

The Light



Our Community of Care at First Lutheran

Sheila Anderson

Concludes Ministry as Visitation Chaplain

Sheila joined the staff of First Lutheran as Visitation Chaplain in 2022. She has announced her retirement, and First Lutheran will recognize and wish God's blessing to Sheila in worship on July 18-19.

Sheila brought her training and gifts as a Spiritual Director to her ministry of visitation, as she brought communion to those home based, and offered comfort and compassion to the hospitalized and dealing with health complications. Sheila also led Grief Care groups, and supported the Senior Ministry leadership team and the monthly Thursday meals.

First Lutheran and members have been blessed by the care and compassion of Sheila and the gentle ways in which she bore witness to Christ in times of loneliness and need. Her ministry of care will be missed.

Pastor Katie Lowe Lancaster

Assumes Oversight of Pastoral Care

At the June meeting, the Church Council authorized Pr. Katie to take on the oversight of the pastoral care ministries as Sheila Anderson retires as Visitation Chaplain. Where Sheila did most of the visits herself, we will use a team approach of hospital visitors and home communion visitors to carry on the ministry, under the coordination of Pr. Katie. Along with Pr. Katie, Maddy Newhouse will provide administrative support to manage the teams of people and assignments.

Pastoral Care is far more than just visits and conversations with a Pastor. It encompasses a wide range of community care for and by members of the congregation, creating a close-knit community of care. Read more on the following pages about our ministries of care and support for one another in the congregation.

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Caring for the Congregation

Why is Pastoral Care Important?

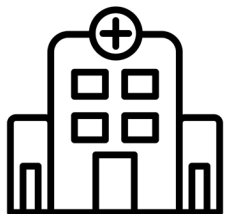
As pastors, we are committed to the care and support of our members and friends and all who seek help. Above all, we want you to know that you can request a visit or prayer from one of the pastors at any time. We are here to serve. You can request a pastoral visit by contacting a pastor or the church office.

Offering care and prayer at a time of need is one of the core responsibilities of our calling as pastors. Just as Jesus is the good shepherd, so we are called to follow him and carry out Christ's ministry of healing and prayer. Pastoral visitation makes personal the Gospel of Jesus in times of crisis and need. It is a privilege and a calling.

In the New Testament, the ministry of healing and prayer is not confined to a pastor. The whole church participates. Luther spoke of it as the priesthood of all believers, a calling given in baptism, where each of us has the opportunity and the ability to offer care, warmth, a word of God's peace, and prayer. What we can do as pastors is not replace that, but simply set the tone for it, to participate in a way that lifts up the care of people as central to the life of the church.

We have been blessed by the service of Sheila Anderson as visitation chaplain. As she retires, we will continue this visitation ministry as pastors alongside the development of visitation teams for hospital and home communion visits.

Hospital Visits —



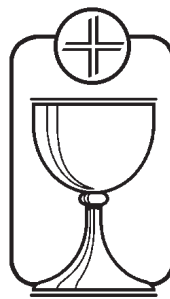
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When we know, we can go

We have a team of hospital visitors who make daily visits to the hospital. The preaching pastor will make weekend hospital calls. As well, pastors are available to come to the hospital prior to surgery or procedures, even early in the morning.

If you would like a visit, be sure to contact the church office, so that we know which hospital you are in. We

call the local hospitals each morning for members, but we also know that privacy rules and how information is gathered means we may not know if you are there. The way information is shared has changed, so the best method is to *have someone call the office*. When we know, we can go and make a visit. But we cannot assume that knowing happens automatically. So let us know, and trained visitor will come and pray.



Home Communion

We have 15 home communion visitors to bring communion from the altar to the home. The bread and the wine have been consecrated in worship, and they are brought to the home for those who cannot come to church.

Just as we may bring communion to someone in the pew in worship, think of this as extending the table a bit farther. Communion visitors will bring communion about every other month, at a time that works for the visitor and the person at home.

Each week, home communion kits will be placed on the altar as part of the institution of communion. These consecrated kits will be made available for pick-up by the communion visitors. These kits will serve a visual reminder of the bigger table of God's mercy. Home communion visits can be arranged by calling the church office.

Stephen Ministry



We continue the Stephen Ministry. We have a team of 10 trained Stephen Ministers, who are ready to journey with people in times of challenge, grief, and loss. Stephen Ministers meet with care recipients about once a month and bring skills

of listening and support.

You can request a Stephen Ministry by contacting a Pastor, Stephen Leader Chris Maakestead, or making a request online through the prayer portal.

Funeral Ministry and Solace Servers

At a time of death, we hunger for God's word of hope, and the consolation of God's grace and life in Jesus Christ. We offer support and the ministry of gathering in worship and fellowship for anyone who asks, Member and friend.

At the time of a service, First Lutheran also offers a meal and a time for family and friends to gather. This is made possible through a team called Solace Servers. They provide salads, desserts, and welcome table setting, along with a meat and cheese tray for sandwiches. This may be the only time when the whole family can gather together in a space large and gracious enough.



Supporting the Bereaved

First Lutheran offers support and encouragement in three specific ways. For every member and friend we know who has experienced the death of a close family member, we send cards of condolence and encouragement. We also provide opportunity to remember and be supported at our Blue Christmas worship service in early Advent. On All Saints Weekend, we remember in prayer members who have died and all you have been buried through the ministry of the congregation.

Grief Care

As needed, about every 12-18 months, First Lutheran offers a grief care group to walk with people in their journey of loss and grief, to provide resource and support. Pr. Knudson has received national certification as a grief care specialist. Out of those grief care groups, ongoing group support is offered as needed.

Prayer Ministry

You can request prayer by speaking to a pastor, calling the church office, or in the Resources section of Firstlutherancr.org.

In the Sunday morning prayers, we pray for those who have been hospitalized, and those in special need of prayer. We also pray for any who have lost a loved one. We can only pray for those whom we know need prayer, which happens best by contacting the church office or a pastor.

First Lutheran has a confidential prayer ministry team, that holds people in prayer. Each week they pray for those who have been hospitalized, bereaved, the special prayer concerns shared, and people experiencing significant anniversary and birthday milestones, as well as the those in military service.

Healing Services of Prayer

Four times a year, First Lutheran offers a service of prayer and anointing during the regular worship service. These Sundays provide a special opportunity to share prayer concerns on a prayer card with the pastors, as well as receive anointing as a sign of God's forgiveness and healing. Members of our visitation ministries and medical professionals of the congregation will participate in the anointing, as a way of carrying out the oldest practice of the church.

As a congregation in the medical district, we serve as a sign that God's healing is both physical and spiritual, and that the Gospel of Jesus offers a healing of the soul that complements the physical care offered by medical facilities.



Healing Prayer Worship Weekend

The Weekend of July 18-19 our weekend worship services will encompass many elements of our congregation care ministries. First, we will bless and thank Sheila Anderson for her years of service as our visitation Chaplain. We will also commission our Home Communion visitors.

As with all healing prayer worship weekends, we will offer anointing with oil before communion, and those doing the anointing this month will be our hospital visitation team. We will also collect prayers from everyone that will be prayed over by our Pastors, staff and prayer chain members to surround you and those you care about with God's love.

Support us in Prayer for VBS Week!

Thank you First Lutheran for all your great support and encouragement in providing for a great VBS-Daycamp week July 13-16. Areas of our building have been transformed into an amazing jungle experience to help us transform hearts and minds learning about the nature of God.

As one last request for your support we ask the congregation to join us in prayer for the unique scriptures and encounters that happen each day.



Day 1:

God is our Creator

Verse: "Praise the Lord, everything he has created, everything in all his kingdom." Psalm 103:22

Story: God creates the world. Genesis 1

Day 2:

God Knows Everything

Verse: "O Lord, you have examined my heart and know everything about me." Psalm 139:1

Story: David celebrates all God knows. Psalm 139

Day 3:

God is our Safe Place

Verse: "Then I pray to you, O Lord. I say, 'You are my place of refuge.' " Psalm 142:5

Story: David hides from King Saul. 1 Samuel 23-24

Day 4:

God is Love

Verse: "Give thanks to the Lord, for he is good! His faithful love endures forever." Psalm 136:1

Story: Jesus dies and comes to life to show God's love. Luke 22:39-24:12

Pick up & Drop-off for VBS Families: We are so glad to have our parking lot back in action this year! We will make our car lines in the First Lutheran parking lot, using the underpass doors as our entrance and exit. In case the line extends out of our lot, we suggest coming to the church on 3rd Ave. from the East so the line can form without people trying to turn across oncoming traffic.



2026-27 Registration Now OPEN!

A new ministry year is just around the corner, and we can't wait to welcome children, youth, and families back for another year of faith, friendships, worship, service, and fun! No more construction surprises or "musical chairs" room-changes — our fully-completed and updated facility is ready to help your family grow in faith and learn about our good and gracious God!

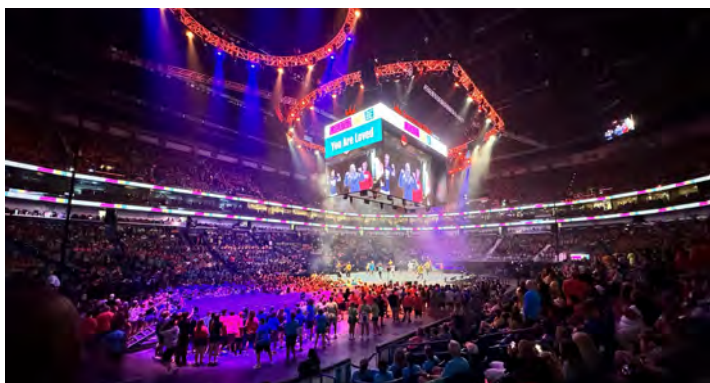
Registration is now open for all ages. Signing up now helps us plan for the year ahead and keeps your family connected with important updates and opportunities. We believe every child and youth has a place here—and we can't wait to grow together this fall!

Visit firstlutherancr.org/register



ELCA Youth Gathering 2027

June 28- July 2 | Minneapolis, MN



"What sticks with me most is the first full assembly of the Youth Gathering. Sometimes it can feel like the Church is just a local group making a local impact, but it's SO much greater. When all sixteen thousand of us gathered in one venue - you got a sense of the massive scale of the body of Christ."

— Alex C.

That memory from one of our students captures the heart of the ELCA Youth Gathering. Every three years, thousands of high school students from across the country come together for a week of worship, service, learning, and community. It's an opportunity to discover that God is doing more than we can imagine—not only in the world, but in our own lives.



The theme for the 2027 ELCA Youth Gathering is **Imagine More**. It's an invitation to imagine more of God's love, more opportunities to serve, deeper friendships, stronger faith, and the ways God is calling each of us to be part of something bigger than ourselves.

#WheresMichael 2026 Continues!



More burgers, burritos, ice cream runs, random hangouts, and chances to connect all summer long! Incoming 9th graders and alumni are always welcome to join us, too! Good food. Good people.

Good conversations. Keep connected to our Instagram for dates and locations.

Next Gathering:

Wednesday, July 22, 6 - 7 pm

If you'll be in 9th–12th grade in Fall 2026, we'd love for you to join us as we begin the journey to Minneapolis, June 28–July 2, 2027. Here's what the next few months look like:

- **July:** Submit the interest form (QR below) to let us know you're considering the trip.
- **August:** Attend an informational meeting to learn about the schedule, cost, fundraising opportunities, and what to expect. (Date TBD)
- **September:** Registration opens and deposits are due to reserve your spot.
- **October:** Our group is finalized, and we begin preparing for an unforgettable experience together.

Imagine More. Imagine worshipping with thousands of other young people, discovering new ways God is at work, and returning home with memories and faith that will last a lifetime. We hope you'll join us on the journey!

Interested in the ELCA Youth Gathering?

Scan the QR code to fill out an interest form so we keep in touch! Then, plan to join us for an informational meeting on **Wednesday, August 5, at 6:00 PM** in the Youth Room. Youth and families are invited to learn about the trip, registration, costs, fundraising, and ask questions as we begin the journey to Minneapolis 2027.



 **Follow us at:**
@FLCRYouth

Save the Date!

Learn about the impact of Youth ministry you help support at our annual

Youth Stock Sale Dinner

**Sunday, August 30,
6:00 PM.**

More details and RSVP information will be coming soon!

Join the ECHO Worship Band This Fall!

Do you enjoy singing or playing an instrument? We'd love to invite you to be part of the ECHO Worship Band this fall! Youth going into grades 6–12 are invited to use their musical gifts to help lead worship on Wednesday nights.

Being part of the worship band is about more than making music—it's about serving others, discovering your gifts, and encouraging our church in worship while building meaningful friendships. We know life is busy, so we work with each student's schedule to make serving in the band as flexible as possible. Rehearsals take place on Wednesday evenings before worship, so there's no extra night to add to your week.

Share your talents with

If you'd like to learn more or are interested in joining the ECHO Worship Band, reach out to Michael. We'd love to welcome you to the team this fall!



Spiritual Formation: Why Spiritual Direction This Summer

Summer tends to shift our pace (well, maybe); calendars open up, routines loosen, and there's a little more space to notice what we often rush past. Time to spend reflecting, looking for clarity, or talking about faith in a different or deeper kind of way. These months can be a meaningful time to consider spiritual direction. Here are three reasons someone might explore spiritual direction this summer. Do any of these resonate with you?

1. You have space and a desire to pay attention to your life with God. Spiritual direction isn't about having the "right answers" or fixing problems. It's about slowing down long enough to notice where God is already present in your life. Many people find it helpful when they want to move beyond information about faith, and into a deeper awareness.

2. You're in a season of transition or questions. Summer can sometimes uncover what the rest of the year covers up. Questions about direction, relationships, vocation, or faith itself. A life transition after a graduation of a child, or the death of a loved one. Spiritual direction offers a steady, non-anxious space to explore questions or changes without the pressure to resolve anything.

3. You want a consistent rhythm of reflection and grounding. Even in a season that feels more relaxed, it's easy for life to stay full. Regular spiritual direction sessions can become a grounding practice, a monthly pause to reflect, listen, and reconnect with what matters most.

Spiritual direction isn't about where you "should" be spiritually; it's actually more about noticing where you actually are.

A word for parents/guardians:

Summer can be both joyful and demanding as family schedules shift. Spiritual direction can offer a rare space that is just for you, not centered on your role as caregiver, but on your own spiritual life. Many parents/guardians find that even a monthly conversation

helps them stay grounded, patient, and more aware of God's presence in the middle of busy family life.

Spiritual formation is a lifelong journey, and spiritual direction is one way of staying attentive along the way. If this summer creates a little more space in your life, it may also be an invitation to listen a bit more deeply.

— Michael Beckmann

2026 Pipes, Pedals, & Pie Concert Series

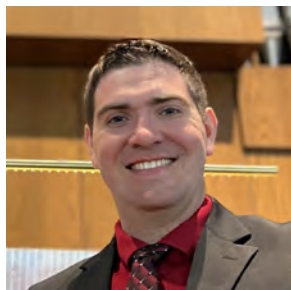
July 14 & Aug 11



First Lutheran
Musical Arts Series

Two more relaxing and enjoyable evenings of music and fellowship are waiting for you with our remaining Pipes, Pedals, and Pie concerts July 14, and August 11. As part of the fourth season of our Music Arts Series, these concerts feature church organists and other accompanying musicians from the community and corridor.

Each concert is held on the second Tuesday of each month at 7:00 PM. Following each concert, the Musical Arts Committee hosts an old-fashioned Pie and Ice Cream Social. These evenings are a wonderful opportunity to enjoy a wide variety of music and social time with your First Lutheran friends and many guests from the community. Add the dates below to your calendar today!



July 14 - 7pm
Jacob Sprengeler
Organist at Concordia
Lutheran Church,
Cedar Rapids



August 11 - 7pm
Brenda Sevcik
Organist at St. Pius X
Catholic Church,
Cedar Rapids

Calling All Bakers!

If baking is a skill and joy of yours, we would most definitely appreciate your talents in helping the Musical Arts Committee provide pies! We typically need 15-20 pies to serve at the Pie and Ice Cream Social following each concert.

To volunteer your culinary skills, please contact the church office at 319-365-1494, or email Brett Wolgast at: brettw@first-lutheran-cr.org. Your help is greatly appreciated. Thanks!



FLC's Online Technology

"The only thing constant is change" can be applied to a lot of situations, but especially the fast pace of technology.

Earlier this year we made the switch in our volunteer scheduling and online signup tools, moving from Ministry Scheduler Pro to a unified system under Church Center, one of the most-used church member platforms in the nation. Having our Volunteers and Registrations under one platform is much easier for our staff to administrate.

Now we learned, due to corporate buyouts and consolidations, our current website platform is being shut down. We evaluated four platforms from that current company and others, and have found a new hosting service we will transition to this fall.

This website change unfortunately requires us to move some of our digital giving as well. The good news is that we can also roll that into the previously mentioned Church Center, allowing us to manage volunteers, registrations, and contributions from one place. This makes it much easier for keeping information up to date, and will be the first time we have been able to unify our digital systems. Those who have setup accounts with recurring giving through Clover Give since 2021 will soon receive a direct communications with details on how to make the transition in the coming months.

You will notice a new look to our sign up and registration forms, and a fresh homepage design coming soon!

You're Invited!

Gathering at the Table: Interfaith Conversations

Tuesday, August 18th
Gathering at 5:00 p.m.
Dinner Served at 5:30 p.m.

Our friends at the Prairewoods Spirituality Center and Inter-Religious Council of Linn County are teaming up to host a quarterly dinner series starting August 18 at 5 p.m.

These dinners will allow us all to focus on what we share: kindness, compassion, hope, belonging and caring for each other. By gathering as a community, we make room for understanding and real connections to grow. In a world that often emphasizes difference and division, we seek to create spaces of welcome, curiosity, and meaningful connection—places where people can listen deeply, share openly, and encounter the sacred in one another.

There is no cost for this program, but advance registration is required. Scan the QR code or use a web browser to visit bit.ly/InterfaithConversations



HACAP Food Packing Opportunity:

Next Thursday, July 16, 1 - 3 p.m.

Several times a year First Lutheran members come together for a hands-on hunger relief effort supporting the packing and distribution of food directly at the HACAP Food Reservoir. Whether packing food backpacks for school-aged kids, or packing emergency pantry boxes, we roll up our sleeves and pitch in! Our next opportunity to see HACAP's amazing work in person is coming up on Thursday, July 16, 1 - 3 p.m. **To join the team visit firstlutherancr.org/HACAP**



This team of First Lutheran members and friends recently answered the call to serve and learn about HACAP earlier this spring.

SAVE THE DATE

THURSDAY, SEPTEMBER 17, 2026

LOCATION: THE HOTEL AT KIRKWOOD CENTER
DOORS OPEN: 5:00PM
PROGRAM: 6:00PM - 8:00 PM

A COMEDY FUNDRAISING DINNER SUPPORTING
FREE HEALTHCARE FOR THE MOST VULNERABLE
IN OUR COMMUNITY

TO LEARN MORE:
HISHANDSCLINIC.ORG/LAUGHTER-RX

ALL PROCEEDS SUPPORT HHFC

His Hands
FREE CLINIC

Contemplative Hands

Gather in a creative, sacred space with other First Lutheran members during our Contemplative Hands group, meeting next on Tuesday, July 21, at 1:30 pm in Room 307. Many in the group work on knitting or crocheting Prayer Shawls which are given away at the church to people facing difficulties, but you are welcome to bring any hand-craft and join the prayerful laughter and conversation.

Ladies' Night Out

Ladies Night Out is a monthly get-together just for the fun of spending time with friends united in Christ's love. All the women and friends of First Lutheran, especially new members and visitors, are invited to gather once a month at a restaurant for food and fellowship.

On Monday, July 27, 2026 we will meet at 5:30 PM at Lucky's, 86 Sixteenth Avenue SW in Cedar Rapids. Mary Van Houten is this month's hostess, her phone number is (319) 310-0974. If you plan to come, please call her to make a reservation, or put your name, phone number and email address on the sign-up sheet in the narthex. We're looking forward to seeing you there!

First Lutheran Senior Adults

August Monthly Luncheon

Come one and all to our next luncheon on Thursday, August 13 at 12 noon here at the church. Each luncheon provides opportunity to meet new people associated with the church, enjoy lunch together and hear about a meaningful topic related to ministry or community.

In August we will welcome Ann Dugger and Rachel Schlager, The Executive Director and Development Director of The Catherine McAuley Center (CMC) here in Cedar Rapids. The CMC is a local non-profit that offers education and support services to women, adult learners, and immigrant and refugee populations to support the well-being and dignity of people in need.

Cost for the luncheon is just \$5, which you can pay at-the-door, or with your online registration. Please sign up at our Welcome Center or online at firstlutherancr.org/luncheon

First Lutheran Legacy Project

*What will your generosity make possible
for future generations?*

That's the heart of the First Lutheran Legacy Project — a meaningful initiative led by members of the First Lutheran Trust Committee. Since launching in February, eight dedicated volunteers alongside Pastors Knudson, Brown, and Lowe Lancaster have been visiting with congregation members to share a simple but powerful idea: that the values we live by can carry forward long after we're gone.

A legacy gift is one of the most impactful ways to support First Lutheran. By including the First Lutheran Trust in your will, trust, or estate plans, you can make a lasting contribution to the church and community you love — without affecting your financial security today.



First Lutheran Trust
building a legacy: together

Already, several families have answered this call and made legacy commitments to the First Lutheran Trust. Each one reflects something deeply personal — a desire to honor a loved one, affirm a lifelong faith, or ensure that the things that matter most continue to flourish.

Legacy giving isn't about wealth; it's about intention. It's about saying, this place mattered to me, and I want it to matter to those who come after me. If you'd like to learn more about the Legacy Project and how you might participate, we warmly invite you to reach out our Legacy Project team member Lois Buntz at buntzla@gmail.com, or 319-360-2484.

Camp EWALU Partnership Opportunities

Camp isn't just for kids - EWALU offers lots to celebrate ministry and grow in faith together!



Join alumni and friends of Camp Ewalu for a weekend of events to celebrate camp's 65th anniversary and to re-dedicate Cedar Lodge after the renovation project. Save the dates: August 28-30, 2026, at Ewalu's main site. Click the link below to see the tentative schedule for the weekend, which includes Minnesota singer-songwriter Peter Mayer in an outdoor concert on Friday night! Also part of the weekend: 5K trail run, color run (geared toward kids), alumni group photos, celebration worship, camp activities, coffeehouse trivia, and meals. Book your lodging now! Premium and discount options available.

Details at EWALU.org/65th-anniversary

"One Year to Live" Fall Men's Retreat

Men, imagine a weekend enjoying the fall colors of the outdoors with no cell phone. No demands on you. Just you and God, and a bunch of guys on the same journey. You'll experience good food, hiking, prayer, and growing closer to our Creator.

If this sounds interesting to you mark your calendar now for 5:30p Fri. Oct. 23 to 3p Sun. Oct. 25 for our One Year to Live Men's Retreat with Pr. Craig at Camp EWALU in Strawberry Point.

Cost is \$180 before Oct. 1 and is all inclusive. If you have questions, call or text FLC Member Josh Moore who has been on the retreat at (319) 350-7778 or email Josh at crmoores@msn.com. If you're ready, find the link to sign up at firstlutheran-cr.org/mensretreat.

Autumn Odyssey 55+ Fall Retreat

Join us for our popular fall retreat just for seniors at the comfortable Stone Center north of Strawberry Point! Our activities and speakers will focus on wellness- physical, spiritual, mental, and environmental.

Enjoy options like hiking, chair yoga, and simple relaxation. Plus, we'll be surrounded by the beautiful rolling hills bathed in fall colors in NE Iowa.

The retreat takes place Wednesday, October 14 through Friday, October 16. Cost is \$175 for double occupancy; \$225 for single which also includes all meals from dinner Wednesday through breakfast Friday.

For more details and signup use a web browser to visit EWALU.org/Autumn-Oddysey.

Please include in your Prayers...

90+ Birthdays in July!

Diane Jacobs celebrates 93 years on July 10.
Donna Koch celebrates 99 years on July 19.
Joan Rust celebrates 92 years on July 19.
Joyce Schaefer celebrates 98 years on July 25.
Ulla Wall celebrates 91 years on July 29.

50+ Wedding Anniversaries in July!

Ted & Marlene Bey celebrate 54 years on July 1.
Mark & Marti Mars celebrate 51 years on July 12.
Tim & Theresa Brandon celebrate 59 years on July 22.
Tom & Suzanne Thurman celebrate 55 years on July 23.

... and in early August:

Nick and Kay Gloe celebrate 54 years on August 4.

Prayers for Healing: Hospital/Surgical, etc.

Jackie Johnson	Lou Banker	Kathy Koenig
Jim Gruettner	Ruth Ehrhardt	Keith Jensen
<u>Deborah Snook</u>		

Our Sympathy to:

Janice Torson, family and friends,
on the death of her husband, Roger Torson.
Maddy Newhouse, family and friends,
on the death of her grandmother, Patricia Crile.
The family and friends of Penny Preston.

Don Johnson Memorial Service

Though our oldest member, 109-year-old Don Johnson passed in January, his family invites you all to join them in a memorial service and luncheon on Saturday, July 18 at 11 a.m. in person here at FLC, or streaming online.

Submit Your Prayer Requests to our First Lutheran Prayer Chain by calling the church office at (319) 365-1494, on our website at firstlutherancr.org/prayer, or on the Church App under the Contact button. Consider joining our Prayer chain to receive and pray over the concerns of fellow members each week.

WORSHIP GUIDE

Piano-led Traditional Worship: 5 p.m. Saturdays
Organ-led Traditional Worship: 9 a.m. Sundays
Band-Led Contemporary Worship: 11 a.m. Sundays
Sundays & Wednesdays - worship LIVE online
at firstlutherancr.org/live
Radio worship radio on Sunday mornings
at 8:30 a.m. on KMRY 1450 AM or 93.1 FM,
or anytime at firstlutherancr.org/podcast

July 11 & 12 - 7th Sunday after Pentecost

Preaching: Pr. Steve Knudson

Scripture: Romans 8:1-11

Matthew 13:1-9, 18-23 NRSVue

Special Music: 9a -) Eleanor Cervantes,
Paisley Inzerello, & Steve Inzerello

July 18 & 19 - 8th Sunday after Pentecost

Healing Prayer Worship

Retirement blessing for Sheila Anderson

Visitation Ministry Commissioning

Preaching: Pr. Steve Knudson

Scripture: Romans 8:12-25;

Matthew 13:24-30, 36-43 NRSVue

Special Music: (9a) The Shanley Family &
Handbell Ensemble

July 25 & 26 - 9th Sunday after Pentecost

Preaching: Pr. Katie Lowe Lancaster

Scripture: Romans 8:26-39;

Matthew 13:31-33, 44-52 NRSVue

Special Music: (9a) Sophia Chavez, viola

August 1 & 2 - 10th Sunday after Pentecost

Preaching: Pr. Katie Lowe Lancaster

Scripture: Romans 9:1-5,

Matthew 14:13-21 NRSVue

Special Music: (9a) Chloe Bishop &
Hayden Brown, vocal duet

The next edition of *The Light* is scheduled
to publish on August 6, 2026

Change Service Requested

Supporting our Community with the Hunger & Hope Team

A Bountiful June Personal Care Drive!

Thank You, First Lutheran for your generous support of our neighbors in need. In the month of June well over 6,000 items were collected for distribution through our Ministry Partners at Helping Hands.

Helping Hands shared a few particular stories of joy. The first was a mother who was happy to be able to provide her kids with soaps and shampoo - especially deodorant for her teenage son. Another story came from a "sweet and joyful older fellow" who said several times how much he likes to smell good! Your small contributions make a real, loving and tangible difference!

July Freedom From Hunger Food Drive

According to HACAP, more than 1 in 9 people have food insecurity here in Eastern Iowa; and 1 in 6 children. This has only been compounded by recent price increases and reduced government assistance for some families. In July our Hunger & Hope Team at First Lutheran invite you to share your favorite foods to help alleviate this situation.

Throughout the month of July we will gather donations for this effort. Any food donations you bring should be brought to the front of the worship space. In this way it is like presenting an offering to God for God's children in need.

If you wish to make a financial contribution to HACAP for the summer food drive, you may do so directly by scanning this QR code with the camera on your mobile device.



First Lutheran

discover more : **together**

1000 Third Ave. SE • Cedar Rapids, IA 52403

Ph: (319)365-1494 | Txt: (319) 423-9383

text-to-give: text "give" to (319) 895-1494

firstlutherancr.org @firstlutherancr

General Voicemail / After-hours: Extension 100

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