

The Light

August 24, 2011

The Installation of Pastor Steve Knudson

Plans have been finalized for Pastor Steve Knudson's installation services on the weekend of September 17 & 18. Pastor Steve will be installed during all four services that weekend.



Assistant to the Bishop, Pastor Paul Ostrem will be representing Bishop Burk during the installation services. Pastor Ostrem will also be preaching at all four services.

Pastor Knudson is planning to take the pulpit for the first time as our new Senior Pastor on the weekend of September 24-25.

Standard Worship Times Resume

We will return to our regular, four service worship schedule on the weekend of September 10-11.

Wounded Warrior making a long journey home

Jacob Hutchinson, 21, the son of First Lutheran member Sela Gonlobul, was injured on May 19, 2011 while serving with the with Army National Guard in Afghanistan. The vehicle he was riding in ran over a road-side bomb. Jacob suffered a broken arm and both of his legs were severely broken. He is now in Fort Sam Houston, Texas receiving treatment. So far, Jacob has had 9+ surgeries on his legs. He will be spending up to two years in physical therapy, mostly in Texas, in order to be able to walk independently.



Spc. Jacob Hutchinson

Fundraiser for Jacob Hutchinson and his Family

The family of Sela Gonlobul, Jacob's mother, will be holding a fundraiser in Osage, Iowa on the afternoon of September 11. Given the distance, we thought we would do our part here.

You will have an opportunity to support Jacob Hutchinson and his family on the weekends of September 3-4 and September 10-11. Those weekends we will be collecting donations in the narthex. Each donation will be recognized with a cut-out of a foot on which you can write your name or a message to Jacob and his family. This honors Jacob's sister Maya, who has committed to wearing Vibram toe shoes (Jacob's favorites) until he can walk again. It is also a visible sign of our support for him and his recovery.



All funds collected will go to the family to 1) help with any changes that are necessary to the Gonlobul home to make it accessible for Jacob, and then 2) to help defray expenses for visiting Jacob in Texas where he is recovering.

Jacob Hutchinson with his mom, Sela and sister, Maya.

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Centered in Christ, we are Called, Gathered, Transformed, and Sent!



The Interreligious Council of Linn County is sponsoring "Remember, Reflect, Respect" a memorial to the terror attacks ten years ago.

This event will take place at 2 p.m. on September 11 at Veterans Memorial Baseball Stadium. Gates open at 1:30 p.m.

The event, which is free and open to the public, will feature the Cedar Rapids Police & Fire Departments as well as speakers from different faith groups including our own Pastor Craig Brown.

If you would be willing to be a volunteer for this event to pass out programs, please stop at the information desk to sign up this weekend.

Time to Ring and Sing! Choirs are starting soon!

All choirs will begin rehearsals the week of August 29. If you are interested in a choir or handbell group, all you have to do to join is come to a rehearsal! If you just want to try it out and see what the groups are like, we welcome you to drop in and join the fun; we won't commit you to anything if you decide it's just not for you.

The schedule of rehearsals are as follows:

Mondays – 6:00 p.m. Luther Bells
7:00 p.m. Rhapsody Ringers

Wednesdays – 4:15 p.m. Cherub Choir	4:45 p.m. MS Handbells
5:00 p.m. Chapel Choir	5:15 p.m. Youth Choir
5:30 p.m. HS Handbells	6:30 p.m. Jubellation
7:00 p.m. Adult Choir	8:15 p.m. Contemporary Singers

We hope to see you soon!

Child Safety Policy Training

Even while we swelter under the heat of summer, it's time to start thinking of the approaching program year. Our education ministries are looking for volunteers to help with Confirmation, High School, KidZone and Preschool Sunday School. If you are an adult or high school youth who would be interested in guiding the next generation in their faith walk, please contact Brian Middleswarth or Marissa Letscher.

All adults and older youth who are in a supervisory position with children and youth must be in compliance with First Lutheran's Child Safety Policy.

If you completed a Volunteer Information Form between September 2010 and July 2011, we would ask you to attend one of the following training times. This keeps you current in our system and, unless some information has changed, you don't need to complete the form again.

If you have not completed a form in the past program year but would still like to be available to work with children or youth at some point this year, please complete a

Volunteer Information Form and bring it with you to one of these training times.

Child Safety Policy Training dates:

Wednesday, September 7 at 6 p.m. in room 312 (You will be attending the first part of the training for the KZ leaders, but you should be done in about 1 hour)

Sunday, September 4- 10 a.m. in the Youth Room

Our Child Safety policy exists to protect our volunteers, our youth, and our congregation from dangerous behavior and false accusations. We appreciate your support and ask for your continued cooperation. **Application forms are available at the narthex desk or online and can be turned in to the desk or the main office during the week.**

Training for those already committed to be Confirmation or KZ leaders will be incorporated into their training for those roles.

Keenager's Luncheon

Our Senior Adult Ministry Team invites members and friends age 60 and older to join them for the next Keenager's Luncheon on Thursday, September 8, at 12 noon. Reservations or cancellations for the \$5 lunch are required by 11 a.m. on Wednesday before each Thursday luncheon. Rides are available.

We are pleased to be welcoming back our favorite musical duo Barefoot Becky and the Ivanhoe Dutchman for their fifth year of delighting us with Becky's accordion & her husband's guitar and enthusiastic expertise! The menu will consist of meatloaf, mashed potatoes with gravy, 7-layer salad, and eskimo pies.

Looking ahead to October 13, we will be entertained by the New Horizons Band. This group was established in 1995 by the Iowa City/Johnson County Senior Center. It provides an opportunity for "chronologically gifted" adults (50 and older) to learn to play a musical instrument or to resume/continue, and enjoy playing with others in a band.

The Way of the Cross Dan Malloy's Cantata

In 1967, First Lutheran member Dan Malloy was teaching at Good Shepherd School in Addis Ababa, Ethiopia. While there, he composed a cantata "The Way of the Cross", and it received its first performance.

Now, over 40 years later, there will be a revival performed by a choir made up of First Lutheran members as well as community members and from Dan's home town of Oelwein.

All First Lutheran members are invited to attend this special presentation of the cantata on Saturday night, August 27 at 7 p.m. Admission for the performance will be a grocery item(s) to be given to CrossRoads Mission food pantry.

Adult Ed: Remembering 9/11

Join Pastor Craig on Sunday, September 11 as we reflect back 10 years since the attack that led to the greatest loss of civilian life on American soil. Where were you the day it happened? How are you feeling about it today? Where is God working in all of this? Join us in the conversation.

20 years of Ministry captured on Canvas

The painting created by artist and Pastor Paul Oman during Pastor Kolander's retirement celebration has been framed by our neighbors at Kliks Photography and hung in the Narthex. We thank Pastor Dan and Nova Kolander for giving this as a gift to the congregation to commemorate twenty years of doing God's work with Our Hands.



Ladies' Night Out

The Ladies' are taking a month off and will not meet until September 26. Watch The Light and bulletins for details on an October location!

The Annual FLC Bridge Marathon

The good cards are running in the same direction as the bathtub and "get the kids off the street"—if those phrases aren't absolutely "Greek" to you then you must be a bridge player!

You are cordially invited to join the First Lutheran Bridge Marathon as they bid, go set, and make grand slams from September through May at 1:30 in the Garden Room of Blair House.

The dates for this year will be: September 11, October 16, November 20, January 15, February 19, March 18, April 15, and May 20.

Please call Marian DiNucci at 366-4221 if you would like to be a part of the group, or if you would be willing to substitute from time to time.

Mark Your Calendars!

September

- **7th**, 6-8pm: Volunteer Training in Room 312, mandatory for all PSS/KZ volunteers.
- **11th**, 9:30-10:45am: First Day of Preschool Sunday School and KidZone, and Open House

October

- **2nd**, 9:30-10:45am: Milestones Session 1: 3 and 4 Year-Olds and their grown-ups!
- **9th**, 9:30-10:45am: Milestones Session 1: K and 1st graders and their grown-ups!
- **12th**, 6-7:30pm: Milestones Session 1: 4th and 5th graders and their grown-ups!
- **15 - 16th**: Tanzania Weekend! Details to come soon.
- **23rd**, 9:30-10:45am: Milestones Session 1: 2nd and 3rd graders and their grown-ups!
- **30th**, 3-4pm at St. Paul's UMC, Trunk-or-Treat!

Preschool Sunday School & KidZone Open House

Make sure you know what's going on in Children and Family Ministries this year! Join us for Open House, Sunday, September 11th from 9:30-10:30 in the Fellowship Hall! Join us for KidZone Large Group, and then stay for an informational session about the department and its programs. We'll review policies, procedures, introduce programs and walk through the calendar! We hope to see you there!

This is also the first day of Preschool Sunday School and KidZone for this year! Preschool (3s and 4s) need to sign-in at their classrooms. KidZone students (K-5th grade) sign-in at the LFC, stay for Large Group, then head to your classrooms with your teachers. If your child(ren) have not yet been registered for the 2011-2012 school year, please do so before this date! Forms are available online (http://www.firstlutherancr.org/children_and_families), or by visiting the registration table in the narthex through 9/5/11.



There Is Room For YOU!

It's time to get ready to fall back into Preschool Sunday School and KidZone at First Lutheran Church! Thanks to an amazing group of people who volunteer their time, we're able to offer the kind of top-notch programs that you want your children to attend. Every year at this time we begin recruiting our volunteer staff for the new year and there is room for you! Below is the list of positions that we still need to fill before September 1st. Please consider how you might fit into our team. If you have any questions, please don't hesitate to contact Marissa: 365-1494 or marissal@firstlutherancr.org.

Leadership Positions (Sunday Morning)

4 Year Olds Preschool Sunday School Teacher – Leads or co-leads a single-age group of students on Sunday mornings 9:15—10:50am.

KidZone Teacher – Leads or co-leads a single-age group of students on Sunday mornings 9:15-10:40am.

KidZone Drama – Leads/performs short skits or does storytelling for Large Group (9:15-10am).

KidZone Large Group Host – Serve as the emcee for Large Group (9:15-10am)
Assisting Positions (Sunday Morning)

KidZone or Preschool Sunday School Helper – serves as an “extra set of hands” by helping the teacher in a classroom.

Hallway Host/Hostess – assist with attendance check-in, help monitor hallways during class time and assist parents in finding child's classroom, answer questions/concerns.

Check-in Desk – assist with attendance and check-in procedures, register new students and visitors.

“Behind the Scenes” Positions (Anytime)

Preschool or KidZone Administrator – prepares the materials and supplies for the teachers at a given grade level.

with one or more special events (Trunk-or-Treat, Advent Celebration, Easter Egg Hunt, VBS, etc.).

Clerical – as needed, assist the Director with mailings, photocopying, etc.

Special Events Helper – sign up to help



GO DEEPER

Going Deeper

Sundays, starting September 11,
9:30-10:30 a.m.

In the Youth Room.

Faith..... Explored!

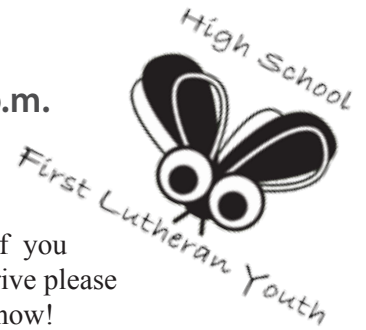
FLY Kick-Off

Saturday, September 10 4:45 – 8:00 p.m.

A hayrack ride, hot dogs, s'mores, games, and friends. What a great way to start the year! All High School FLY participants are invited to attend. Please let us know you are coming by e-mailing Brian, signing up on our Facebook page, or on the sheet in the narthex.

We'll meet at the church at 4:45 p.m. and carpool out to Bass Farms on Highway 30 across from Palisades Kepler State Park. We'll be back at the church by 8 p.m. There is no cost.

Parents! If you can help drive please let Brian know!



Parents! You can also do the following on Sunday, September 11 between 9:30 and 10:30 a.m.

1) Complete our annual Medical Release - Bring your health information and we'll make sure a notary is present.

2) Order a FLY 2011-12 T-shirt- For only \$10 (unless you are a freshman, then it's free) you can have one of our FLY green shirts.

If you have questions, contact Brian Middleswarth at 365-1494 x 104 or brianm@firstlutherancr.org.

High School Youth!

What? Informational Meeting for 2012 ELCA National Youth Gathering
When? Where? Sunday, August 28, 10:05-10:50 a.m. in the Youth Room

An informational meeting about the 2012 ELCA National Youth Gathering next Summer July 16-23, 2012. All those who will be in grades 9-12 in the 2011-12 school year are eligible to attend. Please bring your parents to this important meeting. Details on the Gathering are below.

2012 ELCA National Youth Gathering

July 18-22, 2012 in New Orleans, LA



Every three years, High School youth from congregations in the Evangelical Lutheran Church in America (ELCA) across the nation gather together from a week of service, worship, fellowship and learning. It has been a long standing tradition of First Lutheran to send a contingent of youth and adults. In 2009, 25 First Lutheran Youth and five adults travelled with members of other area churches to New Orleans for the last National Youth Gathering. Those five days changed not only our lives, but the city of New Orleans.

Now, we're going back. This time, we want to take at least 30 youth and six adults. And we want one of those going to be you! Already we have 12 youth and adults who've expressed interest.

Here's what you need to do to register to go:

- 1) Get a \$150 non-refundable deposit payable to First Lutheran to Brian by Rally Day, September 11.
- 2) Complete a registration form and sign the pre-Gathering Covenant by September 11. The forms are available online or at the church.

Got questions? Check out our Website for more information or contact Brian at brianm@firstlutherancr.org or 319-365-1494 x.104.

Confirmation News

Confirmation Registration/Consultations!

Registration for our fall Confirmation will be held on Sunday, August 28, 10 – 11 a.m. and on Wednesday, August 31, 6:30-8 p.m. All those youth in 6th grade this fall will receive a mailing with a Menu of Opportunities for this year of Confirmation. Please go over this form with your parents and then sign up for a consultation time. These consultations will be about ½ hour. During this time you will complete your covenant for 2011-12 in consultation with a member of the congregation.

All those in 7th and 8th grade this fall can access a copy of the Covenant at our website. There is one small change, but the basic decisions you will need to make are the same as last year. We will have a copy for you and your parents to complete on the day you come for your consultation.

Parents! Please also bring your child's medical insurance information as we will be having you complete Medical Releases at that time as well.

All those who are attending Confirmation this fall and their parents *must* come to a consultation on one of these days. Please contact Brian Middleswarth at 365-1494 x 104 or brianm@firstlutherancr.org if you have questions.



9th Graders!!!! Remember!

Discernment Day Retreat
CHANGE OF DATE -
Sunday, September 25;
noon – 2:30 p.m.
This is a required event
for all those being
confirmed in November
and their parents.

Confirmation Sunday-
November 6 at the 11
a.m. service. Rehearsal is
on Saturday, November 5.



Foundation for Success: A primer on Development & Communication during the Teen years

When? Wednesdays- Sept. 14, 21, 28 and Oct. 5

Where? Down in the LFC

What time? 6:30 p.m. 'til no later than 8:00 p.m.
Childcare is available in the nursery

Dennis Lagrange, First Lutheran member, LMSW and Child/Adolescent Therapist with Mercy Family Practice will lead you through a 4-week conversation about the changes happening during the adolescent years, how to spot when something is out of the ordinary, ways to keep lines of communication open, and parenting strategies for this important time in life. If you have a teenager, or are about to, then this class is for you. We hope you'll join us!

Give it a try!
Group Spiritual Direction
ORIENTATION

September 24, 2011
9 am to noon



Who do you talk to about your greatest joys and your deepest sorrows? Who understands the desire for God that burns within you...or that you wish did? Do you ever wish you had a safe, confidential place to look at the life you are living or dream about the life God desires for you? In group spiritual direction, you have an opportunity to reflect deeply on the experiences of your daily life. Gradually, as you reflect, you may begin to recognize God's presence and grace in your life. You may come to realize how God's spirit is truly with you every day and everywhere. You discover that God has been waiting for you to seek this closer relationship.

Group spiritual direction provides the structure, the guidance, and the experience of standing beside others as they find their way in the world. Here's how one participant talks about her experience and its effect on her life:

Participating in group spiritual direction has been a powerful experience for me. In group spiritual direction, we learn how to participate in a process of examining our lives in terms of how God is speaking to us. For those of you who haven't done it, it really works! Group spiritual direction has taught me to give my problems and any major decisions I need to make to God. It has helped me to reduce the amount that I worry about things and try to struggle along with things on my own.

Group members come to an awareness of God's caring love as the foundation of their spiritual lives...and they pray, "God, give us Your perspective on what has been happening. How have You been present? How have You been addressing me through my thoughts, my feelings, my work, my relationships? What have You been trying to teach me about You? About me? What is Your prayer for me now? What do You want from me?"

**– Rose Mary Dougherty
Group Spiritual Direction**

It has helped to ease the pain of making some difficult decisions. It reminds me that God will help me with anything if I turn to him. The group leaders and group members are incredible people who help you through this process and listen with an ear for where God is in this event in your life. Your group provides a safe place where you can share without being judged and a place where God can speak to you through your fellow group members. To truly understand group spiritual direction, you need to come and experience it for yourself. I hope you will give it a try.

If you've ever wondered if group spiritual direction might be for you, please come to the Orientation on Saturday, September 24, 2011, from 9 am to noon. There is no obligation to join a group spiritual direction group—just come check it out! Call Marcie Watson, Director of Spiritual Transformation, at (319) 365-1494, x.280 to reserve your spot.

If you're a person who finds groups intimidating or difficult or who simply prefers one-to-one interaction, and are feeling drawn to explore your journey of faith accompanied by a trained spiritual director, First Lutheran Church also offers individual spiritual direction at no cost to you. Call Marcie Watson, spiritual director, to set up a convenient time and location to meet. Individual spiritual direction sessions are usually scheduled once a month for an hour.

Connection Corner

Small Groups News & Upcoming Events



GroupLife Kickoff 2011 + Health Check

Wow! What a summer!! I can already feel the fall season creeping up on me! Even though I'm not sending kids to school or going to school myself, I still feel a sense of anticipation about the upcoming start of a "new year."

The idea of a "new year" brings with it the idea of a fresh start. What better way for small groups to start fresh than with a quick health checkup—both spiritually and physically!

Group Leaders & Hosts, Group Members, and All Interested are Welcome! Please Join us for our 2011 GroupLife Kickoff and +Health Check **August 28, 10:05 a.m. in the LFC.**

We'll review Group Health and learn more about Saddleback's +Daniel Plan (a study about healthy lifestyles). We'll sample a few +Daniel Plan recipes and highlight several other group study options for this fall. For more information and to save your seat, contact Lindsey at lindseys@firstlutherancr.org or find us on the web at firstlutherancr.org/grouplife.

Service Help Wanted

Do you have musical talents and/or speaking gifts? Are you looking for a unique way to serve in our Cedar Rapids Community?

Calling all bakers and/or those with the gift of hospitality!

We are on a mission to serve those who are working to construct the Medical Mall right next door. This is a big project—every little bit helps.

To learn more about these great opportunities, please contact Lindsey at LindseyS@firstlutherancr.org or 319-365-1494 ext. 114.

STEPHEN MINISTRY—GOD'S LOVE IN ACTION

Stephen Ministers at First Lutheran Church are caring members of our congregation who are dedicated to sharing God's love with those who are hurting.

There are many times in life that can be very stressful, including: illness, hospitalization, rehabilitation, disability, loss of a loved one, divorce, economic downturn, loss of a job, loneliness, discouragement, spiritual crisis, and many other problems. When people face troubling challenges in their lives, we are eager to offer care and support, and the assurance of God's healing love and grace.

Do you know anyone who is suffering through difficulties? If so, please tell them about Stephen Ministry. It's a wonderful way to help a friend, a coworker or a family member! The Christian care we provide is completely confidential, free, and spiritually uplifting. We meet one-to-one, for about an hour each week with those we care for, to offer encouragement, hope, comfort and prayer.

Do you have a strong faith and a caring heart? Is God calling on you to reach out to those who are hurting by becoming a Stephen Minister? Stephen Ministry is an important and

powerful way First Lutherans share God's love with those enduring troubling times. Look for updates on our class to train new Stephen Ministers this Fall. We provide 50 hours of free training on topics such as crisis theory and practice, listening skills, confidentiality, and Christian ministry. We would be honored to have you join in Stephen Ministry; an inspiring way to bring God's caring to those in need.

On September 4th, 2011, at the 9:00 service, we will be commissioning our newest Stephen Leader and will enjoy a short film clip on Stephen Ministry, with an information table in the Narthex after the service. We hope to see you there!

Through God's grace, Stephen Ministry can be transforming, both for those who receive the care and those who give it. Please prayerfully consider Stephen Ministry.

To find out how to receive a Stephen Minister, or how you could train to become a Stephen Minister, please contact Diane Palmer, Stephen Ministry Leader. 319-213-6305.

I welcome any questions. Printed information on Stephen Ministry is available at the Information Desk in the Narthex.

Weekly Activities Schedule

Worship Services (Beginning 9/10-11)

Saturday: 5:00 Traditional
 Sunday: 8:00 & 9:30 Traditional
 Sunday: 11:00 Contemporary
 Education
 Adult Education: 9:30, Chapel
 KidZone: 9:30 LFC
 High School 9:30, YR

Sunday

10:30 am Praise & Joy Reh, CR
 6:00 pm FPU, LFC

Monday

1:00 pm Renovaré, Chapel
 5:30 pm Renovaré, Chapel
 (Renovaré, begins week of 9/12)
 6:00 pm Luther Bells, 316
 7:00 pm Rhapsody Ringers, 316

Wednesday

4:15 pm Cherub Choir, CR
 4:45 pm MS Handbells, 316
 5:00 pm Chapel Choir, CR
 5:15 pm Youth Choir, BL
 5:30 pm HS Handbells, 316
 5:30 pm FLY, Youth Room
 6:30 pm Confirm. Nave, 312,
 Chapel, 3rd Floor, LFC

6:30 pm Jubellation, 316
 7:00 pm Adult Choir, CR
 8:15 pm Cont. Singers, Balc.

Thursday

6:45 am Men's Breakfast, LFC
 10:00 am Bible Study, Chapel
 10:00 am Renovaré, 312
 1:00 pm Renovaré, Chapel
 5:30 pm Praise & Joy Reh, Nave

Saturday

4:30 pm SEMP, LFC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>September 2011</h1>				1	2	3 Baptisms
4 Baptisms 9 am- Stephen Minister Installation	5 Labor Day Building Closed	6	7 10am- Senior Adult MT, Chpl 6pm- KZ Training, 312 6:30 Confirmation Begins, LFC	8 Noon: Keenagers, LFC	9	10 10:30 am - Community Concerns, Chapel 4:45 FLY Kickoff
11 Kick-Off Sunday 9:30 Adult Ed, Chapel 9:30 Open House for KZ and PreSchool 9:30 HS Kickoff YR 11:00 Bibles for 6th Grade <i>2pm 9/11 Memorial Vets Mem. Stadium</i>	12	13 School Board Election 7 am City-Wide Prayer, Chpl 9:30 Comfort Makers, LFC 6:30 Stephen Ministers, Chapel 5pm - Evening Comfort Makers, LFC	14 Newsletter Deadline 6:30 Parenting Class, LFC	15	16	17 Pastor Steve Installation
18 Pastor Steve Installation 9:15 & 10:30 Blood Pressure AL 11:00 Reading Bee, 315	19	20 7 pm - Cong. Council, Chapel	21 6:30 Parenting Class, LFC	22 9:30 Comfort Makers, LFC 5pm - Evening Comfort Makers, LFC	23	24 Healing Service 8:00 am Group Spiritual Dir. Orientation, Chapel
25 Healing Services 11am - U2Christ Noon-2pm - Discernment Day Retreat, LFC	26	27 5:30 Group Spir. Directors, 209 6:30 Stephen Ministers, Chapel	28 6:30 Parenting Class, LFC <i>Confirmation for Eighth Grade ONLY</i>	29	30	

<u>Activities Outside First Lutheran</u>	
<i>2nd & 4th Fridays 10:00-Noon Mom's Group Playgroup/Discussion Off site locations, unless inclement weather, then Nursery</i>	
<i>Fourth Friday 11:30 Deacon's Ministry Team, Panera West</i>	
<i>Fourth Monday: 6:00 pm Ladies Night Out, Various Locations, Contact Lori Nietert, 373-1412</i>	

<u>Care Center Worship Services</u>		
Cottage Grove Place	1st Friday	4:00 pm
The Meadows Apartments	2nd Saturday	1:00 pm
Living Center West	2nd Sunday	2:00 pm
Higley Mansion	3rd Sunday	10:30 am
Living Center East	4th Sunday	3:00 pm

September Ministry Volunteers

	Sept 3, 5 PM	Sept 4, 9 AM	Sept 4, 11 AM
Acolyte		Bradán Hansen Emily La Grange	Jacob Bartels Kaylin Slaymaker
Altar Guild	Darlene Lidvall, Anita Reisner, Joan Rust		
Choir			
Coffee Host		Bill Utterback Kim Utterback	
Communion Assistant		Ryan Koester, Doug Dyrland, Roger Stigers	Lori Nietert, Dave Bey, Shirley Benfer
Communion Clean-up		Chuck Scheer, Jo Ann Scheer	Trae Stutzman Marilyn Duning
Lector/Liturgist	Kallie Meyer	Chad Haug Marita Wolgast	Katie Chism
Greeter	Larry Stolte Margaret Wells	John Fauröte, Chris Hansen, Amy Hansen	Nancy Ketchum, Theresa Lent, Pat Wedemeier
Nursery		Connie Stusak	Alex Rohrssen
Prayer Team			
Projectionist	Mike Humbert	Kyle Koester	Austin Flieder
Radio	Ruth Hallquist		
Usher	Theresa Brandon Larry Rustand	Lindsay Brown Tammy Lutz Mary Van Houten	

**SERVICE TIMES
CHANGING
SEPTEMBER 10-11:
Saturday Worship:
5:00 p.m.
Traditional Worship:
8 & 9:30 a.m.
Contemporary Worship:
11 a.m.**

	Sept 10, 5:00 PM	Sept 11, 8:00 AM	Sept 11, 9:30 AM	Sept 11, 11:00 AM
Acolyte			Riley DeWolf Mark Schulz	Hannah Borsay Georgia Sanderson
Altar Guild	Darlene Lidvall, Anita Reisner, Joan Rust			
Choir		Rhapsody Ringers	Adult Choir	Contemporary Singers
Coffee Host			Nancy Schroeder, David Schroeder, Lori Willett	
Communion Assistant		Bruce Barnes, Doug Dyrland, Rose Gordon	Sue Tesdahl, Rod Bunch, Bruce Barnes	Lori Musil, Sean Knox, Marcie Watson
Communion Clean-up		Barb Dietz, Bob Dietz	Landon Bunch Marilyn Duning	
Lector/Liturgist	Robin Wagner	Cindy Dietz	Ted Bey	
Greeter	Misty Beaty Scott Beaty	Faye Birky, Michelle Kline, Eric Kline	Wendy Bunch, Rod Bunch, Tracie Coppess	Amber Keller, Sean Knox, Brandon Slaymaker
Nursery			Lisa Anderson Shirley Bradley	Glorie Borsay
Prayer Team				Bill & Sue Lottes
Projectionist			Johnson Mator	Suah Borsay
Radio	Ruth Hallquist			
Usher	Rose Ann Jensen Paul Jensen	Tammy Lutz, Pat Stieglitz, Mary Van Houten	James Mator, Jeff Rosauer, Alice Wasson, Shane Wicks	

	Sept 17, 5 PM	Sept 18, 8 AM	Sept 18, 9:30 AM	Sept 18, 11:00 AM
Acolyte			Gunnar Lenzen Allissa Schwarting	Carrie Adams Nick Vsetecka
Altar Guild				
Choir		Chapel Choir	Adult Choir & Luther Bells	
Coffee Host			Phil Lenzen, Anne Lenzen, Kim Utterback	
Communion Assistant		Ryan Koester, Sarah Olmstead, Tom Olmstead, Ira Way,	Dave Bey, Harlan Hanson, Mark Schwarting, Kathy Stickney	Lori Houston, Sam Houston, Kim Wesbrook
Communion Clean-up		Betty Kruse, Helen Kupka	Ray McGraw, Kerri McGraw	
Greeter	Nick Hansen Shirley Stickney	Matt Behm, Gwen Behm, Maureen Hunt	Luann Gilman, Devon O'Donnell, Stan Pidima	Kristi Trotter, Andy Trotter Spencer Hunt
Lector/Liturgist	Linda Mohr	Brian Middleswarth	Mariah Hurley	
Nursery			Dana Rohrssen	Hayley Wesbrook
Prayer Team				Sue Fletcher
Projectionist		Russ Swain	JC Parks	Shane Wesbrook
Radio	Harlan Hanson			
Usher	Bob Schwarting Kathy Schwarting	Lindsay Brown, Dave Lensch, Tammy Lutz, Mary Van Houten	James Mator, Jeff Rosauer, Alice Wasson	

	Sept 25, 5 PM	Sept 25, 8 AM	Sept 25, 9:30	Sept 25, 11 AM
Healing Services				
Acolyte			Gunnar Bosking Victoria Brandon	Harrison Baty Carlee Ellsworth
Altar Guild	Darlene Lidvall, Anita Reisner, Joan Rust			
Choir	Cherub Choir	MS Choir/Bells	Luther Bells	
Coffee Host			Don Switzer, Pat Switzer	
Communion Assistant		Vicki Hughes, Tony Rieder, Roxanne Rieder	Bruce Barnes, Ruth Hansen, Sue Tesdahl	Darla Parks, Kandy Sands, Jenny Schulz
Communion Clean-up		Judy Johnson, Helen Kupka	Theresa Lent, Trae Stutzman	
Greeter	Theresa Brandon Cathy Jansa	Sandra Schnack,	Shirley Benfer, Terry Benfer, David Johnson	Deanne Beltz-Sund, Tracy Sumner, Cheryl Zapf
Lector/Liturgist	Robin Wagner	Thomas Wolle	Katie Chism	
Nursery		Krista Anderson	Dan & Christi Rink	Nicole Chavez
Prayer Team	Bill Lottes, Roger Stigers	Vicki Hughes		Liz Stansbury, Fred Stieglitz, Vicki Finkstein
Projectionist	Mike Humbert	Nick Nelson	Adam Rink	Joey Sumner
Radio	Harlan Hanson			
Usher	Loren Jansa Marv Quass	Lindsay Brown, Dave Lensch, Tammy Lutz, Mary Van Houten	James Mator, Jeff Rosauer, Alice Wasson, Shane Wicks	

Crossing Guards

Crossing Guard	Sept 4, 8:30 AM	Sept 4, 10 AM	Sept 4, 10:30 AM	Sept 4, Noon
	Doug Wilson, Ernie Eickelberg	Dave DeWolf Stan Pidima		Scott Gerhold, Thomas Wolle
	Sept 11, 7:30 AM	Sept 11, 10 AM	Sept 11, 10:30 AM	Sept 11, Noon
	Ernie Eickelberg, Russ Swain	Scott Fritz Tom Schamberger	Shawn Gilpin	Lou Banker, Scott Gerhold
	Sept 18, 7:30 AM	Sept 18, 10 AM	Sept 18, 10:30 AM	Sept 18, Noon
	Ernie Eickelberg, Russ Swain	Thomas Wolle, Paul Dillon	Gordon Epping	Terry Shie
	Sept 25, 7:30 AM	Sept 25, 10 AM	Sept 25, 10:30 AM	Sept 25, Noon
	Ernie Eickelberg, Russ Swain	Paul Dillon	Neil Rud, Scott Gerhold	Lou Banker, Terry Shie

Please include in your Prayers...

Recent Births!

A baby girl, Natalie Jane, born to Sarah and Mark Fersdahl.

50+ Anniversary in September:

Arnold and Connie Erickson, 58 years on September 5.
Richard and Shirley Fidler, 54 years on September 21.
James and Darlene Mollenhauer, 52 years on September 19.
Carl and Eleanor Reeder, 63 years on September 5.
Harold and Joyce Schaefer, 64 years on September 18.
Raymond and Sandra Sturm, 54 years on September 3.
Ira and Loretta Way, 57 years on September 12.

90+ Birthdays in September!

Ken Oseth, 90 years young on September 8.
Frances Scott, 90 years young on September 1.

Hospitalized: *released as of August 22.

St. Lukes Hospital

Ruth Holm*	Amber Jungjohann*	Collin Bruyere
Patricia Bryant*	Alan Wright*	Sarah Fersdahl

Mercy Hospital

Stella Gott*	Joe Johnson*	Gladys Biskup*
Walt Gorbatjuk*	Christine Weaver	Amber Jungjohann*
Honorine Reuter	Richard Clymer*	Paul Yamikoski

Rochester Mayo

Inez Lensch

Our Sympathy to:

Tanya Rosenkranz Malloy, family and friends,
on the death of her grandmother Nina.
Sandy Frank, family and friends,
on the death of her aunt Alberta Crandall
Vick McAllister, family and friends,
on the death of his father, Robert McAllister.
Heidi Mittelsteadt, family and friends, on the death
of her great-grandmother, Eleanor Schwendinger.
Family and Friends of Vallie "Jay" Hansel.
Family and Friends of Betty Davis.
Family and Friends of Gail Roesch.

FIRST LUTHERAN WORSHIP GUIDE

Saturday Evening Worship: 5:00 p.m.

Traditional Worship: 9:00 a.m.

Contemporary Worship: 11 a.m.

This information is preliminary and subject to change.

August 27&28 – The Eleventh Sunday after Pentecost

Preaching: Pastor Craig Brown

Readings: Romans 12:9-21, Matthew 16:21-28

September 3&4 – The Twelfth Sunday after Pentecost

Preaching: Pastor Dave Aanonson

Readings: Ezekiel 33:7-11, Psalm 119:33-40,
Romans 13:8-14, Matthew 18:15-20

SERVICE TIMES CHANGING SEPT. 10-11

Saturday Evening Worship: 5:00 p.m.

Traditional Worship: 8 & 9:30 a.m.

Contemporary Worship: 11 a.m.

September 10&11 – The 13th Sunday after Pentecost

Preaching: Pastor Kay Slocum

Readings: Romans 14:1-12, Matthew 18:21-35

September 17 & 18 – The 14th Sunday after Pentecost

*Installation of Pastor Steve Knudson
during all four services.*

Preaching: Pastor Paul Ostrem

Readings: Philippians 1:21-30, Matthew 20:1-16

Fellowship — Join others for snacks and refreshments in the narthex. Coffee, tea, lemonade, and snacks are offered Sunday mornings from 9:00 - 11:00 a.m.

Rides for Worship — Rides can be pre-arranged for weekend services. Call Wendy Kemmann in the church office for information.

Radio Ministry — First Lutheran reaches the community by radio on Sunday mornings at 8:30 a.m. on KMRY 1450 AM or their new simulcast at 93.1 FM.

Address Service Requested

FLC Member battles Rare Disease

First Lutheran Member Amber Jungjohann, 19, was recently diagnosed with a disease called Mitochondrial Myopathy. This disease results from failures of the mitochondria, specialized compartments in every cell of the body, except blood cells, which are responsible for creating 90% of the energy needed by the body to sustain life and growth. Diseases of the mitochondria appear to cause the most damage to the cells of the brain, heart, liver, skeletal muscles, kidneys, endocrine and respiratory system.



Amber Jungjohann, keeping a positive spirit.

Amber has spent the last month in and out of the hospital trying to find ways to help her body get the nutrients she needs. She recently had a tube placed in her small intestine and was placed on 24-hour continuous feeds. Amber is waiting to go to the Mayo Clinic in Rochester, Minnesota where she will begin a very long journey of traveling around the country to meet with specialists about this rare condition. There will be a lot of travel expenses and medical bills incurred along the way.

“Energy for Amber”

A fundraiser softball tournament has been created to help Amber and her family with some of these expenses. The fundraiser will take place on Sunday, September 11 at Kennedy High School. The tournament will be an eight-team round-robin starting at 9 a.m. (registration begins at 8 a.m.) Weather-permitting, you are guaranteed three games. The entry fee is \$200 per team.

Please consider forming a team or coming to watch. There will be a gate fee of \$5 for spectators 15 and over and concessions will be available. If you are interested in the tournament or other ways to help the Jungjohann family, please contact Debbie Fricke at energyforamber@gmail.com. Donations can also be sent to “Energy for Amber” c/o Debbie Fricke, PO Box 10191, Cedar Rapids, IA 52410.

First Lutheran Church

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online at www.firstlutherancr.org

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