

The Light



Discover More with our App!

Start at firstlutherancr.org/app

If you are an active member who regularly participates in our groups and events, the First Lutheran Church app can save you time and help you stay better connected to each other.

The Church app combines the most-used parts of our website into one compact and convenient place. It is the quickest, easiest way to check our Church calendar, register & pay for events, listen to our latest sermons, and send a message or prayer request. It also allows you to create one-time or recurring offerings, and track those gifts and payments as well.

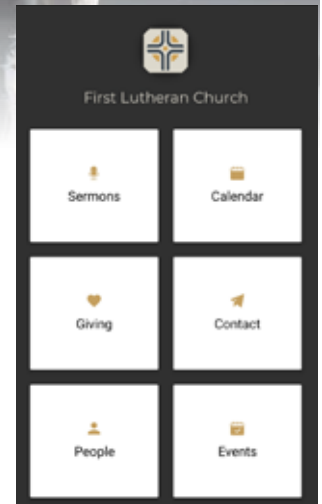
If you have an Apple or Android phone, download the app, "Church by Ministry One" by using the QR code below or searching for it in the appstore. Once downloaded, connect to First Lutheran; it is easiest to search by our zipcode, "52403".

Create a Profile!

Creating a Profile in the app can help you by saving your form details and payment information which

makes it super quick & easy to register or make a payment or contribution. Creating a profile additionally unlocks the Members Directory allowing you to get in touch with other members. The directory also includes the ability to join Groups, keeping your most frequent contacts closest - all without having to track down your printed photo directory. We are notified each time a profile is created, and monitor them to ensure it is only used by people in our congregation. Further details on customizing your profile or accessing the directory from a browser can be found at firstlutherancr.org/resources/profile.

As this app is new to all of us - staff and members - we are regularly adding and refining content, and only those who have created profiles are currently listed in the directory. It is our hope to engage every active member of the church with creating a profile, joining together in their groups, and keeping connected in this busy world!



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First Lutheran
discover more : together

Sunday Morning Learning

Personal Spiritual Growth is a life-long process where we continue to be molded and transformed as we learn more and grow deeper in connection with Christ through our faith.

This fall we are pleased to bring back our 10 a.m. Sunday Morning Learning sessions. Each weekend we offer opportunities to dig deeper into various aspects of our faith, our community, and culture as they intersect in our lives. Here are the opportunities we will have coming up in the next month:

Is the 2nd Amendment Still Relevant?

Oct. 9 w/ Pr. Craig Brown rm.104 (Dining Hall)



In light of daily mass shootings, many of us are wondering how did our country go from minute men farmers with a single shot muskets to assault rifles that can shoot hundreds of bullets a minute? Pr. Craig turns back the clock 200 years to walk us through this critical amendment to our nation's birth and ponders its effectiveness today.

Seeds of Revolution in Calvin's Thought

Oct. 9 — Prof. Bruce Gore video Rm. 217 (Chapel)

Professor Bruce Gore takes a historical look at the church's role in the founding of our great nation. The theology of John Calvin put in motion a collection of ideas that would eventually bear fruit in the American Colonies as a justification for separation from England.



Expanding Diversity in Hawkeye Sports

Oct. 16 w/ Lew Montgomery rm.104 (Dining Hall)

Former Iowa Hawkeye Fullback and friend of First Lutheran Lew Montgomery will talk about his new role at the University of Iowa Athletics Department as the interim support of athletic's diversity, equity, and inclusion.

Touching Hearts in Black and Gold

Oct. 23 — Pr. Sarah Goettsch rm.104 (Dining Hall)

U of I Lutheran Campus Ministry Pastor and friend of FLC Pr. Sarah Goettsch talks about the challenge of staying connected to college students throughout the pandemic and how the ministry begins to re-emerge in the hearts of young adults from our congregations.

College Age Care Packages

Are you a college age young person connected (in some way, shape or form?) to First Lutheran? Or do you know a college age young person who would benefit receiving a package from First Lutheran loaded with goodies and supplies for the school year? Then fill out the form below with their information and we'll send them something!

These young people do not have to be in college to receive a package, they could be in the work force, armed forces, or a "gap" year, we still want to stay connected, so please fill out their information!



Wondering if you need to fill out a new form if you did one last spring? The answer is YES! We want to make sure we have the most up to date information to ensure you receive the care packages! firstlutherancr.org/connect/college-age

Care Package Donations

Would you like to help us by providing something to add to our packages? Use the form at our website to sign-up for a donation and Michael will contact you with some options! This way we don't double up on what we send out! firstlutherancr.org/connect/college-age

October Monthly Luncheon

Thursday, Oct. 13 — 12 noon

Come together and get to know other FLC members and friends over a home-cooked lunch on Thursday, Oct. 13 at 12 noon. In addition to getting to know the other attendees, we will all get to know FLC member Dave DeWolf a little bit better too! Dave is well-known around here as an active, faithful, long-time member. He is also known and recognized for his volunteer efforts with other organizations in our community as well. But, few know the behind-the-scenes-story of his professional life. At the end of a long & storied engineering career, he worked half way around the world overseeing the reconstruction of Iraqi railroads following the 2003 war. Come to hear the details of Dave's adventurous career and service. Cost is \$5. You can RSVP & pay at firstlutherancr.org/lunch, in the Church app, or by calling the office.



Our October presenter, Dave DeWolf, and his wife Jeanie.

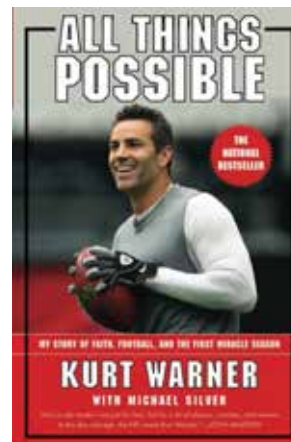
First Lutheran Guy Squad

Upcoming Men's Events

All Things Possible Book Study

Meeting each Thursday in October at The Chrome Horse, 1201 3rd St SE, Cedar Rapids

Join us as for fun and fellowship as we read through and discuss Kurt Warner's amazing life in his book, *All Things Possible*. More than just a sports story, learn about holding true to your faith and close to your family as you pursue life's goals. We'll meet for a beer or pop at the Chrome Horse Saloon for 4 weeks. It's a good chance to meet other guys in church your age and talk about life, sports, and faith!



Iowa vs. Iowa State Basketball Game

Thursday, December 8 – time T.B.D.

Iowa vs. ISU Basketball Game It's the hottest game in town and we've got tickets! Travel to Carver Hawkeye Arena to catch the Hawkeyes vs. the Cyclones in this state-wide showdown. Cost is just \$20 a ticket. Space is limited so reserve your spot today!

Reserve your spot for either of these events at firstlutherancr.org/connect/mens-ministry



Ladies' Night Out

A fun time with new friends

Once a month, all the women and friends of First Lutheran are invited to gather at a restaurant for food, fellowship, and fun. Our next outing will be at 5:30 p.m. on Monday, October 24 at Zeppelin's, 5300 Edgewood Road NE in Cedar Rapids. (A week earlier than normal due to Halloween.) Sign up at the sign-up desk in the narthex, or RSVP to Kris Cleveland at 319-362-8047 to make your reservation, or for more information.

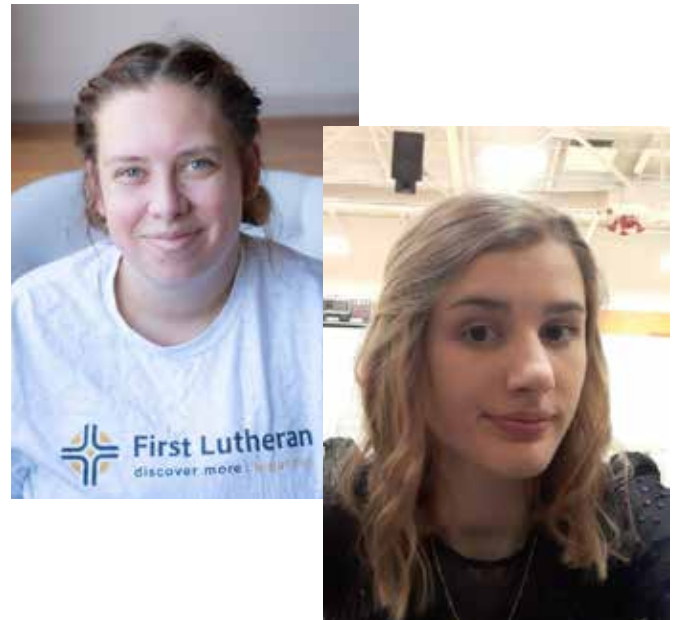
Welcome Jenna & Makenna!

We are SUPER excited to announce that our nursery is staffed and ready to care for your little ones! Each Sunday we will open the Nursery for supervised childcare from 8:45 – 12:15. The nursery, room 101, is located on the first Level between the Fellowship Center and Youth Room (112).

Young children through preschoolers are always welcome in worship! However, if you would like a safe, professionally trained, and loving option to care for your little ones during worship you are welcome to visit the Nursery.

Jenna is a preschool teacher in the area. Her experience and degrees in early childhood bring a depth of knowledge to help us exceed the overall goals of safety for all children in our care.

Makenna is well known encourager for children especially at First Lutheran. She has a playful energy about her that your children will find an immediate connection and fun!



Our new nursery attendants Jenna (left) and Makenna (right) are ready and available to help your young family on Sunday mornings.



We are off to a great start in our Sunday Morning Learning for kids in Preschool through fifth grade!

Each week kids in all grade levels will start with check-in downstairs on level one at the opposite end of the building from our worship space. Preschool 3- and 4-year-olds will go directly to their classroom, room 111. Kids in grades 1-5 will start by checking in and getting a nametag in room 113, then have a large-group opening in the Youth Room.

After the opening, our class leaders will take their groups to their individual rooms up on the Third Level for activities and learning. Parents then pick up their kids from their classrooms at the end of the education hour.



Pastor Katie invites you to come down, check in, and check out our First Lutheran Kids learning hour on Sunday Mornings.

View the welcome video and register in advance at firstlutherancr.org/connect/children



Middle School Ministry



We're planning a FALL LOCK-IN! We hope you'll invite a friend or two to join us for some fun at church! Wear your best Halloween costume and join us for pizza, games and prizes! Here's the info:

When: Friday, October 28, 6pm-10pm

Who: Current 6th-8th Graders & Friends!

Where: First Lutheran Church

What: A lock-in of epic proportions!
Games, pizza, drinks, prizes!

Cost: \$5- Registration is on-line only!

Registration Deadline: Noon, Monday, October 24

Bringing a friend? They will need to register separately as our registration form needs parent/guardian permission from their family!

Middle School Mission Trip 2023

We're heading to Duluth, MN for our mission trip! Join us the week of July 18-23 in Duluth, MN! Join us as we work alongside partner organizations to serve local youth centers, elderly care centers, outdoor yard projects or food pantries. Evening activities include Canal Park, Park Point Beach, and a community cookout! Registration is open today and available at our website! Space is limited! Friends are welcome!



October Series: The Exchange

We all make exchanges — all the time, in fact! Whether you're shopping, texting your best friend, swapping snacks at the lunch table, or returning a wave to a neighbor, most of the exchanges we make aren't very memorable. But the exchanges that stick with us are the exchanges we have with people who impact our lives for the better. Maybe you've exchanged meaningful advice, wisdom, or encouragement with your friends, family members, heroes, coaches, pastors, or younger people you've invested in. Those

exchanges are what this series is all about. In this four-week series from 2 Timothy, we'll explore some advice the apostle Paul gave to Timothy, a guy he was mentoring, because we can learn from Paul's wisdom too. Through it, we'll see how we can all exchange wisdom with each other (no matter our age) by helping each other discover our gifts, develop discernment, get equipped, and find strength.

   @FLCRYouth

From the Monday Minute on Instagram to our Wednesday Wrap-up on YouTube, be sure to check out our social media for ways to connect church and home, with short videos and simple discussion questions related to the weekly topic!

For details and sign-ups for any of these events, visit firstlutherancr.org/connect/youth



High School Ministry

Affirmation of Baptism

Families of 9th Graders we need your information to help us plan! Please visit the Affirmation of Baptism page, linked from the youth page above for more information and forms; or call Michael in the office for more information!

High School Adventure Trip 2023!

We're heading to MONTANA for our High School Adventure Trip 2023!!! Sailing? Backpacking? Kayaking? Rock-climbing? We've got options, so come help us decide! We hope you'll join us! But first we need you to join us for the **informational meeting on Sunday, October 16 at 5 p.m. in the Youth Room!**



Flathead Lake, nestled in the Northwest mountains of Montana.

Trip Dates: July 29 — August 5

(travel dates to be determined in near future)

Friends are welcome on the trip and to the meeting to learn more about the trip!

Finding Joy

The world is in such turmoil—war, starvation, terrorism, racism, genocide. How do I find joy in the midst of such suffering?

The Spiritual Formation Study Groups have been reading *The Book of Joy* which is based on conversations between the Dalai Lama and Desmond Tutu about the nature of joy, obstacles to joy, and the pillars of joy. Prior to their conversations, people submitted questions about joy for the two to discuss. The number one question asked was the one above: How can I be joyful when there is so much suffering in the world? Their answer was rooted in the needs of suffering and the nature of joy.

We experience joy not because our lives are devoid of suffering, but because joy is rooted in the three C's: connection, compassion, and community. We know joy together. Suffering of any kind is isolating and lonely. When we connect through compassion

with others, we create community. Seeds of joy are planted in the midst of suffering. Floods, derechos, funeral meals, and the everyday hardness of life are all places joy grows when compassionate people reach out to care for one another. We are the seeds of joy! Of course, we pray for an end to all of the turmoil that brings such suffering to our world, our loved ones, and ourselves. When we can connect compassionately, we are part of the answer to those prayers, bringing relief to suffering through joyful community.

*Joy grows when
compassionate people
reach out to care for
one another.*

Understanding that compassion and community connect me with joy increases my capacity to find joy in my everyday life. I'm not waiting for all those proverbial ducks to be in a row before I can experience joy in my life. Rather, I am open more to joy in the beauty, smiles, hugs, and conversations that are all around me. Where might you grow some joy today?!

Have you visited The Center yet?

The Center provides spiritual direction to FLC members and our community. FLC is blessed to have a team of trained spiritual directors, each of whom is a compassionate and wise listener. Each of us brings our own gifts and life experiences to our listening. We meet in person at FLC and remotely by phone or zoom. The first session is free so that you can see if spiritual direction is what you are looking for.

Get to know more at our website, thecenter-atflc.org. There you will find introductions to our team, lots of information about spiritual direction, and find out about Center events.



FLC Financial Summary

It is normally the case that we draw from reserves through the summer and then make up the difference between income and expense with year end giving. Giving to the general fund is about 2.2% less than budgeted for the first 9 months. Budgeted income is based on pledges and prior year giving.

Current expenses are at budget, however, utility costs are significantly higher this year and will have an impact on how we conclude the year. The council and administrative team will continue to monitor income and spending and provide monthly updates through the Light. The council encourages members to review their giving and how they might support the wonderful momentum of the congregation as we enter into the fall.

2022 Annual Operating Fund:	<i>as of 9/30/2022</i>
Y-T-D Actual Income	1,049,959
Y-T-D Budgeted Income	<u>1,073,200</u>
Giving over (under) budget	(23,241)

Please include in your Prayers...

90+ Birthdays in October!

Faye Roberts, celebrating 93 years on October 15.
Barb Dietz, celebrating 92 years on October 2.
Sally Kuusik, celebrating 90 years on October 4.

50+ Wedding Anniversaries in October!

Joe & Marian DiNucci, 60 years on October 6.
Bill & Kay Clark, 59 years on October 5.

Hospital/Surgical, etc.: *released

Carol Kasner*	Michael Den Beste*	Don Johnson*
Sue Baxter*	Michael Sinnott*	Jeff Woodburn*
Linda Mohr*	Rodney O'Neil	

Our Sympathy to:

Jennifer Kaska and Lillie Peshel on the death of their mother,
Karen Peshel, on August 14, 2022.

Family and friends on the death of Richard Sjolseth on
September 20, 2022,

John Lancaster and Pastor Katie Lowe Lancaster on the
death of John's father, John Lancaster Sr., on September
25, 2022.

Family and friends on the death of Jo Ann Scheer on
September 28, 2022.

Linda Taube and Ashley Erickson on the loss of Ashley's
husband, Jeff Erickson, on October 2, 2022.

Vicki Hughes and family on the loss of her brother, Dennis
Stuve, on September 28, 2022.

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

October 8 & 9 – 18th Sunday after Pentecost

Service of beginning for Seminarian Daniel Luepke

Preaching: Pr. Steve Knudson

Scripture: 2 Timothy 2:8-15; Luke 17:11-19

Special Music: 5p – Rusalka and Jared
Rogers; Vocal duet

9a – Resonaré Ringers; 11a – Chapel Choir

Oct. 15 & 16 – 19th Sunday after Pentecost

Healing Prayer Worship Service

Preaching: Pastor Craig Brown

Sermon: "Healing Happens in Community"

Scripture: 2 Timothy 3:14-4:5; Luke 18:1-8

Special Music: 9a- Cherub Choir

Oct. 22 & 23 – 20th Sunday after Pentecost

Preaching: Pastor Katie Lowe-Lancaster

Scripture: 2 Timothy 4:6-8, 16-18; Luke 18:9-14

Special Music: 9a- Middle School Choir
& Youth Handbells

Oct. 29 & 30 – Reformation Sunday

Affirmation of Baptism

Preaching: Pastor Steve Knudson

Scripture: Jeremiah 31:31-34;
2 Thess. 1:1-4, 11-12; John 8:31-36

Special Music: 9a - Adult Choir;
Resonaré Ringers

Change Service Requested

Comfort Around the World

Twice a year in April and October, First Lutheran's Comfort Makers fill boxes of our quilts and send them to Lutheran World Relief's warehouse in Minneapolis. On Saturday, Oct 23rd groups like ours from a five-county area stream in with donations of quilts, school kits, first aid kits, new born baby kits, hospital and medical supplies, school uniforms and bags. Before we send off our quilts in this shipment, we will bless them in worship on the weekend of Oct. 8-9.

Once these donated items reach the warehouse, the determination on which country or which natural disaster has resulted in greatest worldwide need for these goods. This time around, our Comfort Makers ministry will be donating 48 quilts to be distributed some place in the world. Also accompany our quilts will be our monetary gift to be used for shipping costs. The estimated cost established by LWR is \$2.47 for each quilt. If you moved to help out with this shipping cost you can do this by contacting church office or Susan Padgett.



Come Knit Some Prayers!

Working with our hands and praying just naturally go together. Knitting and crocheting shawls while praying gives those in need of comfort a warm blessing for both body and heart. First Lutheran's Prayer Shawl Ministry is hosting a gathering to create, pray, and be in fellowship on Saturday, October 29, 9 – 11:00 a.m. in Room 312. Never knitted or crocheted before? Come learn! Patterns are available and all knitters and crocheters from beginner and experienced are welcome.

For details, contact Jeri Lueders (319-558-7375, jlueders45@gmail.com) or Marla Thompson (319-395-0646, pjtc325@hotmail.com).



First Lutheran
discover more : together

1000 Third Ave. SE • Cedar Rapids, IA 52403
Ph: (319) 365-1494 www.firstlutheran.org
text-to-give: text "give" to (319) 895-1494

General Voicemail / Afterhours Extension 100

Rev. Dr. Steve Knudson extension 106	Senior Pastor stevek@firstlutheran.org
Rev. Craig Brown extension 105	Associate Pastor craigb@firstlutheran.org
Rev. Katie Lowe Lancaster extension 1113	Pastor for Children & Families katiell@firstlutheran.org
Deborah Hansen extension 107	Director of Spiritual Formation deborahh@firstlutheran.org
Sheila Anderson extension 135	Visitation Chaplain sheilaa@firstlutheran.org
Bob Koenig extension 108	Director of Support Services bobk@firstlutheran.org
Marisa Inzerello extension 114	Children & Family Ministry Assistant minzerello@firstlutheran.org
Michael Beckmann extension 112	Dir. of Youth & Family Ministries michaelb@firstlutheran.org
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Megan Roling extension 103	Office Administrator meganr@firstlutheran.org
William Mittelsteadt extension 115	Director of Communications willm@firstlutheran.org
Rose Gordon extension 101	Part-time Receptionist roseg@firstlutheran.org
Ruth Ehrhardt extension 131	Food Service Coordinator ruth@firstlutheran.org
Rich Hillyer extension 116	Head Custodian richh@firstlutheran.org
Ernie, Decious, Todd Cornell	Custodians
Jenna Ackman, Makenna Hetrick	Nursery Attendants