

First Congregational UCC

TIDINGS

A weekly newsletter for our
church family and friends
January 31, 2024



No matter who you are or where you are on Life's journey, you are welcome here!



PULPIT SUPPLY

Thank you to Rev. David Glenn-Burns for providing the message last Sunday, to Gina Greene for serving as worship leader and to Craig Mahood for giving the mini message.

You can watch the service by clicking on the picture of Rev. Glenn-Burns.



This Sunday, we welcome back to our pulpit Rev. Pat Geadelmann. Seth Chronister will be our worship leader and Diane Highnam will provide the mini message. Since it is the first Sunday, communion will be celebrated.

IT'S TIME TO CELEBRATE
WITH
THE SOULS OF DIXIELAND JAZZ BAND

JAZZ SUNDAY

FEBRUARY 11, 2024
AT
WATERLOO FIRST UNITED METHODIST CHURCH
WITH
FIRST BAPTIST & FIRST CONGREGATIONAL UCC
614 RANDOLPH, WATERLOO, IA 50702

JAZZ SUNDAY

February 11th is Jazz Sunday when we will be joining worship at First United Methodist Church (614 Randolph Street, Waterloo) **at 9:30 a.m.**

There will be no services at First Congregational UCC that Sunday. Our choir, plus the choirs from First Baptist and First United Methodist will be part of this festive pre Lenten service.

All are welcome.

TAKING CARE OF FAMILY...

- ~ Prayers of comfort for Pat Brock and family. Pat's father passed away January 18th.
- ~ Prayers for Robert Dew who is recovering from hip surgery at Harmony House.
- ~ Prayers of recovery for a friend of Karen Dew who took a fall.
- ~ Prayers for AJ Paige who is recovering from a hospital visit for bronchitis.
- ~ Prayers for Craig Jensen who had knee replacement surgery last week and is recovering at home.
- ~ Please remember Erin Brock-Medhus and family in your prayers as she had a double mastectomy on January 18th. She is recovering at home and appreciates all those who have signed up to help with meals. If you would like to select a date to help, you can find more information by clicking [HERE](#).

YOUTH NEWS

- ~ Youth will meet at Kimball Avenue UMC this Wednesday night from 5:30-7:30pm. In February the youth will meet at First Baptist.

PANTRY: "FILLER' UP"

Thanks to all of your support the 4 little pantries were filled last Friday. And as hunger continues - it is time to restock for February. If you would like to be involved in sorting or delivering for the pantry- just let Gina Greene know. Thank you.

MAKE A DIFFERENCE MONTHLY

LoveINC is collecting baby essentials (Wash, Lotion, Wipes, Bottles, Sippy Cups, Bibs, etc.) for the month of February. We have a box in the Crossroads to place donations. Thank you for supporting this worthwhile organization!

WORSHIP LEADERS AND MINI-MESSAGE PRESENTERS:

Thank you to those who have volunteered to be a worship leader or give a mini-message! We are blessed to have so many members give their time in this way and we would like to invite others to assist in these roles. Please let me know if you would be willing to participate in this opportunity.

- ~ Michelle (fcuccoffice@gmail.com)
Office Manager



Please join us for our annual Ash Wednesday service on February 14, at 6:00 p.m. Rev. James Altenbaumer will lead the service with the Chancel Choir leading the congregation in Holden Evening Prayer. Imposition of ashes will be offered for those who would like to participate. This is always a meaningful and solemn introduction to the Lenten Season, a season for reflection and spiritual renewal.

IMMERSE CLASS

An Immerse Class will be held here at FCUCC on Saturday, February 10th. More details to come.

CONTRIBUTION STATEMENTS

End-of-year 2023 giving statements were mailed out last week. Please contact Michelle in the office with any questions.



THREEHOUSE MINISTRY MEETING

The Art of Listening can be an amazing gift to others. The Listening Post is a ministry of ThreeHouse on the UNI campus where staff and partners are there to hear what someone may need to say (not to offer counsel or advice).

Are you interested in taking part or learning more? You are invited to an informative meeting at ThreeHouse Collaborative Campus Ministry (2422 College St. Cedar Falls) on **Thursday, February 1st at 4:30pm.**

Information, Findings so far and Hopes for the future.
Light refreshments provided.

EMOTIONAL SANCTUARIES: How Faith Communities Can Promote Mental Health (Keynote & Presentations)

Sunday February 4, 2:00 PM-4:00 PM

(Waterloo Center for the Arts, 225 Commercial St, Waterloo)

Keynote Speaker, Dr. Sharon Duclos (Peoples Community Health Clinic, Waterloo)

Keynote Address: "Mental Health Resources for Moderate-Severe Illness, Regardless of Income"

**** Free & Open to the Public ****



FOOD BANK VOLUNTEERING

We had a fun time last week bagging over 1000 bags of penne pasta! We would love to have you join our group of volunteers at the Food Bank. Our next date is February 27th from 6:00 - 8:00pm. Hope to see you there!

LIFELINE SCREENINGS IS COMING BACK TO FCUCC NEXT TUESDAY, FEBRUARY 6TH.

•Did you know 80% of strokes are preventable according to the American Heart Association? Life Line Screening provides valuable health screenings to detect the risk of stroke and cardiovascular disease. They'll be here on February 6th and are offering a special price for our members. Pre-registration is required so sign up now by calling (866) 964-1386.

•Appointment times are filling up! Please don't miss your chance to make your appointment today before the event is full!

4 Vital Screenings for \$149

- Carotid Artery Ultrasound
- Peripheral Arterial Disease
- Atrial Fibrillation
- Abdominal Aortic Aneurysm

To register for your appointment and receive the special discount, please call

866-964-1386



Create an endowment of love. Please consider including our church in your estate planning.

F I R S T C O N G R E G A T I O N A L U C C

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608 WEST FOURTH STREET
WATERLOO, IOWA 50702

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