

first Edition

A bi-weekly publication of the First United Methodist Church



Vol. 36, Issue 4, February 16, 2011
Looking Ahead in Worship...

February 20, 2011
7th Sunday After the Epiphany
Youth Sunday & Holy Baptism
Services at 8:00, 9:15 & 10:30 am

Scripture

Matthew 5:38-48

Sermon

Turning

Youth Group

Music Ministry

@ 8:00 a.m. Cornerstone Service

Lord, I Want to Be a Christian

arr. by Joyce Marner

The Wesley Chimes

@ 9:15 a.m. Sanctuary Service

How Great Is Our God and

Your Grace Is Enough

The Youth Worship Band

@ 10:30 a.m. Koinonia Service

Mighty to Save and Lord Reign in Me

The Youth Worship Band

Lord, I Want to Be a Christian

arr. by Joyce Marner

The Wesley Chimes

February 27, 2011
8th Sunday After the Epiphany
Holy Baptism
Services at 8:00, 9:15 & 10:30 am

Scripture

Psalms 131, Matthew 6:24-34

Sermon

Stewards of God's Mysteries

Rev. Dr. Barrie Trittle

Music Ministry

@ 8:00 a.m. Cornerstone Service

Canticle by Donald E. Allured

The Jubilation Ringers

Prelude from Cello Suite No.1 in G Major

by J. S. Bach

Jesse Helgerson, viola

@ 9:15 a.m. Sanctuary Service

Salt and Light and *Enough*

The Sanctuary Band

@ 10:30 a.m. Koinonia Service

Canticle by Donald E. Allured

The Jubilation Ringers

Prelude from Cello Suite No.1 in G Major

by J. S. Bach

Jesse Helgerson, viola

For the Beauty of the Earth by John Rutter

The Chancel Choir

Thrive: Living the Life

During the season of Epiphany, we reflect on how the Good News of Jesus is to be lived by us as followers of Jesus and shared with others. How are you doing at living the Life? Are you thriving or simply getting by or struggling to live the life of Jesus?



At the beginning of January, we encouraged everyone to pick up the bible and begin reading the New Testament in the first 90 days of the year. How is it going? Kae and I caught back up in our reading because as we traveled Kae read aloud. It is interesting how many things you have read before catch your ear or eye and bring the life of Christ to new light. It is important to learn who Jesus is so we can more fully follow him.

Be encouraged in your walk with Jesus. Know that he is with you always and deeply loves you. Lent is almost here and our theme for Lent will be *Fearless: The Courage to Question*. Let us continue the journey of learning about Jesus and ask the tough questions so that we may become the Disciples God is calling us to be.

In Christ's Service,
Pastor Barrie Trittle



EASTER LILY ORDERS

Orders for Easter Lilies to be displayed on Easter Sunday in honor or in memory of a loved one are being taken from now until April 10. Each lily ordered is \$15.00. Ordering envelopes are located at each of the church entryways as well as behind the Sanctuary. To order a lily or two please fill out the ordering form and place your check inside of the envelope (made payable to "First United Methodist Church"). You may place your completed form in the offering plate on Sunday, drop it by the church office, or mail it to the church's Business Office. After the lilies have been displayed during our Easter Sunday Services, they may be taken home following the services. Those not taken will be delivered to our home-bound and nursing home members.



Invitation – Young Couples Social Gathering

On Saturday evening, March 5, Pastor Barrie and his wife Kae are hosting a social time for Young Couples of our church. This is a time to meet, greet one another, and to get better acquainted. Light refreshments will be provided. Please join us for this social time from 5:30 pm to 7:00 pm in the new Gathering Space and Upper Room.

Ecumenical Sunday - January 24

We express appreciation to our team of volunteers who set up and provided a wonderful soup lunch for our pulpit exchange with St Mary's Catholic Church. Ecumenical Sunday is a time for the church to celebrate a week of prayer for Christian unity. The theme for this week was "They devoted themselves to the apostles' teachings and fellowship, to the breaking of bread and the prayers" from Acts 2:42. It was very appropriate for us to join together and celebrate with our Brothers and Sisters of St. Mary's Parish. We thank St Mary's for their hospitality



A special thank you to Sue Mullins and her team for the beautiful altar display.

to Pastor Barrie Tritle as he preached at their 11:00 service and we welcomed Father John here as our guest preacher for our 10:30 service.

Whenever we come together it is good for the kingdom of God and also points out some of our common practices as well as some of our differences. It also reminds us the need to teach more of who we are and what we believe. One question from

Father John's sermon that has been raised is "So what do we believe about abortion?" For a full understanding of our official position, I refer you to our Social Principles that are found in our Book of Discipline paragraph 161 section J Abortion. If you would like a copy of this section they are available in the office or you may go online and read it at <http://archives.umc.org/interior.asp?mid=1732>.

UMW Pledge Service



Due to inclement weather on Feb. 2nd, the UMW Unit Pledge Service/Luncheon was postponed and has been rescheduled for Wednesday March 2, at noon.



The EEC board meeting will be at 9:30 a.m. The locale of these two events has not been determined. You will be notified as soon as possible. If you have any questions, you may contact your circle leader or any EEC board members.

Orientation Session for Prospective Members

Pastor Barrie will be meeting with anyone interested in becoming a member of Iowa City First UMC on Sunday afternoon February 20 from 2:00 pm until 3:30 pm. We will review what membership means, some history of the United Methodist church, and our theology. At 3:00 pm several staff members will come and share about ministries happening at FUMC. You are invited to attend and explore membership here at FUMC. If you plan on attending and need child care please contact the church office.



FREE LUNCH



We are again serving Free Lunch at the Wesley Center on February 22. Please consider contributing food (vegetarian lasagna, cans of green beans or a desert) to serve that day or by being there to help serve the lunch. You can drop off cans of green beans anytime at the church office (and many thanks for your very generous contributions of those – they are a popular item for lunch). If you would like to help on November 23, please call Pastor Jonathan at 338-5075.

Thank you for your help with this important ministry!

NAMI Family-to-Family Classes

Family to Family class began Sunday, Feb 13, 2011, and you may still enroll up until February 27. **Family to Family is an Education Program** for family members of close relative with:

- Major Depression
- Borderline Personality Disorder
- Schizophrenia and Schizoaffective Disorder
- Panic Disorder and Obsessive Compulsive Disorder
- PTSD
- Co-occurring Brain Disorders and Addictive Disorders

The NAMI Family-to-Family Education Program is a **12-week series of classes** designed specifically for family members and close friends of persons diagnosed with serious mental illness. There is no cost to participants.

The course covers information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder, obsessive compulsive disorder, and PTSD. Keep in mind that the course is not appropriate for individuals who, themselves, suffer from one of the major mental illnesses. The course also addresses coping skills such as handling crisis and relapse, basic information about medications, listening and communication techniques, problem-solving skills, recovery and rehabilitation, and self-care around worry and stress.

The curriculum has been written by an experienced professional, and the course will be taught by NAMI-Johnson County family member volunteers who have taken intensive training as course instructors. For more information or to register, call the **NAMI Johnson County at 319-337-5400 or the trained teachers June Judge 319-351-8694 or Marva Abel at 319-321-1383.**

Ushers & Greeters



Would you like to be one of our greeters or ushers for the Sanctuary Service? Please do not hesitate to contact Samuel Kwok!

Summer Camping at Iowa Conference Sites

- Summer camps beginning June 5; ending August 16
- Programs offered for ages 5 years to Adult
- 3 sites: Okoboji, Wesley Woods, and Pictured Rocks
- Scholarships available



For more information see Rev. Patte



Easter Lily Order Form



If you would like to place an order for an Easter Lily to be placed in the Chancel area in honor of a loved one or in celebration of the season, please indicate your order and place the form and payment in the collection plate or call the church office at 337-2857. **The deadline for ordering an Easter Lily is April 10.**

Cost: \$15.00 Quantity:

In Memory/Celebration (please circle) of: _____

Given By: _____

Will Claim Plant(s) After the Season: Yes No

(Plants left after Easter services will be donated to Care Facilities/Shut-Ins)



Remember, we held our **Mission Market** the first two Sundays in December and there was someone who was supposed to report on the results. That would be me. But I feel it has just been too cold and snowy to be emailing; that's my excuse and I'm sticking to it. I want to thank those on the team: Doug Herman, Linda Watkins, Deborah Hannen, Jon & Judy Cryer, Vona Robertson, Shirley Stephens, and... did I forget anyone? We raised \$405 for PET, \$1345 for Heifer Int'l, \$655 for Self Help Int'l, and \$180 for Church World Service. Total: \$2585. Thank you. But we can do better, and dig deeper in 2011. This is our hope for "justice" in our world. *Jan Herman*



Growing in Health & Wholeness:

Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, read nutrition labels and base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Select and purchase foods lower in salt/sodium.
- Keep an eye on your portion sizes.

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.

For healthy ambulatory adults: 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (e.g. brisk walking) **every week** plus muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) **on 2 or more days a week.**

OR:

An equivalent mix of moderate and vigorous-intensity aerobic activity **and** muscle-strengthening activities on **2 or more days a week** that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) is a reasonable goal.

10 minutes at a time is fine!

150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to **spread your activity out during the week**, but you can **break it up into smaller chunks of time during the day**. As long as you're doing your activity at a moderate or vigorous effort for **at least 10 minutes at a time**.

Give it a try

Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity. Let it be a one week experiment, and see if you notice any benefits. Obviously, if you feel worse, or notice any concerning symptoms, contact your health care provider.

~from the Center for Disease Control

Our one and only body! Let's treat it with love.

Sage River

Parish Care Ministries





Knitting Club for International Women



A knitting club for women from around the world has been organized by a UI student group to both teach knitting and crocheting skills and offer their finished projects to area agencies benefiting those in need. The club meets on Mondays from 1:00 to 2:45 at New Life Community Church, 106 2nd Ave. Coralville.

The club is greatly in need of supplies: Yarn, needles, and hooks of every size, and any other related materials

You are also invited to join the club and help teach or learn yourself. This is a great opportunity to meet other women from many different countries and help provide things like mittens, hats, and scarves to those who the Crisis Center, Shelter House, and other agencies assist.

Your donations will be collected in a box located in the courtyard entry. Thank you for helping! For more information see Rev. Patte.

New FAMILY to FAMILY Class offered by the Johnson county NAMI.

When: Sundays, 5:30 to 8:00 p.m.

Where: Lepic-Kroeger Building, 2346 Mormon Trek Blvd.

What: A FREE course for families of individuals with severe and persistent mental illness.

Information: Marva Abel, 319-321-1383 & June Judge, 319-351-8694

AFFINITY GROUP NEWS

What is an Affinity Group? It is a group of people who collectively pursue a common interest. And, at First United Methodist Church, there are several such groups covering a variety of interests.

The Hiking Affinity group will become The Snowshoe / X-C Ski group throughout the winter months. Maybe the snow will last into Spring! If you are interested in joining us, contact Bruce Tarwater at 325-7595 or bruce-tarwater@uiowa.edu.

Books and Bagels will meet February 20 at the home of George and Ida Belle Paterson, 1406 Compton Place. We are reading *Sarah's Key* by Tatiana De Rosnay. Come join us for the discussion. Call George or Ida Belle (338-3186) to RSVP or for directions.

Please consider joining one of these Affinity Groups.

Group Theme

Senior Friendship
& Support Group
Bicycling Affinity Group
Bluegrass
Books And Bagels
Doers of the Word
Dorcas Group
Environmental Action
Families with Children
Films For Fun 'N Faith
Flames Softball Team
Hiking Affinity Group

Contact Person

Sage River (sage-river@icfirstchurch.org or 354-5484)
Jan and Jim Down (jjdownic@mchsi.com or 354-1820)
Maynard Smith (maynards@q.com or 337-9901)
Betty Mitchell (354-1225) or Nancy Johns (njohns@q.com)
Sue Mullins (339-0984) or Linda Fink (338-2860)
Bernie Mulford (337-6680)
Mark Madsen (mark-madsen@uiowa.edu)
Tricia Ross (351-0823)
Lou Crist (338-5014)
Jane Driscoll (JDRISCOL@aol.com)
Bruce Tarwater (bruce-tarwater@uiowa.edu or 325-7595)

6-Word Essay on Race

A church member recently shared a website with me where a contest was being offered, in honor of Rev. Martin Luther King, Jr., to submit a 6-word essay on "Race." The essay was to describe how race had impacted a person, or to share one's interpretation of the word "race."

I challenged the Church School children to come up with an essay together and after much conversation and deliberation we decided on the following:

Race makes us different, not unequal.

I submitted this on their behalf and received not only praise for our wording but a premiere place on the website. See our entry and those of others at <http://michele-norris.com/the-race-card-2/>





Feb 16

Bob Hall
Sonja Zeithamel
Allie Dane
Harvey Miller
Janis Mendenhall
Rini Hudachek

Feb 17

Phyllis Vesely
Melissa Wilson

Feb 18

Shannon Hammer

Feb 19

Irene Klinzman
Jerry Schump
Mark Sadewasser
Megan Hosseini

Feb 20

Harold Schenk
Willa Jones
Adam Loops
Jon Lundquist

Feb 21

Kenneth Moss
Marcia Akin
Jack Ballard
Abigail Carr
Jackson Burk

Feb 22

Rex Daubenberger
Char Wheat
Dan Vonderhaar
Jordan Sherwood
Austin Geasland

Feb 23

Barrie Tritle
David McCurry
Deb Stumme
Kristin Beckman
Elizabeth Zeitler

Feb 24

Dennis Boelk
Deborah Hannen
Felipe Carrasco

Feb 25

John Marshall
Diane Goldsmith

Feb 26

Joyce Stoddard
Harold Willingham
Dan Craig

Feb 27

Rachel Ireland
Vona Robertson
Eleanor Engen
Stephanie Lundquist
Nick Thorn
Joseph Cress

Feb 28

Audra Haddy
Frederica Kenyon
Grant Rustan

Feb 29

Paige Lambi

Mar 1

Barbara Lundquist
Tom Cribbs
Jeff Flermoen
Angie Serovy



Our History Committee invites you to share your digital pictures with us of our Stained Glass windows. We

are planning on creating a book of pictures with explanations that will celebrate our beautiful stained glass windows. We need your help in gathering photos. We need them in digital format and with your permission to use them for this book. Please bring them or send them to the office.

I would also like to express on behalf of the History committee and the church a heartfelt thank you to Ilene Hammond who has served as our Historian for 25 years. Over the next couple of years she hopes to welcome others into the History Committee and to welcome someone into the role of Archives as she moves to a less active consultant role with our committee. If you are interested in helping our history committee out with our variety of projects please contact me.

*In Christ's Service,
Pastor Barrie Tritle*

**DIRECTOR
of WORSHIP
& MUSIC**



**Share Your God
Given Talent!**

Many thanks to the Children's Choir for singing last Sunday! Special thanks to Michael Davidson for playing a beautiful piano accompaniment. We are very thankful that we have such a great musician with us!



I would like to thank all the performers and those who attended our Family & Friends Concert last Sunday. What a special afternoon we had with so many talented friends sharing their performing gifts! Special thanks to Liz Swanton for making the posters and Janica Kwok for monitoring the sound system. We have many talents here in FUMC! If you want to sing or play a solo, duet, trio, quartet, quintet, sextet, septet, octet, or nonet in our worship services, please do not hesitate to share your God given talents with us!

All of our musical groups are preparing Lenten and Easter music. I highly encourage you to join one of our ensembles. We are also planning new songs and hymns for the coming quarter. I'd love to hear your feedback. I look forward to worshipping with you every Sunday in FUMC! May God's peace and joy be always with you and your loved ones!

*Your brother in Christ,
Samuel*

Check out some photos from the Family & Friends Concert on Feb 13 on the back page.

Take time to pray - Our Church Family

We Celebrate With:

- Kiersten & Blanchard Onanga, on the birth of their daughter, Ameliah Martha Regina, on February 6. We welcome this new life into the world!
- Dion & Linda Baylor on the baptism of their son, Jaden Dion Baylor, last Sunday. It is with joy we welcome him into the Body of Christ and into our Faith Family.

We Pray For:

- The family and friends of Joy Tallent, who died at her home on February 1. A Memorial Service was held at Oaknoll on February 12, and we hold all her family and friends in our prayers.
- Those from our congregation whom we know to be hospitalized:
Mercy: Rachel Ireland
- Those recently discharged: Jack Yanaush
- All those in need of continued healing including:
Becca Wright, whose grandfather died of esophageal cancer last week,
John Lennarson, wife of Sherri, and son-in-law of Lorna Cress, as he recovers from brain surgery in AZ,
Phillip Hagen, friend of Wilma & Larry Retigg, who suffered serious head wounds from a car accident,
Eric Renz, brother of Patte Henderson, as he continues his recovery from surgery,
Johnny Stevens, grandpa of Jenny Becker, as he undergoes tests to rule out bone cancer;
Craig Millard, brother of Lynnda Millard-Sanborn, as he recovers from a heart attack,
Allison Johnson, daughter of Cinda & Bill Tanner, as she is being treated for breast cancer,
Vicki Burketta, friend to many in the congregation, whose cancer has returned,
Melissa Olsen, granddaughter of Darlene Hoskinson, who is hospitalized with an eating disorder,
Martha Roesch as she continues her recovery from a fall at home at the Solon Assisted Living Center,
Skyler Moss, son of Sonya & Steve, undergoing testing to rule out further cancer,
Cathy Nelson, co-worker of Judy Best, whose son, James, became lost in the Colorado mountains, while hiking,
Marlys Starha, mother of Danette Frauenholtz, who is undergoing chemotherapy for Stage 4 lung cancer in Richmond, VA,
Sharon Campbell, who is suffering from an aggressive bone cancer; Sharon is the aunt of Sherry Mars,
Ron Krueger, friend of Connie & Jim Olson, as Ron undergoes treatment for lung cancer,
Chris Clarke & Jennifer Parrish, friends of Kirk & Ann Perreau, as Chris recovers from a recent stroke,
Michael Flynn, friend of Cindy Cobb, as he is treated for Stage IV cancer,
Ginnie Woodard, who has been diagnosed with adenocarcinoma; she is a friend of Matt Downen,
Danelle Beckman, sister of Mitch Beckman, who is recovering from surgery for thyroid cancer,
Mitch Beckman's father Ray, who is receiving treatment for Stage IV lung cancer,
Barbra Johnson, friend of Jan Vaught Brezina, as she undergoes chemo and radiation for breast cancer in Kansas City,
Chris Goodale, friend of the Zierke's, as he recovers from Non-Hodgkin Lymphoma,
Steve Wade, brother of Terri Wade, who is receiving chemotherapy for Stage III colon cancer,
Carolyn Kirkman, granddaughter of a friend of Doris Hughes, undergoing treatment for colon cancer,
Conan Dalton, brother-in-law of Jennifer Ballard, who has an inoperable brain tumor,
Jan & Ken Moss at home, and all those in our congregation who are homebound or residing in nursing homes or extended care facilities.
- Those serving in our military:
Nathan Bontrager, son of Carol Bontrager, serving in Afghanistan,
Joshua Klinzman, grandson of Derrill & Irene, deployed to Afghanistan,
Martin Roerman, serving in Afghanistan; Martin is the husband of Angie, and father of Kaitlyn, Dan, Meredith, and Anna,
Chris Rew, son of Terry & Sue Rew, who is deployed to Afghanistan with the National Guard,
Jeremy Hahn, nephew of Judi and Jeff Barta, who is serving in Afghanistan,
Nathan Platz, son of Bob & Kristy Walker, who is now in Virginia,
Joseph Russell, son of Mary Lou Russell, serving in South Korea,
Alan G. Kellogg, son of Gary & Catherine Kellogg, now serving in Iraq,
Chris Miller, son of Harvey & Maxine Miller, who is serving with Army Special Operations,
- The healing of breaking and broken relationships,
- For those struggling with mental illness that they may receive the medical care they need,
- The mission, ministries and staff of First United Methodist Church,
- Bishop Julius Calvin Trimble, East Central District Superintendent David Crow, Field Outreach Minister Jill Sanders, the Iowa Annual Conference, and the Rochester United Methodist Church and Pastor Norm Anderson.
- All those who have been impacted by earthquakes, floods, tornadoes, oil spills, hurricanes and other natural disasters in Iowa, the United States and throughout the world,
- Peace with justice for the world.

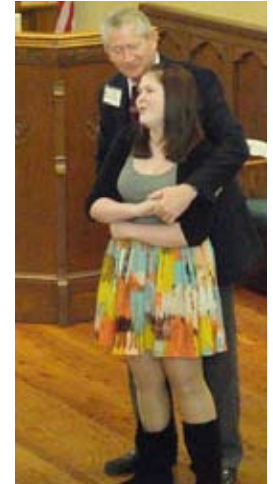
2/6/2011 PRESENCE

8:00	52
9:15	64
<u>10:30</u>	<u>186</u>
Total	302

2/13/2011 PRESENCE

8:00	89
9:15	73
<u>10:30</u>	<u>249</u>
Total	411

FUMC Fine Arts & Lecture Series: Family & Friends Concert February 13, 2011



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Custodian
Teresa Schulte

February 16, 2011

Vol. 36, Issue 4

Radio & Television Ministry: You can listen to a 30 minute radio broadcast of a portion of one of our services on Sunday mornings over KXIC (800 AM) from 9:30 to 10:00 a.m. Our Koimonia Service is broadcast on Public Television Channel 18 on Wednesdays



Return Service Requested

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