forever be grateful for the Stephen Ministry program and the people who give their time to make it happen.

FUMC Needs to have this important 1:1 peer helping peer ministry continue!

We hope to have at least 6 people to begin a new class in October 2022, on Wednesday mornings from 10-12:00. Please prayerfully consider this opportunity of Christian care. We FUMC Stephen Minister leaders are available to visit with you about the training and answer any questions you may have.

Sandy Noelting 319-269-4339

Dee Behr 319-575-0081

Jan Hoover 319-610-0926

**Packets for you to complete for this training will be provided in the church office beginning Sunday August 28th. And will need to be returned by Monday September 19th.*



Go For a Walk & Have an Emmaus Experience

MEN'S WALK #185, OCT 13-16TH, CAMP IO-DIS-E-CA, SOLON, IA

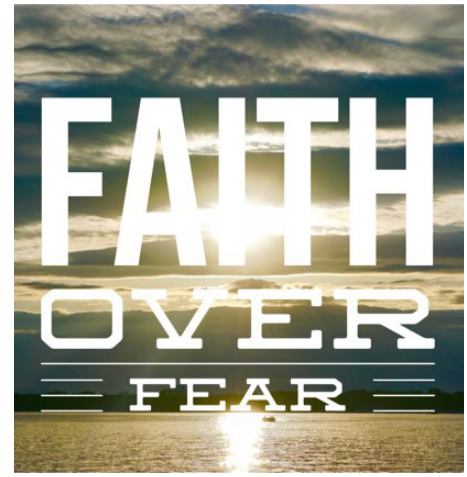
WOMEN'S WALK #186, OCT 27 - 30, CAMP IO-DIS-E-CA, SOLON IA

- 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.



September 24 - Faith Over Fear - Womens' Event

Come join us in the Fellowship Hall from 12:30-4:00 pm for an afternoon to refresh your soul in the bonds of sisterhood. We'll be led by Christian women's speaker and Pastor Mandy McCleary. Pastor Mandy currently serves the United Methodist Church in Jesup. With over 25 years in ministry, she brings humor, stories, and Biblical teaching to her message of encouragement and inspiration.

Individual tickets are \$25. Bring a friend and purchase 2 tickets for \$40. Tickets will be sold in the Gathering Space from 9:00-11:00, Sunday mornings in September. If you purchased a ticket for our 2020 event which was canceled by the pandemic, that ticket is still good for this year's event! Questions? Contact Denise Barr

Find Your Place *In God's Great Story!*

SUNDAY MORNINGS

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.

Welcome Desk

Help answer questions about the church from visitors. You will hand out our Welcome gift.

First UMC is Seeking a Worship Leader!

First United Methodist Church is seeking a highly skilled Modern Worship Leader with a passion for music, leadership and ministry. The qualified applicant would provide strategic vision and leadership for the contemporary worship service/s, overseeing the weekend experience, providing leadership and guidance for the church in conjunction with pastoral leadership, as well as vision and strategy for growth and expansion of music/worship ministries. This position is salaried at 10-15 hours a week and starting annual pay would be competitive depending on experience and proficiency.

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 information.

Worship Technician position(s) open

You can help make the magic happen! We have room on the tech team for one paid person, and a handful of volunteers.

Paid position

Get paid to come to church and put your hands on some pretty cool equipment. First UMC is seeking a worship technician to learn and operate video and audio equipment for our in-house and online congregations. This position is a backup to our Tech Director and a leader of volunteers. See job description online at aboutfirst.com

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.

Donations for Wednesday night meals

As we start planning for the fall we have started to make a list of the meals that will be served at the Filling Station (beginning September 14). Below is a list of food items that are needed:

- Hamburger
- Chicken
- Large bags of Tater Tot
- Large Bags of Fries
- Frozen Vegetables
- Frozen Fruit

Thank you in advance for helping make the Wednesday night Filling Station possible!

HOME Team is looking for new additions to the 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.





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. There will be TWO game nights in September: Friday, September 2 from 6:00-7:30 and Friday, September 30 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 for First Fest, our church-wide fall kickoff on Wednesday, September 7! We will have food trucks, games, prizes, and live music. Bring your friends for a FUN night! Activities start at 5:30pm and wrap up at 8pm.

Then, join us for the start of our regular G3 youth activities on Wednesday, September 14! 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!

Confirmation is Coming this Fall!

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.

education news

Information about our Sunday School and educational opportunities!



sunday school

Sunday School is back on Sept 11th. It will start at 10:00 and will end at 11:00.

Sunday school classes will be broken out as follows.

3 year-Kind – Room 020

1st-3rd – Room 027

4th-6th – Room 026

7th-12th – 3rd floor cafe

3 years through 6th grade rooms are down stairs. 7th-12th room is on the 3rd floor.

We are still in need of 2 Adult leaders. We need a leader for 1st-3rd and 4th-6th.



Email jenna.engel@aboutfirst.com for more information or if you are interested in helping.

crazybusyfun

Filling Station

We will kick off our fun packed Wednesday nights with a meal. Please join us for the Filling Station on Wednesday, Sept 14th in the Gathering Place 5:00-6:00pm. Everyone is welcome to attend. Cost of the meal is a free will donation to help cover the cost of the meal. We do accept food donations. If you feel called to donate to this ministry contact Jenna and she will let you know what is needed.

B.L.A.S.T

Bible Learning And Serving Together. Please join us Wednesday nights. BLAST is for students PK-6th grade. Our first night will be Wednesday, September 14th from 6:00-7:30. We will start Fellowship Hall and move to a classroom for our lesson time then end our night together by being involved with the children's choir. You will pick you child up from the choir room (room 219).

New Fall Worship Schedule

Beginning Sunday, September 11, we will implement a new Sunday morning schedule:

- 8:30 Traditional Worship in sanctuary
- 9:15 Transformation Worship in Fellowship Hall
- 10:00 Sunday School
- 11:15 Traditional Worship in sanctuary

Our current schedule was implemented a year ago as we emerged from pandemic shutdowns. There were safety, technical, and staffing reasons for choosing that schedule, as well as a commitment to providing three worship opportunities and a dedicated Sunday school period. The Worship Design Team stated that congregational feedback would be accepted, and if necessary, the schedule may change in the future.

Well, your feedback has been heard – take a look at the new schedule above. You'll notice the first service will start a little later, reverting to its pre-pandemic 8:30 time. Transformation Worship will remain in its current 9:15 timeslot. The Sunday school period will move fifteen minutes earlier to 10:00, and the 11:15 service will also remain as-is. These are subtle changes, but they effectively shorten the time gap between the first service and Sunday school by 30 minutes.

This new schedule isn't perfect, and we'll continue to listen to your feedback. The Worship Design Team hopes that these changes make it easier for everyone to attend at the time they desire, and that gaps between services and classes have been reduced.

A year ago, as we exited pandemic restrictions, our current Sunday morning schedule was implemented with goals of:

- Having 3 Sunday morning worship options
- Maintaining enough time between services for complete turnover of air in worship spaces
- Not having concurrent worship services (a technical and staffing/volunteer issue)
- A dedicated Sunday School period

It was, and is, a lot to cram into a Sunday morning, and required shortening our worship services to 45 minutes.

Watch for updates in late September about any temporary location changes for services as we move forward with our Scott Hall renovations!

Sunday Live Stream is Moving!

Our Sunday morning live streams are moving to our church website, aboutfirst.com. Live streaming has allowed our worship services to be available, in real time, to people all over the world, and has become an important part of how we share our message. From the beginning, we have broadcast the live stream via Facebook, but that is about to change. Facebook can only receive one video stream at a time from First UMC. When our service times change in September we will have overlapping worship services, resulting in two simultaneous live streams. Facebook can't do that, so we need to make a change.

Beginning Sunday, September 11, the Sunday morning live streams will be available at our website, aboutfirst.com. The live streams will no longer be available on Facebook.

What is changing:

To view the Sunday morning live stream, you'll go to aboutfirst.com instead of Facebook.

What isn't changing:

To watch live, we will stream both the 8:30 and 9:15 worship services. To watch later, the services will be available on our church Youtube channel. (First UMC CF)

We will continue to use Facebook for non-Sunday announcements, news, and encouragements.

We will continue to post full worship services on Youtube for you to watch later, at your convenience. If you have questions

Contact [chris.congdon](mailto:chris.congdon@firstumc.org) in the communications office.

THE NEXT BIG THING

Scott Fellowship Hall Refresh

Our Fellowship Hall, named in honor of Pastor Keith and Evelyn Scott, has served us well since its construction over two decades ago. In a regular weekly cycle of use, Fellowship Hall functions as a worship center, a dining room, a meeting space, and an indoor playground. While still very functional, the room is showing its age with stained, frayed, and gouged surfaces. Refreshing Fellowship Hall is the third and final stage in our Next Big Thing facility-improvement campaign and work is set to begin at the end of this month.

Here's the scope of the project:

- Some new paint on the upper portions of walls.
- New ceiling tiles for acoustic control
- Remove carpet on lower portions of walls and replace with painted, impact-resistant surface
- Remove existing carpet and replace with carpet squares in majority of the room, and hard surfaces in food-service areas.
- Remove flexible portion of stage and replace with a permanent structure.

A taskforce approved by Trustees has been working to choose materials and colors and plan a remodeling process which remains within the budget of the Next Big Thing campaign and minimizes down-time of this important space. The work will be done by a combination of paid contractors and First UMC volunteers.

Roll up your sleeves, we're starting September 28.

The first step will be for a team of First UMC volunteers to strip the carpeting from the lower portions of the walls. We will begin on the morning of Wednesday, September 28. We need all available, able bodies to join us to get this stage done as quickly as possible. Bring whatever you think might help to strip the carpet off the walls: work gloves, utility knives, scrapers, etc.



Help the First UMC Mission!

So many wonderful missions are served by our Church. These include our internal outreach through our weekly church services, Wednesday night activities, Sunday School, our Quilters Club, Stephen Ministry activities, and many more. Of course we strive to serve outside our church family, and we do so in many ways – some of which have been featured in our Summer worship series on missions and ministry. Community Meals, the Northeast Iowa Food Bank, Women at the Well prison ministry, Love INC, Red Bird Mission, the Midwest Mission Distribution Center and many other missions are served through the financial and talent-giving generosity of our church family.

We all know that the mission of our church depends on faithful financial giving of our congregation. Right now, our church needs all of our help. Through July, our church expenses have exceeded revenues by \$30,000! This is a significant and serious shortfall and unless giving is increased, is likely to worsen. Congregational gifts are \$34,000 less than budget. Our staff and committees have been managing expenses which helps offset significantly increased utility expenses.

Paying our apportionments in full is a tradition our Congregation has embraced for decades. At the present time we are behind the budgeted amount. We should catch these up, and of course we do not want to scale back programming.

Please prayerfully consider how you can help. Might you be able to help by contributing an additional amount, maybe even a “13th” month of giving? If we all pitch in, we can get back on track to ensure the success of our valuable missions. As heard at a recent Sunday service – our generosity makes a real difference to real people! Please give prayerful consideration to how you might help.

Living Generously: Let's Make Soup

Luke 6:38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

One of my favorite stories from childhood was "Stone Soup". It tells the story of a poor village where no one citizen had enough to feed themselves and their household. A traveler comes to town, hungry and asking for food. Each household turns him away, saying they do not have enough to feed another mouth. The traveler then announces he is to make a soup out of a stone and then convinces each towns person to chip in a little of what they do have. A little cabbage here, a few potatoes, a pinch of salt. Soon, the whole town is fed by the combined gifts of each family.

I have heard it said that no one person has all of the story God has to share with us, but he whispers truths in each persons ear that they are then compelled to share with one another to get the full picture of the what God intends to be the "Kingdom of Heaven". In this way we understand his plan for our life, together. A community of faithful, giving each in a way they are called to further the Kingdom of God.

As we approach this season of reflection on what we are grateful for, let's pay attention to the other side of the coin of thankfulness: gratuity. Being generous with our time, talents, and gifts gives our thankfulness a real world application, and in so doing deepens our connection to our faith and each other.

Everyone has a different gift to share. You may be blessed to contribute monetarily on a monthly basis. You may be in a season of your life where you have time, knowledge, or talent to share. We all have been given something we can share. No matter what you can contribute, you can do so knowing that your portion increases to whole, making something much larger and more nourishing than if we were in this alone. Being in this life together is what a church community is all about.

As we head in to the season of gratitude—with estimates of financial giving starting Oct. 2nd—consider what you can offer from your many gifts to the Lord and our church home. Do so prayerfully and with the knowledge that what you bring is good and appreciated and will be shared in Christ's love. When we all bring a bit of ourselves, we will find our measure overflowing.

In Christ's Love,
Ratie and Justin Grenel
Stewardship Committee

Rummage Sale Wrap-up 2022

RUMMAGE SALE FINAL REPORT

Another very successful sale is now in our history books! I can't begin to thank all of you who donated, volunteered your time to help before, during and after the sale, or baked items for the bake sale/luncheons served!

I am always amazed that in 3 hours on Thursday evening we had sales that almost reached \$4,000!! The final net proceeds (\$7,354.54) will be split in half as decided by the Rummage Sale Committee. The two recipients are Midwest Missions and the Northeast Iowa Food Bank.

Our Rummage Sale helped others in our community in many different ways as well. The continued dedication and commitment of the Rummage Sale Coordinators is truly an inspiration to me. The following individuals coordinated their own areas and called upon most of you to help with the sale: Paulette Standing – books; Carol Dick – children's clothes/toys; Mark Canby – men's clothes, and set-up of clothing racks with Jim Buchs and Bob Condra; Craig and Kris Rash – household items in Fellowship Hall; Paul Klotz – electronics, small appliances, and watches; Ann & Carl Campbell – sorting/pricing of all jewelry; Annette Pease & Jan Hoover – women's clothes, accessories, shoes; Arlene Fleming - Craft/Linens Room – artificial flowers, bedding, towels, knick knacks, hobby items, fabric, etc.; Lorna Ericson – Holiday Room; Jim Schwab – antiques; Joe & Linda Bohr, Denise and Sam Barr – Thursday Night Meal; Karen & Larry Gruman – Friday & Saturday Luncheons; Linda Kennedy – the Bake Sale; and Jim Buchs – Outdoor Items.

Thank you to the Youth who provided ice cream sundaes after the sale.

Also, enough cannot be said about the continued support of the Church Staff! The custodians John & Patti spent much time in the set-up and clean-up before, during, and after the sale. Lisa and

Chris Congdon, and Katie Greuel were invaluable at assisting with distributing information to you during the summer months through paper bulletins, newsletters, and electronic news. Jim Larson was available each day of the sale to count the money received. Patricia Harkin, Finance Manager was available to make sure the final proceeds reach their intended destinations. And, finally "thank you" to Pastors Scott and Karen for their continued support of the sale.

Thank you "everyone" for another successful sale!
Maxine Kehret

RUMMAGE SALE REPORT OF GIVING

LEFT OVERS WENT TO THE FOLLOWING ORGANIZATIONS OR INDIVIDUALS:

- Denny Mills – stuffed animals which he flies his powered parachute over Amish communities in Buchanan County and "drops" the stuffed animals to children below.
- Salvation Army Shelters – winter coats, gloves, hats, scarves
55 Squishmallow new stuffed toys
- Sandi Routh (from Nazareth Lutheran) – t-shirts to make diapers/underwear for foreign countries
- Re-Store /Habitat for Humanity store – 99% of items left over in Fellowship Hall after the sale and some outdoor items
- Ann Campbell – leftover jewelry for game prizes at retirement homes
- Family & Children's Council – 5 boxes of children's clothing, and a stroller
- Goodwill – clothing, holiday decorations, shoes, and bedding
- House of Hope – several boxes of women's clothes, children's clothes and bedding
- Cedar Falls Gospel Church – (mission for Ukraine and Zambia) 15 pair of boots, sheets/blankets/towels and women's clothes



Rummage Sale Thank You!

Pulling off the rummage sale is no small task as many of you are aware. In this case it takes a super church family like ours willing to give of their time and strength as well as possessions they no longer need.

Craig and I don't quite remember how or when we became "in charge" of the miscellaneous household items in Fellowship Hall. What we do know is we couldn't get it done without the help of those who hauled items up on Monday night from the lower level including our church youth and the Girl Scouts. We also had at least 16 individuals during the pricing phase that unpacked bags and boxes, priced the items and displayed them for sale.

Working with friends and knowing all the missions the sale ultimately serves warms our hearts.

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

Kris and Craig Rash

Your Rummage Sale Donations at Work

We all have organizations we know that could use our help in both large and small ways. In this case I am speaking on behalf of Trees Forever, an Iowa based non-profit that works with communities in planting and managing their tree canopy among other things. One of their newer programs, Growing Futures, involves employing underprivileged teens in Des Moines and Cedar Rapids to plant trees especially in underserved neighborhoods and then keep them watered until they're established.

According to the U.S. Environmental Protection Agency (EPA) the benefits of trees and vegetation in the landscape lowers surface and air temperatures by as much as 2-9 degrees F reducing the cost of energy. Air quality is improved and greenhouse gas emissions are also lowered.

Storm water runoff is absorbed and filtered improving the quality of our water. Even pavement maintenance is decreased with more shade.

Not least of all trees provide us with a sense of well-being. They help reduce noise and connect us to nature.

The teens hired by the Trees Forever Growing futures program understand the importance of the work they are doing. In addition to the salary they are making of \$12 an hour they are also trained in mentoring, creating resumes, job shadowing, and financial literacy. A meal is provided for them and that's where the rummage sale comes in. Office space has been donated to the Des Moines area group but had no cooking facilities. Through your donations I was able to purchase at a reasonable cost a griddle, Crock Pot, a George Foreman grill and a couple of other items to donate to them so some very hungry kids could have a variety of hot lunches.

This is just one more way your generosity goes far beyond our doors.

Kris and Craig Rash



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.

Geri Gilbert, Marilyn Pape

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

**Marlys Cook, Sharon Kreb,
Homer Leymaster, Emogene
Marty, Faye Rohwedder**

Windhaven Assisted Living
5500 S. Main St
Cedar Falls IA 50613

**Sue DeBower, Harold Kreb,
Lura Treloar, Marcia Simpson**

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

Chet Starr, Betty Fanning

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.



GIVEPLUS⁺
A VANCO COMPANY

Thank You's

I would like to thank Jane Wyckoff for the lovely flower she delivered to me for my 85th birthday. Thanks also for the card the staff sent me. What a nice caring church we have. Thank you and God Bless.

Jim Schwab

A BIG THANK YOU to our wonderful church family, I was working at the church when I saw Jane leaving with carnation. Soon she was at our house with one for my birthday. I was so pleased! Jane, you are special.

Ann Campbell

Thank you to the church staff and Jane for the flower and her visit for my birthday. It's nice to be remembered by my church family.

Loretta Dykes

We would like to thank our church family for your love and support following the sudden passing of our son, Eric. We greatly appreciate your words of sympathy, cards, visits and gifts, and all of your help with the visitation, funeral and meal. We are very grateful for your kindness and to be part of FUMC.

Marcia and Paul Hahn

Thank you for your thoughts, cards, and flowers on my birthday.

Homer Leymaster

I would like to thank the church staff and Jane for the nice visit and the lovely red carnation for my birthday!

Larry Petersen

To Jane and the staff of First UMC,
Thank you for the carnation for my birthday. I really enjoyed my visit from Jane.

Barb Seufferlein

Dear FUMC,
Thank you for the sympathy card on the passing of my mother, Hildegard. We appreciate your thoughts and prayers during this difficult time.

Sincerely,

Debbie Grover

Sympathy

Debbie Grover and her family on the death of her mother, Hildegard Faulkner, on July 19.

Family and friends of Donna Fitkin, who died August 4. Her funeral was held August 9.

Jane Jansen and her family on the death of her father, Myron Rhone of Newton, on August 6.

Family and friends of Grace Rapp, who died August 8. Her funeral was held August 12.

Karla Blackford and her family on the death of her step-brother, Jason.

Family and friends of Margery Andrew. Margery died August 9 at age 100. Her funeral was held August 13.

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.

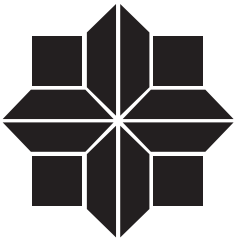
Card shower for Jim & Dorothy Schwab

We are planning a surprise card shower for Dorothy and Jim Schwab's 61st wedding anniversary on September 17th!

Send cards to:

9902 University Avenue

Cedar Falls IA 50613



FIRST UNITED
METHODIST CHURCH

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Cedar Falls, Iowa 50613
Phone: 319.266.1713
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www.aboutfirst.com

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First United Methodist Church, Cedar Falls

Worship (beginning Sept. 11)

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

Television

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

Our Pastors

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

Staff

(in alphabetical order)

Sam Barr, Transformation Music Coordinator
sam.barr@aboutfirst.com

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

John Bentley, Head Custodian

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

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

Haleigh Derhammer, Middle School Youth
youth@aboutfirst.com

Carol Dick, Grief Support Coordinator
cdick@cfu.net

Jenna Engel, Christian Education Coordinator
jenna.engel@aboutfirst.com

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katie.greuel@aboutfirst.com

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patricia.harkin@aboutfirst.com

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bevan.lucas@aboutfirst.com

Lorin Schofield, High School Youth
youth@aboutfirst.com

Jane Wyckoff, Parish Visitor Coordinator