

The Light



God's Work, Our Hands Successes!

Thanks to the 35 good-hearted Lutherans of all ages who represented First Lutheran Church in Cedar Rapids as part of the ELCA's "God Work, Our Hands" national day of service.

We spread out to eat a quick lunch, then we spread farther out to our individual projects. First Lutheran's folks donated blood at the church, picked up trash in our parks and worked on preparing meals for the food-insecure in our community.



ImpactLife shared some amazing stats from Sunday's blood drive. "WOW what an amazing turnout! You ended up having 19 donors give 21 units of blood (because of the double red cells). Those 19 donors can help treat 63 local patients with life-saving blood and blood product transfusions because of your support! Amazing!"

Our efforts were just a few out of thousands made across the country through the work of the congregations the Evangelical Lutheran Church of America, of which we are a part. Many stories have been shared on the internet. You can see the impacts shared by searching "#godsworourhands" on social meida sites, or visit ELCA.org.

**God's work.
Our hands.**



Whether our environment or our meals, First Lutheran serves our community and their needs together.

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Installation of Deborah Hansen as Director of Spiritual Formation

Deborah Hansen will be installed as Director of Spiritual Formation during worship services the weekend of October 2-3. Deborah joined the staff on September 1, and she has been making contact with those involved in spirituality ministries.

She will begin a new small group book series now in October, that will meet at times similar to past Renovaré gatherings. Deborah and her husband Glen Hansen are in the process also of moving from La Crosse Wisconsin to Cedar Rapids.



Hiring Nursery Attendants!

Need to earn some extra cash? Love kids? Want a job that's fun? Then we have just the job for you!

We are seeking to hire qualified, part-time nursery attendants as soon as possible. Applicants must be 18 years of age or older, available Sunday mornings and possible other times as needed.

If interested, contact our Director of Children and Family ministries Marissa Kolander, at marissak@firstlutherancr.org or 319-365-1494 x.113

If you enjoyed Renovaré, you will feel welcome at:

ALL SHALL BE WELL: *The Wisdom of Julian of Norwich for Our Time*

How often do we say that we are living in unprecedented times? Julian of Norwich who lived over 600 years ago would say that our times are not so unprecedented. Her 80 years of life were marked by continuous waves of bubonic plague, social and political upheaval, as well as religious controversy. Yet, she remained grounded in God's love as she embraced the goodness of God in all things. Her writings offer an abundance of practical wisdom for our own time of pandemic, conflict, and controversy.

Join Deborah Hansen, Director of Spiritual Formation, for an 8-week series, using Matthew Fox's *Julian of Norwich: Wisdom in a Time of Pandemic—and Beyond* as a springboard into her writings. Each week, we will glean Julian's wisdom on such topics as: Goodness, Joy, and Awe; Facing the Darkness; Non-Dualism; Love Over Evil; and much more. Then, we will ask ourselves: How am I called to grow today?

Our discussions will be challenging, stretching, affirming, and practical. Books will be available at the first gathering, and the cost is \$10.

New Study & Discussion Groups Meeting:

| | | |
|---------------|-------------------|-----------------------|
| Men's Group | Mondays, 5:30 pm | Oct. 11 – November 29 |
| Women's Group | Tuesdays, 1:30 pm | Oct. 12 – November 30 |
| Women's Group | Wednes., 10:00 am | Oct. 13 – December 1 |

To register:

Call: Deborah at 319.365.1494 ex. 107

Email Deborah at deborahh@firstlutherancr.org

Keenagers Social Gatherings

If you are age 60 and older, we would like to invite you to the Keenagers Social group. This informal monthly gathering brings friends and members of all ages together usually for a lunch and presentation (dining together is still on hold due to Covid).

On Thursday, October 14 we will welcome author and intrepid traveller, Mr. Bob Buckley. Mr. Buckley has penned a half a dozen fiction and non-fiction works; all since his retirement.

On Thursday, November 11 we will have the joy of welcoming back Barefoot Becky and the Ivanhoe Dutchman, after they had to unexpectedly back out of the performance scheduled for September.

Get our Spotlight Emails

Get the latest, news, events, cancellations and more from First Lutheran Church, so you can stay connected and we can discover more: together.

You have to opt-in to our Spotlight Email list, which you can do here:

<https://bit.ly/FLCspotlight>

A Musical Month at First Lutheran

Dr. Wolgast to perform recital

Join us for our second organ dedication concert, on Sunday, October 3, at 3 p.m. First Lutheran organist, Brett Wolgast, will present a recital on our new Parsons Opus 50 Pipe Organ.

The concert will feature music by Bach, and Widor, as well as an arrangement of Barber's famous Adagio of Strings and a piano/organ duet. Dr. Wolgast will also reprise the performance of "Ponder Anew" which was commissioned from Wayne Wold for this instrument's dedication. The recital is free and open to the public.

A Choral Trio

After the organ recital, First Lutheran will be hosting three choirs for concerts! First up is Chorale Midwest, which will be presenting their season debut on Sunday, October 17 at 2:30 p.m. On Sunday, October 24 at 2:30 p.m., Cedar Rapids Concert Chorale will be presenting Mozart's Requiem with soloists and orchestra. And finally, Coe College Concert Choir will be presenting their fall concert on Saturday, October 30 at 7:00 p.m.

Dr. Wolgast's recital and the Coe College concert are free and open to the public, and the other two community choir concerts will have tickets available at the door. Come and support one or all of these fine organizations!

October Musical Performances

Brett Wolgast Concert
October 3,
3 p.m.

Chorale Midwest*
October 17,
3 p.m.

Cedar Rapids
Concert Chorale*
October 24,
2:30 p.m.

Coe College
Concert Choir
October 30,
7 p.m.

* tickets required at the door



We Would Love For You To Join Us...

... on our Sunday Morning Learning volunteer staff! We still have a few opportunities to enrich the faith life of our youngest members.: one each in Kindergarten, 1st, 2nd, and 3rd grade, and two in Connect45.

Leading a class is easy, and since you do it with a team, you're not obligated to be there each weekend. Email our Director of Children and Family ministries Marissa Kolander (marissak@firstlutheranncr.org) with any questions you might have or to sign up!



Let's Frolic!

Grown-ups with infants and toddlers age 6 months – 2 years-old are invited to join us once a month for 30 minutes of faith formation activities in the nursery from 10-10:30 a.m..

We'll read a story from the Bible, then you and your child/ren will travel through activity stations designed to help you and your child begin faith-shaping interaction. Our first Frolic class is Sunday, October 24!

Frolic First-Faith sessions for Children 6 months thru 2 years and their Adults:

| | | | |
|------------|-------------|-------------|----------|
| October 24 | November 21 | December 19 | |
| January 23 | February 20 | March 20 | April 24 |



First Lutheran Milestones Ministry

*Make Plans NOW for
Milestones Sundays in October...*

Our first Milestones sessions for this year are October 10 (3 year-olds through 1st grade), and October 17 (2nd – 5th grade). Remember that a grown-up must accompany each child to their Milestones class, and everyone must be masked (regardless of vaccination status).

Milestones Sessions for Children & their Adults:

October 10
3 year-olds through 1st grade

October 17
2nd through 5th grade

Confirmation 2021

Our Middle School Ministry (MSM) for youth in grades 6th-8th, consists of our Confirmation Ministry on Wednesday Nights from 6:30-8:00pm. A mix of current topics, Bible teaching and Luther's Small Catechism make up the large group gathering. Discussion questions, weekly check-ins and fellowship make up the small group time with dedicated leaders! If you are interested learning more about the Confirmation Ministry here at First Lutheran, please contact Michael in the church office!

October Series: I Have Questions

Let's face it, life isn't easy. In times of loss, grief, pain, or doubt, it's normal to have questions — and it's okay to ask them. If you've ever tried to make sense of your circumstances, or wished life didn't have to hurt so much, or wondered why God won't fix what you're going through, you're not alone. In this 4-week series, we'll hear about a few people from Scripture who know exactly what it's like. With Esther, David, Peter, Amos, and John, we'll explore hard questions you thought you weren't allowed to ask, like "When people are hurting, where is God? When I'm hurting, why does God feel far away? If God is good, why do bad things happen? And when life hurts, is God listening?"

Middle School Ministry Calendar Dates:

| | |
|--------------|--------------------------------------------------------------|
| September 28 | No Confirmation- RAD Wk 4 (online) |
| October 6th | I Have Questions - Wk 1- Where |
| October 13th | I Have Questions - Wk 2- Far Away |
| October 20th | I Have Questions - Wk 3- Bad Things |
| October 27th | No Confirmation - I Have Questions- Wk 4- Listening (Online) |



High School Ministry

Our High School Ministry (HSM) on Sunday Nights is our weekly gathering, Bible study, and small group ministry with youth 9th-12th grades. The set-up of the night is flexible at the beginning and end to help accommodate busy schedules!

While we start at 6 p.m., usually the first 30 minutes is for fellowship and games, from 6:30-7:30 we will dig into the Bible study usually with a talk and small groups. The final 30 minutes of the night end with some more fellowship time.

If your youth can't commit 2 hours on a Sunday night, no problem. They can come and go as they need to! If they are not able to make it every week...no worries, they can catch up with our study on Instagram or Facebook throughout the week!

High School Sunday Nights

OCTOBER

| | |
|-------|-----------------------------------------------------|
| 3rd- | RAD- Wk 3 |
| 10th- | I Have Questions- Wk 1 |
| 17th- | I Have Questions- Wk 2 |
| 24th- | I Have Questions- Wk 3 |
| 31st- | NO HSM Sunday Night- I Have Questions Wk 4 (Online) |

Visitation Ministry

Pastor Cindy McKenzie has joined the staff as Visitation Pastor on an interim basis through December of this year. She will be providing pastoral visitation and home communion to members who are home bound or in care facilities. Pr. McKenzie is a retired Navy Chaplain and has been providing interim ministry in congregations of the synod.

The church council will be taking action on securing visitation ministry going forward. Pr. McKenzie is providing visitation ministry between the completion of Pr. Mark Urlaub's term and the beginning of the next minister of visitation.

Rose Gordon, receptionist at the office, is making Pastor Cindy's visitation appointments. Members who are confined to home or a care facility and would like a visit may call the office to arrange for an appointment.

Upcoming Ministries & Events

Affirmation of Baptism

Reformation Sunday, October 31, 2021

Our 9th Grade Youth are preparing to affirm their baptism in worship on Reformation Sunday, October 31st at both of the morning worship services! We encourage our congregation to worship with the youth and their families as we celebrate them taking this step in their faith journey!

Prayer Shawl Gathing!

Join us Saturday morning, October 23, 9 to 11 a.m. in Room 312 at the church as we once again gather to encourage one another in the ministry of Prayer Shawls.

Whether you have been knitting or crocheting for years or are just wondering if this might be something you would like to learn, you are welcome! Yarn and needles will be available or bring your own. (Size 10 knitting needles or Size K crochet hooks work well with Worsted weight or Bulky (5) yarn.) Patterns range from simple knitting to more challenging designs. Marla Thompson and Jeri Lueders are patient teachers and happy to help anyone learn or answer other questions. We meet in Room 312 upstairs for informal conversation, prayers, laughter, and delicious coffee, tea and goodies. For more information contact Jeri Lueders: jlueders45@gmail.com or 319.558.7375. Marla Thompson: PJTCR325@hotmail.com 319.395.0646

Coat Drive

for our Neighbors

Several First Lutheran members are using their Thrivent Choice Dollars to Kick start a clothing drive for cold weather clothing for the neighbors and guests who eat at our Saturday Evening Meal Program.

While the greatest need is always for Men's coats and boots, we will accept any size of new or gently used coats, boots, hats, scarves, or gloves. Take a look in your closets and see if you can discover more coats and other winter items than you don't need so that together, we can help our friends and neighbors stay warm this winter.

CROP Hunger Walk

NOW! Through October 10

Charitable Giving has actually risen in the United States since the beginning of the pandemic, but so has food insecurity. In 2021 we continue to fight against challenges – disease, disaster, displacement and other concerns – that leave people hungry.

The 2021 Virtual CROP Hunger Walk will take place on Sunday, October 10 but participants can walk on their own anytime from now until the Walk date. Funds raised through this event directly benefit our local food banks and meal programs, as well as global relief efforts through Church World Service.

<https://bit.ly/FLCcrop21>

Please include in your Prayers...

90+ Birthdays in October!

Faye Roberts, 92 years young on October 15.

50+ Wedding Anniversaries in October!

Bill & Kay Clark, 58 years on October 5.

Joe & Marian DiNucci, 59 years on October 6.

Hospital/Surgical, etc.: *released as of Sept 22

| | | |
|---------------|-------------|-------------|
| Carol Brown* | Betty Cook* | Laura Elm* |
| Sherry Stark* | Jan Schulz* | Sara Adams* |
| Oliver Elm | Mark Jensen | Dan Malloy* |

Our Sympathy to:

Kristin and Bob White and family on the death of Kristin's mother, Carol Brown, on September 6, 2021.

Laura and Brian Draeger on the death of three of Laura's sisters within the last three months.

Lois and Robert Buntz and family on the death of Lois's mother, LaVern Faas, on September 2, 2021.

Katie and Craig Brown and family on the death of Craig's cousin, Peggy Ann Driscoll, on September 10, 2021.

Laurie and Stephen Ebsen and Kathy and Dave Markham on the death of Stephen and Kathy's father, Delbert Hubert Ebsen, September 20, 2021.

Financial Giving Summary as of Aug. 31, 2021

| | |
|----------------------------|------------|
| Y-T-D Actual Income | \$ 925,639 |
| Y-T-D Budgeted Income | \$ 877,529 |
| Giving over (under) budget | \$ 48,110 |

Your faithful giving has been greater than budget through two-thirds of 2021. All planned ministry programs have been fully funded through your generosity. Thank You!

WORSHIP GUIDE

In-Person Traditional Worship
5 p.m. Saturdays or 9:00 a.m. Sundays

In-Person Celebration Worship
11 a.m. on Sundays

LIVE Online Sunday at 9 a.m. and 11 a.m.
Firstlutheranr.c online.church

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

Sept. 25 & 26 — The 18th Sunday after Pentecost

Preaching: Pastor Craig Brown

Sermon: "Discover God's Faithfulness"

Scripture: Genesis 17:15-19; 18:1-2, 9-14 NRSV

Oct. 2 & 3 – The 19th Sunday after Pentecost

Preaching: Pastor Craig Brown

Sermon: "Discover God's Presence"

Scripture: Genesis 28:10-17 NRSV

Special Music: 5p: Handbell Ensemble
9a: Adult Choir

Oct. 9 & 10 – The 20th Sunday after Pentecost

Preaching: Pastor Steve Knudson

Sermon: "Discover Blessing in Times of Trial"

Scripture: Genesis 32:22-30 NRSV

Special Music: 9 a.m.– Resonaré Ringers

Oct. 16 & 17 — The 21st Sunday after Pentecost

Preaching: Pastoral Intern Rebekah Nelson

Sermon: "Discover Yourself on the Journey"

Scripture: Ruth 1:1-5, 7-8, 14-19 NRSV

Special Music: 9 a.m.– Adult Choir,
feat. Vivian Shanley & Ryan Hoagland

Oct. 23 & 24 — The 22nd Sunday after Pentecost

Preaching: Pastor Craig Brown

Sermon: "Discover God's Steadfastness"

Scripture: Ruth 2:1-3, 8-12; 4:13-15, 17 NRSV

Special Music: 9 a.m.– Middle School Choir

Change Service Requested

discover more : together

Weekly Resources for Deepening Faith

Discover More: Together invites each of us to journey more intentionally in our faith. The journey of faith is dynamic, because God always has something new to tell us. Every day is an opportunity to discover something more of the grace of God and to have an imagination for how God is at work in our lives, giving us life, and calling us to follow Jesus into he everyday places we live and work.

The Sunday scripture and sermon serve as that basis for our discovery in the week that follows. We will be posting weekly personal devotions, spiritual practices, and small group guides that help to make the connection between Sunday and Monday and every day. You can download each week's devotion from our website at firstlutherancr.org/this-week

Individual Devotions

The personal devotions include a couple of questions to discover more about the scripture, a link to the Sunday sermon, simple questions that lead to prayer, and a weekly spiritual practice called, "5 minutes with God."

Small Group Discussion Guides

The small group guide provide questions that deepen engagement with Sunday's scripture and message as well as provide ways to deepen community and strengthen relationships in the small group. Though the guides are created weekly, small groups are free to use only the weekly guide for the week they meet.

Team-Building Devotions

Many groups at First Lutheran gather to accomplish a ministry, whether as a task team or a committee. These team building devotions offer a simple devotion of the scripture, a question for sharing, and a simple way to pray.

Starting Sunday, October 10 you can join in a small group discussion during our 10 a.m. Sunday Morning Learning time.



First Lutheran
 discover more : together

1000 Third Ave. SE • Cedar Rapids, IA 52403
 Ph: (319) 365-1494 www.firstlutherancr.org

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|-------------------------------------------------|-----------------------------------------------------------------------------------|
| General Voicemail / Afterhours Extension 100 | |
| Rev. Dr. Steve Knudson extension 106 | Senior Pastor stevek@firstlutherancr.org |
| Rev. Craig Brown extension 105 | Associate Pastor craigb@firstlutherancr.org |
| Intern Rebekah Nelson extension 104 | Pastoral Intern rebekahn@firstlutherancr.org |
| Deborah Hansen extension 107 | Director of Spiritual Formation Deborahh@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 | Dir. of Youth & Family Ministries michaelb@firstlutherancr.org |
| Brett Wolgast extension 111 | Cantor brettw@firstlutherancr.org |
| Marita Wolgast extension 110 | Coor. of Traditional Worship maritaw@firstlutherancr.org |
| Isaac Langley | Director of Middle School Choir |
| 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 |
| Daniel Luepke extension 115 | Ministry Engagement Coordinator daniell@firstlutherancr.org |
| William Mittelsteadt extension 115 | Director of Communications willm@firstlutherancr.org |
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| Rose Gordon extension 101 | Part-time Receptionist roseg@firstlutherancr.org |
| Ruth Ehrhardt extension 131 | Food Service Coordinator ruth@firstlutherancr.org |
| Rich Hillyer extension 116 | Head Custodian richh@firstlutherancr.org |
| Scott Peterson | Custodian |