

The Light

Phased Start for Worship In-House

First Lutheran Church will continue worship online as a continuing ministry for the foreseeable future.

With the online worship, First Lutheran Church Council authorized the beginning of worship in-house in a phased gradual manner. Sunday morning learning and confirmation will continue to be offered online only through the fall.

Here is the schedule for worship:

- Now through Sept. 6 Worship Online at 9 a.m.
- Aug. 2 and Aug. 30 Outdoor Worship at Indian Creek at 9:30 a.m.
- Sept. 12 forward Saturday Worship In-house Begins at 5 p.m.
- Sept. 13 forward Traditional Worship Online at 9 a.m.
Contemporary Worship Online at 11:15 a.m.
- Sept. 20 and Oct. 11 Outdoor Worship at Indian Creek at 11:15 a.m.

Masks will be required for those attending worship. Remember, if wearing a mask is uncomfortable, then you can still join us for worship online.

Special instructions for worshipping in house are included in *The Light*, so please check them out. Information about Sunday School and Confirmation will be sent out to parents and students.

When will we resume worship in-house on Sunday morning? Because song leaders need to wear masks when we gather for in person worship, it is difficult to provide both in person worship and quality online worship at the same time in the same service. We have about 600-800 people who join us for worship online, so our goal is to provide a quality worship experience for this key audience. When it is possible for the song leaders to lead without masks or shields, we will be able to offer worship in-house on Sunday mornings.

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Dear Members and Friends,

We will begin worship in-house in a gradual manner as we approach the fall. Frankly, I had hoped that the instance of the virus would be less, and that it would be easier to start up. Though that is not the case, I also know that it has been a long time apart, and there is a desire to be encouraged by the Gospel in a more personal way.

We are becoming more aware of how the virus spreads, and we are learning terms we did not know before, like aerosols. We are learning that singing and sharing the peace and drawing close for coffee and donut holes are some of the more effective ways to spread the virus. So, we will be careful.

The leadership team of staff and council has been working with a team of doctors who are members of the church and leaders in the medical community regarding this pandemic. We are so fortunate! With them we are looking at ways to begin in small steps, safe ways to offer worship in person.

What do small steps mean? Above all, masks will be required when we worship. We will sit every other pew and keep a social distance from our neighbor, which means the capacity of the sanctuary is about 100 max.

Worship Calendar

9 a.m. worship will continue online weekly in addition to these special opportunities.

Sunday, August 2
9 a.m. online worship with Holy Communion

9:30 a.m.
Outdoor Worship at Indian Creek

Sunday, August 9
Hymn sing of Woman Hymn Writers following worship online.

Sunday, August 23
Backpack Blessing in Worship.

Sunday, August 30
9:30 a.m.
Outdoor Worship at Indian Creek

"Phased Start"
cont'd from pg. 1

We continue to work with the team of medical doctors in monitoring the pandemic and safe practices. We look forward to that day once there is a vaccine when we can gather more freely together. Until that time, we will continue to provide opportunities online for worship and ways to keep in touch by phone and online small gatherings.

Guidelines for Resuming In-house Worship

We will soon be able to gather again on-site for worship, Praise the Lord! However, the Covid-19 virus is still present in our community, so for the safety of all participants we will initially be following these guidelines as recommended by National, State and Local healthcare professionals and our ELCA Southeastern Iowa Synod Office:

- Observe social distancing of at least 6 feet between worshippers.
- Due to the reduced number of seats available because of social distancing (less than 100), require worshippers to reserve seats in advance. These reservations will be made online through the FLC website, or by calling the Church Office.
- Thoroughly clean and disinfect the Church before worshippers arrive.
- Reduce the number of exterior entrances to two - 3rd Avenue doors and under the Portico doors.
- Masks will be required to enter the building and throughout the time you are inside. If you forget your mask, one will be provided for you.
- Make several hand sanitizer stations available.
- Use collection baskets located at the Sanctuary doors in lieu of passing collection plates.
- Replace hymnals and bulletins with visual displays projected on the front wall.
- Do not celebrate Holy Communion at in-house services until a safe manner for distribution of the elements is identified.
- Use Ushers to guide worshippers to the available seats and dismiss them at the end of worship.
- Serving of coffee and donut holes will be suspended for the time being ☹️

Older members, vulnerable individuals, pregnant women, young children and anyone not wanting to risk crowd gatherings are encouraged not to attend. If you have a cough, fever or recent contact with a person who has tested positive, please stay home. Our online Sunday morning service will still be available to you in the comfort and safety of your own home.

We will eventually be able to remove some of these restrictions from our future in-house worship services, but this gives us a safe place to start. We are looking forward to seeing you again in worship!

"Pastoral Letter"
cont'd from pg. 1

We will continue to offer communion online, but we will not offer communion on Sundays in-house.

Surprisingly, worship attendance online has been almost double what it was in-person. Each week, about 1000 people join us for worship; we are reaching more people. This is good news and we will continue to provide a great online worship experience. I am heartened by this. I have heard from most members that they will stay home until there is a vaccine. They will be joining us for worship in that great cloud of internet witnesses!

I also know that for some, this time of pandemic has been a difficult time of loneliness and separation. If in some small way, there is a desire to gather, we will provide that opportunity, within safe guidelines.

Remember, there will continue to be ways you can join others for a class or a discussion or friend group online. Check out *The Light* next month in August for information on a host of possibilities!

I hear the hopeful reports that a vaccine may be on the horizon. I will cheer when it comes to pass. Until then, I also know that even though we are apart physically, we are still joined together through the Spirit of God. We are not alone. God is with us. And we are with one another other through prayer and all the small ways people take to reach out to one another.

Keep on!



Pastor Steve Knudson



Financial Help is On Its Way Ramsey Plus Financial Tools

HUGE NEWS! With the growing uncertainty of the economy during this pandemic, First Lutheran has invested several thousand dollars to give every single family in our church the tools to save money and prepare for sudden change in income or other emergencies. We have purchased Ramsey Plus. This gives EVERY MEMBER of our church and guests 12 months of free access to all of Dave Ramsey's videos and online tools. Think of it as a health club for your finances, and we just paid for your entrance through the front door.

With any gym there are machines you can use on your own OR you can sign up for an exercise classes to learn with others. Ramsey Plus is the gym full of machines to get your finances in shape and now all of the tools are free to use on your own.

Just open your web browser and use the link "<https://bit.ly/FLCRamsey>" to get registered under our church group and open a wide array of tools and resources!

Young Contemplatives

Calling all 18-40 year old! Let's face it - there are SO MANY things in our young lives that cause chaos - work, relationships, kids, etc. but – the chaos we face isn't all bad?

If you are interested in reading the book "The Other Side of Chaos" and having short discussions please contact Michael Beckmann via email at michaelb@firstlutheran.org.

This will add you to the email list so you will be able to join upcoming Zoom meetings this fall.

Save the Date!

This year has been tough for so many reasons, and your marriage deserves a restoring retreat!

The Cedar Rapids Marriott will host a FamilyLife "Weekend to Remember" Marriage Retreat coming up on September 18-20, 2020.

Register at the link below and use code "marriage weekend" to save \$100 per couple at check out: <https://bit.ly/3c0h7ed>

FAMILYLIFE® presents
weekend to
remember

Children & Family Ministries Surveys

Grown-ups, please be on the lookout for a few surveys headed your way via email!

As we are trying to put together our plans for Children and Family Ministry for the Fall, we seek your input and reflections so we can best plan with you and your capacities in mind.



Our "Wonder Boxes" were lined up and ready for contact-free pick up for Bible School at home this June!

Vacation Bible School has looked a little bit different this year! WONDER Boxes went home the end of June, chock full of opportunities to hear and WONDER at God's story.



One set of First Lutheran siblings (left) doing the "bean experiment" while two other siblings (right) enjoy one of Miss Marissa's storytimes!



WONDER Boxes provided four stories, and four weeks of science, games, art/crafts, cooking, and reflection activities. Families took these boxes home and enjoyed WONDER-ing at God's amazing world together.

Backpack Blessing

As we look forward to the beginning of a new school year – different as it will look and feel – we can and we should still bless our children's backpacks as they prepare for a new year of learning and growing.

Backpack blessing tags and words for blessing will be available at the church beginning next Friday, August 7. Simply stop by the church building, enter into the Administrative Entrance nearest the offices, then look to your LEFT and there will be a small table with supplies available for you to pick up whatever you need!

The blessing tags will then be completed on your own time at home and attached to your children's school bags; our something they will use for learning at home.



Middle School Ministry

Fall Plans

We are in the midst of figuring out the fall plan, but we know one thing for sure... we'll be meeting online via Zoom. The format will be similar to the spring, gathering as a large group, then breaking into small groups for a time to chat.

We will be posting videos on YouTube, Facebook and Instagram for our teaching series. These are the main pieces of the ministry for the fall, we'll have more details sent in a letter to all of our families with specifics moving forward! Stay tuned!



Please take a few moments to fill out the Confirmation Registration Form by heading to the website below! The form should take around 10-15 minutes to finish and you will need health and insurance information to complete the form! Incoming 6th, 7th and 8th graders need to register each year!

Schedule

- Sept. 9 - Family Night- Squad Up - God's Family
- Sept. 16 - Squad Up- Do for others
- Sept. 23 - Grow together
- Sept. 30 - Stand strong together

Follow us for updates and postings on Instagram and Twitter

@FLCRyouth  and

 Facebook.com
FLCRYouth 

and on the High School Ministry blog:
firstlutherancr.org/hsm-blog



Stay up to date with the happenings of our Middle and High School Ministries this year with weekly text messages! Simply text @FLCRMS or @FLCRHS to the number 81010. We will update you with important information and you can opt out anytime!





New Series: Squad Up!

Everyone wants a squad — a community of people that cares for us, helps and supports us, and gives us a place to belong. In short, we all want to be part of a community that feels like family. That kind of community isn't easy to come by, but it's exactly what Jesus had in mind for His followers when the Church first began. In this series, we'll discover why the word "Church" means something much bigger than a building, we'll learn what life was like for some of the earliest Christians, and we'll explore four big ideas that mean as much for us today as they did to the Jesus-followers who lived nearly 2,000 years ago. The truth is, we can all be part of God's family, and because we're God's family, we can do for others what God has done for us, we can grow together, and we can stand strong together.

High School Ministry

Fall Plans – As with Confirmation ministry on Wednesday nights, we'll be using the online format for High School Ministry Sunday Nights as well. We will be posting videos on Instagram and YouTube as well on the same topic as Confirmation! Our Sunday night meetings will include games, discussion and small group time. More information will be mailed in the coming weeks to share specific information with families.

HSM Sunday Nights

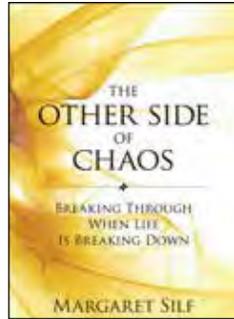
When: 7:00-8:00 p.m.

Where: Zoom

Who: All 9th-12th Grade Youth

Renovaré in the Fall

Renovaré will be offered in the fall at the regularly scheduled times primarily on the online streaming platform, Zoom. We will also allow for up to six people who do not have a computer or internet access to take part in the sessions in person in the Chapel. The book we will walk through is entitled "The Other Side of Chaos" by Margaret Silf.



The book explores the experience of chaos—and the transitions it brings—through the lens of Christian spirituality. Through scripture and personal stories, the author invites participants to develop an authentic “spirituality of transition” that leads one to live constructively, creatively, and confidently through life’s inevitable changes.

Copies will be available for purchase later in August. Thanks to a special deal direct from the publisher, they will be just \$5. Pastor Steve is preparing the weekly material. He will lead the Renovaré groups along with a team of member leaders. Renovaré will begin the week of September 13 and run through early November.

Spiritual Director Search Team Begins Work

The Church Council has formed a team to discern the future of spiritual transformation ministries in preparation for hiring a program staff person. The team recognizes that it is not realistic to find a carbon copy of the previous spiritual formation director, Marcie Watson. Each spiritual director will offer their own gifts and abilities. The more important question is to explore our current reality and what might lie ahead for spiritual transformation ministry. The search team is taking time through the fall to discern the next chapter for spiritual transformation ministries for the next generation of participants.

In the coming weeks/months, the search team will reach out to some congregation members to ask about their own experiences of faith and spirituality. The conversations will also explore the hopes and desires for the future. Anyone who would like to share and offer comment is invited to contact the team chair, Jenny Schulz at jenny@kidsfirstiowa.org or 319-213-5437 or any other team members.

Search Team members include: Jenny Schulz, chair, Sheila Anderson, Michael Beckmann, Bob Buntz, Becky Knudson, David Knudson, Marcy Shie, Tonja Trudo, and Pr. Steve Knudson.

Looking for a Way to Make a Difference?

It's not always easy to be enthusiastic witnesses in a world that seems at times to be in a state of chaos. Often the news brings stories of things that are troubling. People don't always make good choices, and we often hear disturbing stories of unhappiness, illness, insecurity, disunity, injustice, and sometimes even hatred, violence and death. We sometimes wonder whatever any of us can do to bring reassurance of God's love and power to people in the face of the trials they may be facing.

We need to remind ourselves that the Church is here to help us do just that. The Church – the body of Christ – brings the power of the Word of God. It has carried God's message of love forward through 2000 years of adversity fully as challenging as anything we face today. It has shaped governments and cultures and has communicated God's promises to countless billions of people.



First Lutheran Trust
in partnership with



This influence has ebbed and flowed over time, and we now find ourselves in a challenging time when many people are being distracted by worldly concerns. All the more reason to allow God's power to flow through us to strengthen and support His Church.

We are thankful that First Lutheran has a remarkably loyal congregation when it comes to sustaining the current ministry and supporting the physical needs of the congregation. Beyond that, First Lutheran has established the forward-looking FLC Trust Fund. This fund offers a sustainable means of supporting our church, both now and in years to come. Contributing to grow that trust fund is a wise and effective way that individuals can provide consequential assistance to our Church's mission. Marj and I are among many who have provided both current contributions and legacy funding through our wills to the First Lutheran Trust Fund. At some point you may find an opportunity to do the same. I think you will be glad you did.

Contact me or any member of the Trust Committee for more information.
Don Grimm, Trustee

other Trust Committee members include:

Kevin Bruns, Chair
Mike Walsh, Trustee

Robin Roberts, Secretary
Brad Wegmann, Trustee

Please include in your Prayers...

90+ Birthdays in August!

Margaret Hall, 90 years young on August 20.
Carroll Cram, 91 years young on August 9.
Marge Bode, 92 years young on August 29.
Vi Schamberger, 92 years young on August 24.
Elver Sorensen, 94 years young on August 3.
Gladys Biskup, 102 years young on August 24!

50+ Wedding Anniversaries in July!

Loren & Pam Koss, 50 years on August 8.
Gary & Cindy Steflik, 50 years on August 15.
Jim & Marla Schmidt, 50 years on August 22.
Mike & Nancy Abel, 52 years on August 3.
Roger & Jeri Lueders, 52 years on August 21.
Dean & Linda Ameson, 53 years on August 26.
Denny & Winnie Wright, 53 years on August 12.
Bob & Beth Anderton, 54 years on August 30.
Rick & Ronda Hill, 55 years on August 1.
Larry & Judy Blum, 55 years on August 8.
Dick & Mary Kay Grodt, 55 years on August 22.
Terry & Shirley Benfer, 60 years on August 13.
Stan & Betty Kosek, 62 years on August 10.
Lew & Ardy Finch, 63 years on August 3.
Lyle & Delores Jensen, 71 years on August 15.

Hospitalized: *released as of July 29

Hal Schaefer	Rosetta Pfeifle*	JoAnne Zuber*
Donna Vick*	Eleanor Suckow*	Pat Thompson*
Oline Stigers*	David Buckley*	Betty Lietz*

Our Sympathy to:

Judy and Bruce Barnes and family on the death of Bruce's father, Murwin Barnes, on June 22, 2020.
Jeff and Carol White and family on the death of Carol's mother, Marian Schutte, on July 6, 2020
Marie Sundet and family on the death of her sister, Verona Butenhoff, on July 6, 2020.
Sally Fairchild and family on the death of her brother, Jim Hogge, on July 9, 2020.
Gail, Rick and Brett Hanson on the death of Gail's aunt, Helen Richter.
Rick, Gail, and Brett Hanson on the death of Rick's cousin, Jerry Hanson.
Marie Sundet and family on the death of Marie's husband, Wally Sundet, on July 25, 2020.

FIRST LUTHERAN WORSHIP GUIDE

LIVE Online Sunday at 9:00 a.m. Firstlutheran.cr.online.church
Replay available anytime at [Youtube.com/firstlutheran.cr](https://www.youtube.com/firstlutheran.cr)

Radio worship radio on Sunday mornings at 8:30 a.m. on KMRY 1450 AM or 93.1 FM.

August 2 – The 9th Sunday after Pentecost

Online Worship with Holy Communion

Preaching: Pastor Miranda (Hinrichs) Klosterboer

The Hemorrhaging Woman - Witness of Faith

Scripture: Mark 5:25-34

Special Music: Steve & Mary Nurre

Outdoor Service: 9:30 a.m. at Indian Creek
in addition to online worship

August 9 – The 10th Sunday after Pentecost

Women Hymn writers Hymnsing after Worship

Preaching: Marissa Kolander, MDiv

Canaanite Woman- Witness of Challenge

Scripture: Mark 7:24-30

August 16 – The 11th Sunday after Pentecost

Preaching: Pastor Christa (Hinrichs) Forsythe
Unnamed Slave Girl in Naaman

Scripture: 2 Kings 5:1-16

Starting new Worship Series:

"Serve One Another"

August 23 – The 12th Sunday after Pentecost

Preaching: Pastor Craig Brown

Sermon: Serve with an Outward Mindset

Scripture: Romans 12:1-8; Matthew 16:13-20

Change Service Requested

FLC Hires for Online Church

When we remodeled our sanctuary our building committee had the foresight to include remote controlled video cameras and video graphics devices. When Covid-19 hit the newly installed equipment allowed us to continue to provide quality worship to the community with a quick switch to online worship. As our weekly online attendance rose quickly it was clear to our church leadership that we need to continue to Livestream our Sunday worship into the foreseeable future.

Members, previous volunteers and staff jumped in to set up the technology and run the streams for the first several months, but it was determined that it would take three positions to sustain livestream worship over the long haul. Pr. Craig took this recommendation to our church council and they approved hiring the following new positions:

Meet our new Sunday Morning Director Megan Fleming:

Megan comes to us from *Iowa News Now* KGAN's weekday morning news team. Megan is the granddaughter of a Methodist pastor and has felt called to church work for a few years now. She will help direct camera shots, coordinate our other two technicians, and work with our worship team streaming our weekly worship services.

Meet our new Audio Technician Carter Broszeit

Carter is also the A/V coordinator for the Coe College music department working closely with Brett and Marita Wolgast. His role with us will include working with the Celebration Praise Team for rehearsals and worship. He will also assist with our weekly KMRY radio show and teach younger members of our congregation for us to raise up new leaders of technology. Carter is a 2019 Coe college grad who grew up in the Catholic church.

Meet our new Livestream Coordinator Jacob Bartels

Jacob grew up in our congregation and has run our worship service projection since he was in 8th grade! His role with the screens and graphics will continue, and he will also monitor our Livestream feed and post worship to our social media. He also works at Hy-Vee and attends Kirkwood Community College. Upon graduation he plans to make his home here in Cedar Rapids and stay on with our church. Jacob is incredibly skilled in audio video and has been a tremendous asset to our congregation.



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Rev. Craig Brown extension 105	Associate Pastor craigb@firstlutherancr.org
Rev. Mark Urlaub extension 104	Visitation Pastor marku@firstlutherancr.org
Kirsten Wee extension 133	Pastoral Intern kirstenw@firstlutherancr.org
Bob Koenig extension 108	Director of Support Services bobk@firstlutherancr.org
Marissa Kolander extension 113	Dir. of Children & Family Ministries marissak@firstlutherancr.org
Marisa Inzerello extension 114	Children & Family Ministry Assistant minzerello@firstlutherancr.org
Michael Beckmann extension 112	Director of Teen Ministries michaelb@firstlutherancr.org
Brett Wolgast extension 111	Cantor brettw@firstlutherancr.org
Marita Wolgast extension 110	Coor. of Traditional Worship maritaw@firstlutherancr.org
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Tanya Rosenkranz Malloy extension 132	Director of Children's Choirs tanyar@firstlutherancr.org
Joel Reeves extension 109	Dir. of Contemp. Worship Music joelr@firstlutherancr.org
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Scott Peterson	Custodian