

# The Light

Overcoming Together ...

## Resilience

a letter from Pastor Steve Knudson

As I check in with members of the congregation, the one thing that strikes me in these first weeks is the resilience in their voice. We all are facing challenges of downed trees, exposed roofs, and greater damage. Some had trees go through the roof into living rooms and bedrooms. Others had rainwater pour in and damage ceilings and floors. Many lost windows. Some have had to move out of their home. And then they tell me, "We're fine, pastor. We'll get through. We have great neighbors, friends, and family."

How can there be such resilience? For one, people say, "we have great neighbors, friends, and family." In the days after the storm, the whole of Cedar Rapids has been active, working together to move trees, put up roof tarps, share generators, and provide food. We have gotten to know our neighbors like never before. Small groups at church have functioned as family, going to one another's homes to help with cleanup. And we are encouraged.

First Lutheran was a delivery site for water and ice after the storm, and members fanned out to bring relief. The ice was especially important for homes without power to provide cooling for insulin or other medications. And we can share this resilience with others.

The resilience I hear is not without a sense of loss. Houses can be fixed, but the loss of the grand trees will take much longer to replace. The tree canopy provided a park like setting. Now we live closer to the open expanse of the prairie.

There is so much more sky to look at. And yet, people say, "it is the new normal, and we'll get used to it." Again, resilience.

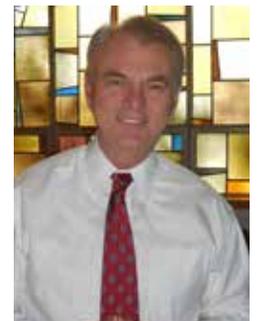
How can there be such resilience? I believe resilience is offered through the promises of God that lead us through breakdowns to a breakthrough of new life. As Psalm 23 asserts, "I am led through the valley, not around it." The psalm does not end there, but goes on to say, "surely God's mercy and goodness shall be mine." The story of the Bible is one where God again and again delivers, restores, and provides new life.

Faith has confidence that God is not done. We look forward with hope, because God continues to go with us in the power of the resurrection, and all the creativity that God possesses to make all things new. We will get to see this newness of God in very tangible ways in the weeks, months, and years to come. God's power for life is resilient. That is the true source of our resilience.

Peace be with you,



Pastor Steve Knudson



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*In the Heart of the City to be God's Heart for All in the City.*

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# Fall Worship Schedule & Details

We will be changing up our online worship schedule, adding Sunday Morning learning, and holding our first in-house services on the weekend of Sept. 12-13!

## The Online Schedule

Starting on Sunday, September 13 we will have two, live-online, weekly worship services, mimicking our former worship schedule. We will have our Traditional Worship streaming online at 9 a.m., and our Contemporary Worship streaming online at 11:15 a.m.

Between the two Sunday services, just as we have done for years, we will have a Sunday Morning Learning Time, starting around 10 a.m. Our introductory sessions for the fall will be an online Zoom discussion which will follow our worship series based on the book, *The Other Side of Chaos* (details on page 6.)

## In-Person Worship

On Saturday, Sept. 12, we will once again be able to gather 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.
- Make several hand sanitizer stations available.
- 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.
- 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.

### When will we resume in-house Sunday Morning Worship?

We are in constant contact with our advisory team from the local medical community.

Because song leaders would currently need to wear masks when we gather for worship, we cannot worship in-house on Sunday mornings.

When it is safe for the song leaders to lead without masks or shields, we will be able to offer worship in-house on Sunday mornings. We pray this comes soon, but thank you for your patience and understanding.

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!

2020 has brought a wide variety of chaos to most of our lives. This fall we will work through it together learning how to see and connect with God through the challenges we face.

Worship Series:

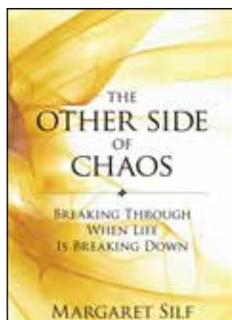
## **The Other Side of Chaos**

*Breaking Through When  
Life is Breaking Down*

The Psalmist says God promises to lead us through the valleys of darkness and challenge. The worship series for September will explore these promises of God in the wake of a storm and a pandemic. How do we see God in the challenges? How does God lead us to the other side of chaos?

Join us for this worship series beginning Rally Day Weekend, September 12-13. The worship series is based on the book *The Other Side of Chaos*, and will support the Renovaré groups, Sunday Adult Learning, and any small groups that want to participate.

Sept 12-13: Dislodged  
and Opportunity  
Sept 19-20: Bridges over  
Troubled Waters  
Sept 26-27: Breakdown  
leading to Breakthrough



Renovaré Series:

## **The Other Side of Chaos**

by Margaret Silf

The Renovaré Study for this fall is the book: *The Other Side of Chaos* by Margaret Silf. Pastor Knudson has developed the study guide and will be leading the Renovaré groups.

Renovaré will happen on-line through Zoom at the normal scheduled times. If you need help getting set up on Zoom—please contact the church office. Daniel Luepke will be available to assist you in getting set up. We are also working to arrange a limited-seating area at the church for those without computer and internet access.

This year, each week will also be supported with a sermon introduction to the theme on the Sunday prior. Books for the study are available at the church office or online through Amazon. The reading plan is available at the church office.

Outdoor Worship  
This Sunday,  
Aug. 30

In addition to our regular online streaming service, we will have an outdoor worship starting at 9:30 a.m.

The outdoor service will be held at *First Lutheran* due to the storm damage at Indian Creek.

## **Sunday Adult Learning**

Sunday learning will be a discussion experience based on the book, *The Other Side of Chaos*. Pastor Steve will lead the discussion. Copies of the book and the reading schedule are available in the church office. The small group discussion will take place Sunday mornings at 10 a.m.

## **Modified Coat Drive 2020**

It seems like everything is different this year and the annual coat drive that Linda Millard, Bonnie Locker and Vicki Hughes have sponsored through their Thrivent Grants will also take on a new form this year.

We will be applying for our grants to purchase warm weather items such as coats, boots, gloves, hats and scarves. However, the distribution this year will be done through Willis Dady Homeless Shelter and the Mission of Hope Shelter.

We would still be interested in accepting donations of new or very good condition coats, boots, gloves, hats and scarves from the First Lutheran congregation. Last year we noticed

that Women's snow boots were in very high demand. Sizes 6-9 were the most requested. Men's boots are always in demand; sizes 8-14. Any coats donated should have working zippers and preferably have hoods. Both men and women's sizes are needed. Larger sizes are the most requested. Children's cold weather items can also be donated.

If you have items to donate you can contact Vicki Hughes at [vshughes@gmail.com](mailto:vshughes@gmail.com) or text her at 319-471-3733. She can arrange a no-contact pickup of your items. Thank you in advance for your generosity to our community.

## Internship Update

We are very pleased to report that our former intern, Michelle Schultz, has been fully ordained and called as the Pastor of Trinity Lutheran Church in Walford!



Congratulations, Pastor Schultz, and we welcome you as a partner in the synod!



This year, Sunday Morning Learning will be done at home for all ages Preschool through 5th grade. While we're still formulating what this looks like, we NEED you to register your family so we know how many take-home bags and supplies to prepare each month. If your family participated in WONDER VBS, this will look a lot like that.

If you haven't done so already, please register your family at [firstlutherancr.org/childrens-learning-registration](http://firstlutherancr.org/childrens-learning-registration). After your registration we will be in communication again in a few weeks with more specific details.

In the meantime, fill out the registration and plan to attend the KidZone at Home informational Zoom meeting on Wednesday, September 2 at 7 p.m. You can get to the meeting by visiting the link [bit.ly/kzhome](https://bit.ly/kzhome). The passcode is: 769626.

## Frolic Online Gatherings



Grown-ups with Frolic-age kiddos (birth through 2 yrs), we'll be doing once-monthly Zoom meet-ups for anyone interested. The link for each meeting will be posted on our Facebook group: First Lutheran Children's Ministry. Find us, request to join the group, then hop online with us each month!

## Children & Family Ministries Pick-up Table

Stop by the church, enter the Administrative Entrance and look to your LEFT!

This table currently has supplies for a "Backpack Blessing" for children. One packet per family, one tag per child. As we look at the beginning of a new school year – different as it will look and feel – we can and we should bless our children's backpacks as they prepare for a new year of learning and growing.

You can also find newest *Spark Family Magazine* on the Pickup Table as well!



# Middle School Ministry

## Fall Plans

We used this past week to ask for feedback from our families regarding what Confirmation Ministry should look like and we have been blown away by the number of responses and thoughtful comments! Thank you to all of you that submitted responses.

We are in the midst of looking over the options and considering all of the feedback. We will have a plan in place the first week of September with our start date and frequency of online meetings. Stay tuned to emails and sign-up for our Remind Text for updates!



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!

Follow us for updates and postings on Instagram and Twitter

@FLCRyouth



and



on Facebook.com



FLCRyouth

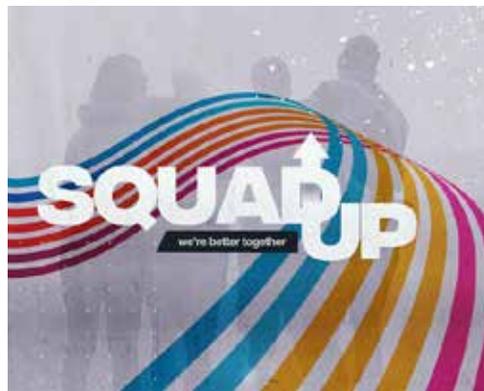
and on the High School Ministry blog:

[firstlutherancr.org/hsm-blog](http://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

**HSM Sunday Night Kick-off** We are planning an in-person, social-distance kick-off event on Sunday, Sept. 13 at 7 p.m. We'll meet in the parking lot at church near the administrative door. Plan on bringing a mask and a chair to this event! We'll have some prepackaged frozen treats available! The event will last about an hour. We will abide by the church's social distancing practices for outside gatherings: face masks will be worn at all times except when eating, six foot distancing will be expected, and air high fives and air hugs are recommended! We miss seeing all of your faces and think this will be a fun way to kick-off the year and welcome our 9th grade class!

## HSM Sunday Nights

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

**Where:** Zoom

**Who:** All 9th-12th Grade Youth

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## FLC Financial Giving Summary

As of July 31, 2020

2020 Annual Operating Fund:	<i>As of 7/31/2020</i>
Y-T-D Actual Income:	\$ 816,634
Y-T-D Budgeted Income:	\$ 823,079
Giving over (under) budget	\$ (6,445)

Our Y-T-D expenses are \$53,795 less than planned mostly due to reduced spending on our non-fixed cost items. Thus, our Y-T-D "bottom line" is actually \$47,350 better than plan. We are humbled by and appreciative of the faithful financial support our members have sustained during this difficult time!

## Free Financial Tools for You

### 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!

## Virtual Crop Hunger Walk: Now through October 11

In 2019, the Cedar Rapids/Marion CROP Hunger Walk raised \$23,000 placing us in the top one hundred of all CROP Walks in the US. Thanks to your generous support, First Lutheran remains the top donor with \$5,165.

This year, because of the Covid-19 pandemic and the need for social isolation, we are introducing our Virtual CROP Hunger Walk. The Virtual CROP Hunger Walk can take place anytime between now and Sunday, October 11. Members can walk on their own or in a small group in a location of their choice. You can walk from room to room at home, around the block in the neighborhood, around the church building or on your way to work/store.

Since the Covid-19 pandemic started, life has been more challenging and difficult for many people, and the number of people facing food insecurity has increased. CROP Walk funds help fulfill this need by benefitting three local food pantries: Green Square Meals, Linn Community Food Banks and Churches of Marion Food Pantry.

It's easy to sign up and donate to the hunger walk. Visit [crop-hungerwalk.org/cedarrapidsia](http://crop-hungerwalk.org/cedarrapidsia). Look for Team First Lutheran, then click register or donate. If you register online, you can create an account and email your friends to sponsor your walk. A receipt will be sent through email for tax purposes when you donate online. If you prefer, you can also donate by making out a check to CWS/CROP and return it to Al Fletcher, CROP Walk Treasurer, c/o First Lutheran Church.

Even though we walk apart, we know that we are united in spirit to fight hunger here and abroad. Thank you for supporting this hunger ministry.

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## FLC Kitchen Continues To Serve Our Community

Covid-19 prevents us from gathering to share food in our church building, but our facility continues to reach out. During the power outage, the trusty gas range provided hot meals to our neighbors at Willis Dady Shelter and Margaret Bock housing across Third Ave., as well as noon lunches at Mission of Hope.

FLC networked with Mercy Chefs and received their left over food when they departed CR, and reheated it and provided hot food for another meal site the next day. SEMP continues to provide weekly hot meals to go at the door of FLC each Saturday. Because of your generosity we are able to feed even more people in advers times.

## *Please include in your Prayers...*

### **90+ Birthdays in September!**

Eunice Halvorson, 92 years young on September 9.  
Edith Winistorfer, 93 years young on September 4.

### **50+ Wedding Anniversaries in September!**

Gerald & Karen Seavy, 52 years on September 1.  
Jim & Betty Cook, 57 years on September 27.  
LaVern & Rose Gordon, 57 years on September 7.  
Art & Ida Johnson, 57 years on September 8.  
Dick & Jackie Johnson, 58 years on September 1.  
Hal & Joyce Schaefer, 73 years on September 18.

### **Hospitalized: \*released as of Aug. 26**

Suzi Cooper*	Susan Padget*	Matthew Jensen*
Richard Clymer*	Teepeu Pewa*	Kathryn Nelson*
Darlene Plattenberger*	Dave Sjullie*	Leroy Bradway*
Heather Underwood*	Gordon Baustian*	

### **Our Sympathy to:**

Lynn and Tork Harman and family on the death of Lynn's mother, Joyce Juber, on August 2, 2020.  
Nancy Abel and family on the death of Nancy's husband, Michael, on August 6, 2020.  
Linda and Lon Feddersen on the death of Lon's mother, Lucile Feddersen on August 10, 2020.  
Jeannie and Alan Norden on the loss of Jeannie's sister, Terry, on August 19, 2020.

## FIRST LUTHERAN WORSHIP GUIDE

LIVE Online Sunday at 9:00 a.m. [Firstlutherancr.online.church](http://Firstlutherancr.online.church)

LIVE Online at 11:15 a.m. beginning Sept. 13.

Replay available anytime at [Youtube.com/firstlutherancr](https://www.youtube.com/firstlutherancr)

In-person worship at 5 p.m. Saturdays beginning Sept. 12.

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

### **August 30 – The 13th Sunday after Pentecost**

**Preaching:** Pastor Mark Urlaub

"Serve with Empathy"

**Scripture:** Romans 12:9-21; Matthew 16:21-28

**Outdoor Service:** 9:30 a.m. at First Lutheran  
in addition to online worship

### **September 6 – The 14th Sunday after Pentecost**

**Preaching:** Pastor Craig Brown

"Serve by Resolving Conflict"

**Scripture:** Romans 13:8-14; Matthew 18:15-20

### **September 12 & 13 – The 15th Sunday after Pentecost**

*Starting the Worship Series: "The Other Side of Chaos"*

*In-person worship at 5 p.m. Saturday;*

*online worship at 9 & 11:15 a.m. Sunday*

**Preaching:** Pastor Steve Knudson

"Living is Christ"

**Scripture:** Psalm 44:20-26; 2nd Corinth. 1:3-7;  
Matthew 9:2-9

### **September 19 & 20 – The 16th Sunday after Pentecost**

**Preaching:** Pastor Craig Brown

"Bridge over Troubled Waters:

**Scripture:** Psalm 62:5-12; Ephesians 1:3, 11-14;  
Mark 9:20-29

Change Service Requested

Dear First Lutheran Family,

My heart is with you all during this time of great pain, sunburn and fallen tree branches. I have been in Chicago now for about three weeks, and am officially out of quarantine! :D I never thought I would be so happy to do something as simple as going to the grocery store. The many boxes have been unpacked, the furniture organized and the roommates welcomed. After unpacking and organizing, I finally had the opportunity to sit down and read all of your beautiful notes. To say my heart is overflowing is an understatement.

Even though my year was not a “normal one” by any means, I would not have wished my critical time of pastoral development to be with any other loving, caring and compassionate group of people. You all have shown me what it means to live out Christ’s love for others.

Thank you to every adult and child who shared their financial support, unending prayer and pearls of wisdom. I would not be the pastoral leader or woman I am today without your endless generosity. I am still processing this year and all of the lessons I have learned, knowing this will be a lifelong process.

One of my favorite words is "Ubuntu", coming from the Xhosa language of South Africa. This word means: “I am because we are”. Essentially meaning, we are the people we have become because of the communities who have surrounded us. Each and every one of you are a part of my community who have shaped and molded me. I will carry you all as a piece of my heart on whatever path God has in store for me.

With a heart of gratitude,



Kirsten Wee



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