

# Congregational Tidings

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



A weekly newsletter



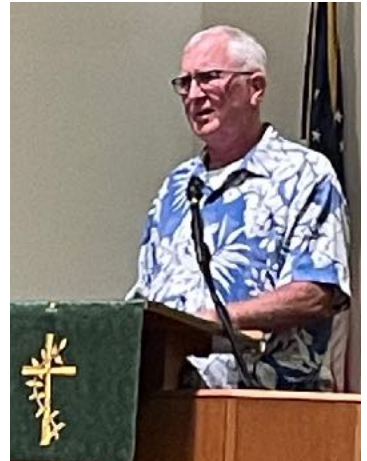
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August 31, 2022

## PULPIT SUPPLY

Thanks to Greg Hoekstra for preaching, Gina Greene as worship leader, and Laurie Allbaugh for the children's lesson this past Sunday.

This coming Sunday, Rev. Clark Kilgard was scheduled to preach for us. However, he fell off his bike on Monday and underwent surgery, so we wish him a quick recovery. John Mardis has graciously agreed to fill the pulpit at the last minute and Pat Brock will be our worship leader with Kay Leary leading the children's lesson. Our choir section leaders, Joley Seitz and Lauren Leman will be providing special music.



## RALLY DAY AND FALL PROGRAMMING

Woohooo--Fall is around the corner, and folks are busy getting ready! Good things are happening at First Congregational! Plans are in place for Pre-COVID scheduling of Sunday School and many activities and opportunities are in the works! Rally Day is our big kick-off for Fall and the Church Year.

The choirs have begun to rehearse for September 11 worship under the direction of Luke Overton, our director of music. Abbie Chronister, our director of youth, has been busy with curriculum and recruiting teachers for Sunday School, which will resume at our pre-pandemic time of 9:15 for coffee, juice, and pastries. There will be a gathering for young and old in the chapel for fellowship, song, and shared mission. Worship will be at 10:30 with Rev. Brad Braley preaching. Lunch will follow with a fish fry and another meat alternative. (Thanks Tim Ahrens and the Board of Spiritual Growth & Programs - RE board.)

We look forward to being together again after the relaxing days of summer!

~ Anne Hoekstra

# TAKING CARE OF FAMILY - PRAYERS FOR...



- ~ Bob Tefft who is now at the Deery Suites in Cedar Falls doing rehab and is reported to be recovering nicely.
- ~ David Young, who continues his 7 week radiation treatment series at Mayo Clinic.
- ~ Colleen Peirce and her family, as she has entered hospice care.
- ~ Karen Dew who is facing rotator cuff surgery.
- ~ Diana Paige, who may have a skin graft surgery yet this week but continues to leak CSF fluid. She is currently in Iowa City and optimistically reported on Facebook, "My faith is stronger than my fears."
- ~ Todd Ellison who has been under treatment for nearly 5 years for his diagnosis of metastasized kidney cancer. We are so grateful for his treatments and his vitality!
- ~ Debbie Prescott, who is recovering at home from hip replacement surgery last week.
- ~ Rev. Clark Kilgard, who suffered a broken hip this week from a bike fall.

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## BUILDER'S CIRCLE BREAKFAST FOR HABITAT FOR HUMANITY

The 2022 Builder's Circle Breakfast for Habitat for Humanity will be held Sept. 21st from 7:30-8:30am and we'd love to have you join us. This event creates a space to learn more about what Iowa Heartland Habitat for Humanity is doing on an individual and community level and will give you an understanding of the hope that having an affordable stable home provides for individuals, families and neighborhoods. We will ask that you consider being a deep and impactful investor for Iowa Heartland Habitat for Humanity. If you are interested in this great event or have questions - please let us know and we will get you more information. Our RSVP deadline is September 7 so please respond soon! Thanks for considering.

~ *Gina Greene and Laurie Allbaugh*

## FREE NAMI PEER-TO-PEER CLASS

NAMI Peer-to-Peer is a free 8-week mental health and wellness class led by trained peers for people with mental health conditions to help with their recovery. It offers respect, understanding, encouragement, and hope while building on the strength and resilience of participants.

**It will be every Thursday from 6 to 8 pm starting September 22 through November 10 here at First Congregational Church.** Call Leslie Cohn, NAMI director, at 319-830-6448 if you have questions or want to register for the class. Everything is confidential. *The deadline to register is September 8.*

## CEDAR VALLEY CROP HUNGER WALK = SEPTEMBER 25, 2022

In 2022, we will continue to fight against disease, disaster, displacement and other challenges that leave people hungry. Registration is open. Join with us as we raise funds to help neighbors near and far get the meals they need for today and sustainable food security for tomorrow! Go to [crophungerwalk.org](http://crophungerwalk.org) to sign up or register a team.



**Childcare:** As a reminder, there will be NO childcare provided for the Sept. 4th worship service.

**Wednesday Night Groups** will resume starting September 14th from 6pm-7pm. We will be alternating weeks as far as age groups go. Sept. 14th will be Pre- / Elementary School, and the following week (Sept.21st) will be Middle / High School. Go to <http://www.firstcongucc.org/youth.html> for more info and the full schedule!

**Sunday School** will resume September 11th. Gathering with time for fellowship will be at 9:15am, followed by time to be together as an intergenerational community at 9:30am, and then 9:45am-10:15am will be age-specific faith formation. See you there!

**Youth Director Time Off:** Abbie will be taking time off from August 29th to September 4th. Please contact Office Manager Michelle during those dates, and she will get you connected with the appropriate party!

**Do you have window curtains to spare?** We're looking to spruce up the Murphy Youth Room as well as dampen some of the echo. Do you have any curtains you're looking to get rid of? Able and willing to make new curtains? Something else? Let [abbie.youthdirector@gmail.com](mailto:abbie.youthdirector@gmail.com) know if you have any leads or ideas.

### THREE HOUSE MINISTRY

Our Board of Spiritual Growth and Programs served hamburgers last Sunday evening for a WELCOME BACK event for UNI students.



### BACK TO SCHOOL PRAYER:

Dear God, Thank you for the gift of children. Please watch over them as they go back to school. Keep them safe and help them to remember that you are right there with them in the halls and classrooms.

Help them soak up knowledge. Help them treat others with kindness and respect, and to guard their hearts with the armor of Your Word. Give them joy and peace as they put their trust in you.

**Amen.**

## COMING SOON!

The group **Walk the Walk ... Talk the Talk** will be reborn this fall! Anyone can join the group. Every Sunday afternoon the members will receive a list of prayer requests (gathered during church, Tidings, personal contacts, etc) and all week the participants will include these prayers in their meditation time while walking. Participants can walk alone, with a partner, or in a larger group...however you prefer to do your daily exercise! Participants will log the number of minutes they walked during the week and will report in on Saturday evening (by email, text, phone call). The minutes will be totaled together and we will keep a running (or more accurately ... a walking) log of how many minutes our group has collectively spent Walking the Walk while Talking the Talk! It's a win-win kind of a group. Your body will appreciate the exercise and your spirit will appreciate the time spent in prayer! Contact Diane Highnam if you have questions (319-240-2849).

**COME TO CHURCH ON RALLY DAY SUNDAY (SEPTEMBER 11) TO SIGN UP!**





# September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				5:15pm Bells 6:45pm Choir  ( <--- Abbie Gone 08/29 - 09/04 ---> )		
4	5	6	7	8	9	10
10:30 Worship  (Abbie Gone)	Labor Day (Office Closed)		3 - 4:30pm Job Foundation	5:15pm Bells 6:45pm Choir	( <- Discovery Weekend -> ) September 9 - 11, 2022	Ayanna Gregory Event
11	12	13	14	15	16	17
9:15 Sun. School 10:30 Worship Rally Day Discovery Wknd	6:30pm Job Foundation  ( <--- Office Closed 09/08/22 - 09/14/22 ---> )	7:00pm Common Meeting	3:00pm Job Found. 6:00pm Youth 7:00pm NAMI	5:15pm Bells 6:45pm Choir		
18	19	20	21	22	23	24
9:15 Sun. School 10:30 Worship	6:30pm Job Foundation		3:00pm Job Found. 6:00pm Youth	5:15pm Bells 6:00pm NAMI 6:45pm Choir		8:30am - 3pm (Habitat Build)  12:30 Girl Scouts
25	26	27	28	29	30	
9:15 Sun. School 10:30 Worship  Crop Hunger Walk			3:00pm Job Found. 6:00pm Youth	5:15pm Bells 6:00pm NAMI 6:45pm Choir		
( <--- Office Closed 09/26/22 - 09/29 /22 ---> )						

## Birthdays

<b>1</b>	<b>13</b>	<b>24</b>
Craig Driver	Paul Greene	Liam Craig Backens
<b>4</b>	<b>15</b>	<b>25</b>
Barbara Hatinger	Stephanie Peters	Shelli Panicucci
<b>6</b>	Kate Thuesen	Courtney (Rickert)
Charlotte Backens	<b>21</b>	McCaffrey
Liz Thorpe	Craig Wells	<b>26</b>
<b>9</b>	<b>22</b>	Jackie (Dahlgren)
Abbey Athey	Stan Mingus	McAllister
Ruth Brower	Stewart Rickert	<b>27</b>
<b>12</b>	<b>23</b>	Zoie Lynne Casteel
Japhy Holt	Sara (Rickert) Faust	<b>28</b>
Hannah Prescott	Zoe Panicucci	Jacquelyn Eden
Kaden McConnell		Dave Vandeventer

## Anniversaries

<b>1</b>
Tom & Jane Wells
<b>2</b>
Greg & Michelle Holt
<b>5</b>
Gordon & Beth Lauterbach
Paul & Hannah Prescott
<b>16</b>
Craig & Nancy Mahood
<b>20</b>
Ed & Eileen Dams
<b>22</b>
Rich & Janice Akin
<b>29</b>
Bob & Joanne Tefft

First Congregational UCC  
608 WEST FOURTH STREET  
WATERLOO, IOWA 50702

# Congregational Tidings

Place  
Stamp  
Here

*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

## \*\* END OF SUMMER CHURCH EVENT \*\*

**What:** Kayaking

**When:** Sunday, September 18, 2022

**Time:** 2:00-4:00pm

**Where:** Big Woods Lake, South Parking Lot, NE Corner at the Kayak Launch

**What to bring:** Bring a Kayak or Canoe and your life jacket.

**Other things to bring:** Water bottle, sun screen, bug repellent, clothing for wet adventures.

**Afterwards:** Meet at Gary Waldon's deck for refreshments, 823 Oak Park Blvd, Cedar Falls.

**Please let Michelle ([fcuoffice@gmail.com](mailto:fcuoffice@gmail.com)) know if you would like to participate by Tuesday, September 6th if you are kayaking and attending the refreshment time afterwards.**

