

first Edition

A bi-weekly publication of the First United Methodist Church



Vol. 36, Issue 3, February 2, 2011
Looking Ahead in Worship...

February 6, 2011
5th Sunday After the Epiphany
Holy Communion
Services at 8:00, 9:15 & 10:30 am

Scripture

Matthew 5:13-20

Sermon

Salt for the Earth

Rev. Jonathan Fell

Music Ministry

@ 8:00 a.m. Cornerstone Service
Here I Am, Lord by Dan Schutte

arr. by Samuel Kwok

Samuel Kwok, piano

@ 9:15 a.m. Sanctuary Service
Salt and Light by Jan and John L'Ecuyer

The Sanctuary Band

@ 10:30 a.m. Koinonia Service

Here I Am, Lord by Dan Schutte

arr. by Samuel Kwok

Samuel Kwok, piano

Agnus Dei by Jim Stanton

The Chancel Choir

February 13, 2011
6th Sunday After the Epiphany
Boy Scout Recognition,
Disabilities Awareness Offering
Holy Baptism
Services at 8:00, 9:15 & 10:30 am

Scripture

Psalms 119:1-8, I Corinthians 3:1-9

Sermon

Alignment

Rev. Dr. Barrie Tritle

Music Ministry

@ 8:00 a.m. Cornerstone Service

You Are Lord by Pepper Choplin

FUMC Chamber Choir

@ 9:15 a.m. Sanctuary Service

For the Lord Our God Reigns

by Craig Smith

The Sanctuary Band

@ 10:30 a.m. Koinonia Service

Ubi Caritas by Samuel Kwok

The Children's Choir

The Love of God by Frederick Lehman

arr. by Larry Nickle

The Chancel Choir

Financial Status Update

The Finance Committee is pleased to share with you that we finished 2010 with all bills paid including our Apportionments and had a positive cash balance. We believe this is due to three major factors: 1) Our staff and committees were extremely frugal in spending and stayed below budget in many areas, 2) We had a 97.5% payment on all pledges, which is very good, and 3) We had some excellent extra giving above pledges through the Thanksgiving Offering and special End of the Year donations. Our balance to be brought forward and applied to the 2011 Budget is \$12,188.90.

As we begin 2011 our goal is to have a strong financial foundation with a balanced budget. This goal is difficult because our pledges for 2011 were much lower than hoped for. In 2010 we had 364 pledges for a total of \$728,241.59 which supported along with other funds our budget of \$845,970. As of today we have 347 pledges for a total of \$672,882 towards our previously planned budget of \$851,742. Obviously we did not raise enough to continue doing what we had planned on doing. We had to cut out of the budget a total of \$50,921 so that we would have a balanced budget of \$800,821 that can be funded by our pledges and other income including some fund raising projects and special offerings.

Cont. on pg. 3

Radio Broadcast



For those who are homebound or for other reasons cannot attend Sunday worship at FUMC, we currently offer several alternatives for listening to the service:

- A radio broadcast of the previous week's sermon is aired at 9:30 a.m. on Sunday mornings (with a one-week delay) on KXIC (AM 800) radio;
- Audio files (mp3's) of several previous sermons are posted on the church website for listening through computer speakers; and
- Public Access television (channel 18) re-broadcasts an edited worship service each Wednesday at 2 p.m. and Sunday at 7 p.m.

Cont. on pg. 2

A Message from the Bishop

I remember growing up in church hearing the elders of the church, as well as our Pastor, emphasizing that **prayer was always in order**. There were times when the spirit moved the body of Christ to pause and pray...



- When persons felt a call to ministry
- When the needs of the community were brought front and center, we were reminded that our God is a prayer answering God
- When sickness or death came calling and families were in need of compassionate shoulders and love made real in the church family relationship
- When justice issues went begging for a voice and hands and feet that made real the "Good News" to the poor and advocacy with the marginalized
- When anger and intolerance overshadow hospitality and listening
- When we seem adrift in deep waters of discouragement
- When the main thing ceases to be the main thing...then prayer is always in order!

The origin of the transformational power of the divine is love. If we are to make disciples of Jesus Christ for the transformation of the world, it will happen in powerful ways as an outgrowth of prayer, giving birth to love, and love bathed in the power of prayer.

The East Central District Parish Development Team has initiated an invitation to a "**Season of Prayer**" followed by action. I want to encourage the whole Annual Conference, including friends and neighbors, to a **Season of Prayer**.

- ***Pray for those who do not know the love of Christ and Jesus as Lord and Savior; and those who have not witnessed that love through the church.***
- ***Pray that God's mission for the church would break through and spark revival in our communities.***
- ***Pray that divine love will shape our conversations and collaboration.***
- ***Pray that radical hospitality and doing justice will be part of our Annual Conference DNA.***

I believe that there is a hunger for more humble and humane relationships in our society. I also believe that there are more people who see everybody as a precious soul and treasured child of God.

Join me in a **Season of Prayer**, February 6 - March 7, 2011. God is up to something good in Iowa.

***"I always pray (for you) with joy,
because of your partnership in the gospel."***
~ Philipians 1:4-5

"You have nothing to do, but save souls."
~ John Wesley

***"Much prayer, much power;
Little prayer, little power;
No prayer, No power."***
~ Bishop Julius C. Trimble

Be encouraged,
Bishop Julius C. Trimble

Radio Broadcast, cont. from pg. 1

In the near future, we plan to distribute audio Podcasts of sermons so that listeners can hear (or re-hear) sermons from their portable listening devices (iPods).

The recording, editing and other technical manipulations required for the TV broadcast, mp3 files for the website, and Podcasts are all made possible by the efforts of volunteers and staff. Unfortunately, beyond the volunteer support, the radio broadcasts carry a fee of \$85 per week. A few times each year, generous families sponsor the radio broadcasts, although the great majority of the radio fees take a large bite out of the communications ministry budget.

We'd like to hear from you: with several various media options available, should we continue to support the more than \$4,000 annual expense for radio broadcasts? Do you or a loved one depend solely on the radio program to hear worship services? If so, would one of the other options be a reasonable alternative?

Can You Give Someone a Ride to Church?

Looking for a few volunteers who can take turns giving an FUMC member, who lives on the west side of Iowa City, a ride to and from church on Sunday mornings. If you can help with this, or would like more information, please contact Sage at 354-5484 or sage-river@icfirstchurch.org. Thank you!



Financial Status Update, continued from pg. 1

To cut \$50,921 out of our planned budget we had to do the following: 1) Cut out all planned expansion of programs – what we do will now need to be funded outside the budget and 2) Cut an additional \$35,921 from Program, Administration, Trustees and Staff. This was done by cutting \$2,047 – Administration, \$4,490 – Trustees, \$2,335 – Program, and \$27,049 Staff (SPRC).

This resulted in the Staff Parish Relations making a difficult decision to redistribute the duties and eliminate the position of Director of Discipleship effective June 1st. This position was previously called Director of Children, Youth, and Family Ministry. Pastor Patte Henderson has faithfully filled this position over these three plus years, has contributed greatly to our church, and we thank her for her service. Patte will remain with us until June 1; we ask for your prayers for her and for the church as we go through this transition and care for the ministry in new ways.

*In Christ's Service,
Rev. Dr. Barrie M. Tritle*

HEART HEALTHY SMORGBORD

It's February, which means it is once again time for **The ASP Heart Healthy Smorgasbord!** On Sunday, **February 13**, ASP and Parish Care Ministries will co-host a smorgasbord that is, as always, completely delicious, and will also offer dishes, including desserts, which are especially good choices for heart health!

Recipes will be available on request. All are warmly invited to come down to Fellowship Hall after the last service, and enjoy the meal, and the wonderful fellowship that always happens at smorgasbords here.



UMW BAKE SALE



Find your favorite valentine a sweet treat on February 13 at 11:30AM in Fellowship Hall for the red, white cookies, cakes and sweets bake sale. The UMW will help you find the best that day.

Disabilities Awareness Sunday February 13, 2011

The purpose of this Sunday is to call us as a church along with all churches in the Iowa Annual Conference to increase our understanding of the difficulties faced by persons who have physical and mental disabilities and how we as a church can better serve all people through the love and care of Jesus Christ. We will be taking a special offering that will be used by the Iowa Annual Conference to make grants to local churches in Iowa to help with projects that will enhance accessibility of their church facilities or parsonages, for camperships for persons with disabilities, and for educational events that help local churches better serve all people.

90-Day Reading of the New Testament

How is the reading going for you? Don't worry if you can't read every day; keep up as you can.

Schedule of readings may be found on the website (icfirstchurch.org) or in the church Narthex. Common English New Testament Bibles are also still available for \$5.00.

ASP SUBS

Remember to pick up your ASP Superbowl Subs before noon this Sunday, Feb 6. And, thanks for your support of the crew from First Church that will work in Appalachia this summer.

Pre-orders are still being taken at ken.mullen@mchsi.com or at 541-2741. Turkey, Ham, Cheese, Lettuce, Carrots, Onions -- pick your ingredients. Or go with Veggie and/or Cheese.



Suicide Prevention Workshops

Monday, Feb. 7: 7:00 – 8:00 p.m.
Wednesday, Feb. 16: Noon – 1:00 p.m.

At First Presbyterian Church,
2710 Rochester Ave.
Facilitator: Dr. John Westerfeld, UI
Prof. of Counseling Psychology
Free and Open to the Public!

Growing in Health & Wholeness:



Breathing and Heart Health

February is traditionally **Heart Health Month**, and I wanted to share something a bit different this time. How many of us realize how closely connected our breathing patterns and heart health are? And since breathing is something that is both an involuntary and a voluntary function, we have a lot of control over our breathing patterns. Breathing that is slow, deep and rhythmic causes a reflex stimulation of the body's Parasympathetic Nervous System (PNS). The result is reduced heart rate as well as relaxed muscles. The interdependence of mind and body mean that the relaxation of the PNS directly leads to relaxation of the body.

When the breathing process is slow and deep, it reduces the workload the heart faces. This happens twofold. First, there is greater contact between lungs and the blood, increasing the surface area of operation. Secondly, there is a distinct pressure differential in the lungs. The increased circulation allows the heart a bit of a respite. The heart attains greater strength and operates at an optimum level. Blood pressure and related heart diseases may be reduced as a result of this cardiac efficiency.

Conscious breathing is something you can do anywhere. Deliberately taking a breath helps you restore yourself physically, mentally, emotionally and spiritually. When you are upset, your breathing is likely to be shallow, restricted & fast, but when you are calm, it is deeper, slower & more relaxed. When you practice deep, steady breathing, you can release emotional tension and calm your mind. Try breathing consciously and deeply when you are on hold on the telephone, when things are getting tense, or when sitting at a red light or standing in line.

Proper breathing is particularly important during moments of great anxiety. At times like these, many people resort to chest breathing- the type of big, desperate inhales and exhales that make you rapidly puff up and deflate your chest. To regain healthy breathing during periods of anxiety, you can lie on the floor or on your bed and place your hand on your chest. Using your hand as a gauge, try to reduce the amount of chest movement, while continuing to breathe normally. You don't want your chest to move much; you want the other parts of your body to take over the breathing, using your diaphragm instead of the big chest inhales and exhales. Do this for a few minutes a couple of times a day. As with most things worth doing, practice is important: the more you practice proper breathing when you are not in a stressful situation, the more easily you can put it into practice when you feel anxious.

Deep breathing and other diaphragmatic breathing techniques can be helpful in regulating blood pressure, heart rate, digestion, and other primary bodily functions. According to the American Medical Student Association, abdominal breathing techniques allow the torso cavities to expand, pulling blood into the chest and improving the venous functions of the heart. Healthy powerful lungs are also the result of healthy breathing. Doing this goes a long way in protection against respiratory problems like bronchitis, and our hearts love it.

Breath in, breath out: Say, 'Thank You,'
Sage River, Parish Care Ministries

Senior Affinity Group

Our next meeting will be **Wednesday, February 9th, from 2 to 4 at Walden Place**. As we have been doing for some time now, everyone is invited to bring a small something for snack: a few cookies, some carrot sticks, cheese.... whatever you have on hand, and we will have a pot-luck snack. There is always great abundance, so if it doesn't work for you to bring anything, please don't let that stop you from coming. You are welcome!

Considering the date, I think we are compelled to have a Valentine's theme. If you can, please bring something from a "*Valentine's Day Past*" - a memory, a picture, an actual Valentine you gave or were given- something that you have saved & would like to share with the group, and we will share with one another for the first hour or so.

If you consider yourself a senior, you are warmly welcomed to come! For more information: sage-river@icfirst-church.org or 354-5484.



National Alliance on Mental Illness

2011 NAMI Walk: Changing Minds...One Step at a Time!

Saturday, April 30, 2011 10:00 a.m.

Lower City Park

Last year, FUMC was a Walk Sponsor. Would you like us to be one again? If you would like to contribute to the \$250.00 sponsorship, please let Patte know ASAP. Every \$5, \$10, or \$20 contribution helps make this walk happen. *Let's Do It Again!*

LENTEN DEVOTION BOOK

**Written By and For the Members and Friends of
First United Methodist Church of Iowa City**

Would you like to be a contributor to the 2011 FUMC Lenten Devotion Book? Whether you have done so before or not now is your chance to write a reflection on a particular scriptural text to share with others during Lent.

You've enjoyed reading the scriptural reflections of others during Advent and Lent. Now contribute one of your own.

Please contact Rev. Patte for a text (you don't have to come up with one on your own!). The due date for your reflection to be turned in is Sunday, February 20. The completed book will be distributed to the congregation on Sunday, March 6.

Happy 100th Birthday Helen Looper!



Helen Looper, a long-time member of this church, will celebrate her 100th birthday on Friday, February 11. She would enjoy hearing from church members.

Cards can be sent to:
Helen Looper
1 Oaknoll Ct
Iowa City, IA 52246

Loving Our Neighbor

**A Thoughtful Approach to
Helping People in Poverty**



**Wednesday Night Study Group
Led by Sue Mullins**

Meets every other Wednesday
@ 5:30 - 6:30 p.m. in the Upper Room
Begins Feb 2

**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 20th 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.



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.

Please consider joining one of these Affinity Groups.

Group Theme

Contact Person

- 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

- 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)



HAPPY BIRTHDAY!

Feb 2
John Pratt
Bruce Tarwater
Philip Ostrem
A. J. Carr
Katlyn Bay
Avalynn Miller

Feb 3
Leo Zeithamel
LeeAnn Gilroy
Mark Banks
David Houghton
Sara Roth

Feb 4
Timothy Lenz

Feb 5
Christine Ostrander
Anne Langguth
Amanda Laffoon
Michael Hayworth

Feb 6
Eldon Hans
Mary Cheney
Becky Hix
Ashlyn Thorn



Feb 7
Robert Millsap
Kem Singletary
Todd Salter
Rosetta Sadewasser
Ace Holst

Feb 8
Richard Oberman
Denise Hoke
Allan Ostrem
Stacey Abel
Randy Jirsa
Daniel Nichols
Deanna Nichols

Feb 9
Betty Lundquist
Andy Hodge

Feb 10
Eleanor Doling
Jon Cryer
Jennifer Portwood
Melissa Holst

Feb 11
Helen Looper
Betty Lavelly
Donna Besgrove
Thomas Besgrove
Ryan Hobbs

Feb 12
Melody Russell
Nicholas Miller

Feb 13
Mark Hall
Pam Funke
Tessa Walz
Jordan Hobbs
Peter Schuessler

Feb 14
Bill Launspach
Jane Fleming
Dan Bastemeyer
Chad Fesler



FUMC Fine Arts and Lecture Series: Family and Friends Concert

Thanks to the Children's Choir and Wesley Chimes for singing and playing these last Sundays! I thank the Lord that we have more than 30 children participating in our Worship & Music Ministries! I have been praying for a long time that we could revitalize our children ministry. Thank to the Lord that He answered my prayers! It's a good start, but I ask you to pray for our dedicated Wesley Chimes teachers: **Joan Felkner, Mark Sadewasser, Joyce Marner and Ken Mullen**, our organist **Michael Davidson**, and myself to give the best Christian music education to our children. We do need your prayers and support!

On February 13, the FUMC Chamber Choir, Sanctuary Band, Chancel Choir and the Children's Choir will be sharing their musical gifts in our worship services. The Children's Choir will be singing *Ubi Caritas* in Latin and English. *Where charity and love are, God is there. Christ's love has gathered us into one. Let us rejoice and be pleased in Him.* How appropriate that they will be singing a LOVE song the day before Valentine's Day!

After enjoying a delicious Heart Healthy ASP Smorgasbord lunch in our Fellowship Hall, our gifted church members and friends will be presenting **FUMC Fine Arts & Lecture Series: Family & Friends Concert in our sanctuary at 1 p.m.** **This free concert is open to the public!** This concert will showcase the talents of our church members and friends. You are invited to join us! Many people enjoyed our concert last time. This special event is NOT only a musical performance. You can dance, share a story or even martial arts. **It's a FAMILY event for us and the community!** As of today, we will have 7 performers. Please fill the registration form and return it to me by **THIS Sunday, February 6.** I highly encourage you to invite your friends and family members to come to FUMC! May God bless you and your family!

Your brother in Christ,
Samuel

FUMC FINE ARTS SERIES FUMC Family & Friends Concert, 1 p.m., February 13, 2011

Registration Form

Name: _____ Age: _____ Grade: _____
Tel. no.: _____ Email address: _____
Address: _____

Performance: Please in the box

Solo Duet Trio Quartet Ensemble: _____ people
Instrument(s) that you are going to perform: Piano Voice String Instrument: _____
Wind Instrument: _____ Other: _____
Name of the piece: _____
Composer: _____ Length: _____
Non-musical performance: _____

REGISTRATION DEADLINE: SUNDAY, FEBRUARY 6, 2011

Take time to pray - Our Church Family

We Pray For:

- The family of O. Jay Taylor, who died at home on January 25; Services for Jay were held here at FUMC on January 31 and we hold his many friends and family close in prayer.
- Those from our congregation whom we know to be hospitalized:
Mercy: Jack Yanaush
- Those recently discharged: John Raab, Margaret Morgan, Martha Symons, Rachel Ireland
- All those in need of continued healing including:
Phillip Hagen, friend of Wilma & Larry Retigg, who suffered serious head wounds from a car accident,
Jim & Tricia Ross family as they mourn the loss of Jim's grandfather, Rex Ross, who died January 23rd,
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;
Gary Kellogg, as he recovers from foot surgery,
Courtney Bork, daughter of Claudette Heddens, as she recovers from January 25th eye surgery,
Craig Millard, brother of Lynnnda 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 at the Solon Assisted Living Center, from a fall at home,
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,
Mariys Stariha, 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,
Carol & Eldon Hans at Melrose Meadows, and all those in our congregation who are at home 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 Roemerman, serving in Afghanistan; Martin is the husband of Angie, and father of Kaitlyn, Dan, Meredith, and Anna,
Chris Rew, son of Terry & Sue Rew, deployed to 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 Springdale United Methodist Church and Pastor Ruth Blayer.
- 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.

1/24/2011 PRESENCE

8:00	72
9:15	57
10:30	285
<u>Total</u>	414

1/30/2011 PRESENCE

8:00	57
9:15	69
10:30	236
<u>Total</u>	319



First Friday Live!



A monthly program for elementary and preschool age children and their families.

Prepared together

**First Time: Friday, February 4
5:30 p.m. -- 7:30 p.m.**

“Finding Nemo”



**Dinner and a Movie
for FAMILIES**



STAFF

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Rev. Dr. Barrie Tritle

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Sage River

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Claire Bartleson

Custodian
Teresa Schulte

February 2, 2011

Vol. 36, Issue 3

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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