

October 2018 Newsletter
First Congregational United Church of Christ
1000 Willson Avenue - Webster City, Iowa 50595
515-832-2232
<http://www.firstcongregationalwc.org/>

“Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil.” –Ephesians 4:26-27

I recently caught part of an episode of “My 600 Pound Life” which told the story of a woman who as a teen had been betrayed by her boyfriend and gang-raped by this boy’s relatives and friends. One of the consequences of this horrific assault on this woman was the onset of an eating disorder which culminated in her weighing nearly 700 pounds when she finally sought the help of Dr. ‘Now.’ Needless to say this heartbreaking story and her attempt to cope with the unspeakable trauma she had endured was very disturbing, and as I was walking the dogs in the cemetery and thinking of what she had been through, these words came to my mind:

“Anger is the Bloom on a poisonous plant. There is a magnificence to it that speaks to the powerful toxicity of the plant and its deep roots in pain. It is very tempting to linger in anger, cultivating the Bloom, smelling its seductive scent, clipping bouquets of the flower and adorning all the spaces you inhabit, and presenting the Bloom to all you meet-- as a gift. The gift is unwelcome, but it is what you believe you have, and what you believe you are compelled, to give.”

“If you wish to rid yourself of anger, then you must do more than control it, for to just prune the Bloom will only result in more growing in its place. And if you are thwarted in your presentation of the Bloom to others, you may be tempted to present it to yourself as a pernicious gift which will only lead to your destruction. Yet you are compelled to give the Bloom away, even if it is to yourself, in the mistaken belief that it is the only way to mitigate the anger. It is not. To stop the blooming you must tend to the roots, for the Bloom is a product of the roots.”

I am well aware of the “Anger Iceberg,” but I had not considered that this woman’s weight gain was at least in part an expression of her anger at her rape being directed by her *to her*. While this sounds almost bizarre, it would be worthwhile for all of us to examine our anger and see how we are expressing it, and how we are trying to mitigate it. For as the above wisdom suggests, without healing our inner pain anger will bloom in our lives, poisoning our relationships, our wellbeing, even our physical health.

I do not have to tell you that in our current culture anger is now gone mainstream and is at toxic levels of expression. As Christians we must set aside the temptation to cultivate the bloom of anger and present it to others and to ourselves, allowing it to poison our individual and collective lives. Anger can never be our savior, for we have another savior: his name is Jesus, and his gospel is the Good News of Love. Love, not anger, is the power that can heal our wounds; love, not anger, is the power that can help our world heal. But only we can choose which savior we will seek and serve, and which bloom we will cultivate and present to the world: the bloom of anger, or the bloom of love.

Friends, if there is any grace in anger it is this: the bloom of anger reminds us of what is hidden within us that needs our attention, our compassion, and healing. If you are struggling with anger and need help with it, please remember that there is help available to you! For it is the will of God that we experience shalom in our lives and in the world; but we must understand clearly that this shalom will be our blessing and inheritance only through the power of love, *not* the power of anger.—Pastor Craig

Meetings

Please inform Michele when your next board meeting is so the calendar can be kept up to date.

CHURCH OFFICE HOURS

M 8 am - 1 pm
T 9 am - 1 pm
W 8 am - 12:30, 1 pm to 4:30
Th 8 am - 12:30, 1 pm to 4:30
F 9 am - 1 pm

ATTENDANCE

August 5 43 August 12 52
August 18 34 August 26 42

Church Staff

Rev. Craig Blaufuss, Pastor
Office: 832-2232 Cell 297-4316
Pastor's email: revcraigblaufuss@wmtel.net
Michele Omvig: Admin. Assist. 227-8358
Church's e-mail: administrative.office@fcuccwc.org
Dale Olson: Stephen Ministry Ldr 839-5619
Sunshine Garth: Choir Director 835-7626
Melissa Hindt: Organist 712-351-1074
Curt/Lorraine McCoskey: Cust's. 832-5341
Tracy Wehrhan: Church Treasurer 297-0370
Dale Olson: Financial Secretary 839-5619



TV dinner savvy -

Pick meals that are between 300 and 400 calories.
Choose entrees that include some fruits or vegetables.
Stay with meals that have less than 15 grams of fat.
Choose meals that have no more than 800 grams of sodium
Check fiber and sugar contents. The more fiber (8 to 10 grams is good) and the less sugar, the better.
Look for a decent amount of protein - at least 7 grams. Protein helps you feel fuller longer.



1 - Kay Harfst
8 - Logan McCoskey
9 - Dawn Holdgrafer
10 - Gayle Olson
13 - Karen Weir
14 - Larry Brim
15 - Richard Tudor

15 - Jim Henning
16 - Emily Stockdale
16 - Brayden Babington
20 - Charlene McKee
20 - Malachi Tewald
30 - Luna Lahr



5 - Bud & Carol Crystal
9 - Nate & Linda Lahr

Neighbors in Need

The third of four special offerings taken yearly by our United Church of Christ will be received on Sunday, October 7. This offering focuses on helping those in troubling situations. The bible has many accounts concerning "Who is my neighbor?" We are encouraged to "Love your neighbor as you do yourself." In the news right now are stories of our neighbors in North and South Carolina who are suffering from the effects of hurricane Florence. Although we cannot be there physically to help with the recovery and clean-up, we can share our resources to help in the recovery. Won't you take this opportunity to help our Neighbors in Need? Please give generously.
Mission Board

Care Center Services—October 14

First Congregational has a city-wide reputation for leading meaningful care center services in our community. Our next scheduled care center services will be October 14, and we will begin services at 1:15 p.m. at Windsor Manor, 2 p.m. at Crestview Nursing and Rehabilitation center, and 2:45 p.m. at Southfield Wellness Community. Help is always needed and welcomed at one or all of these services!

Warm Hearts Warm Homes—November 3

For 6 years the Warm Hearts Warm Homes program has been helping low income, elderly and disabled residents of Hamilton County save money on their winter heating bills by providing and applying winter weatherization materials such as window plastic, door sweeps, and outlet insulation. We will again be participating in the program this year, which will be held Saturday, November 3 from 8 am until noon! If you would like to help with the Warm Hearts Warm Homes

weatherization blitz, please sign the registration sheet in fellowship hall.



**Warm Hearts
Warm Homes**
Winter Weatherization Project


Saturday, Nov. 3 or 10, 2018
8:00am to Noon
Serving low income, frail elderly
or military veterans in
Hamilton County

Need a hand with weatherization?
If you are interested in having basic winter weatherization done inside your home at **no cost** to you, please pick up an application at:

- Upper Des Moines Opportunity
(711 Seneca St., WC)
- Hamilton County Public Health
(820 James St., WC)
- Central Iowa RSVP
(749 2nd Street, WC)

Want to serve as a volunteer?
Teams of 4-5 people are needed to assist in weatherization of homes.
Contact RSVP at (515) 832-2525

Brought to you by Central Iowa RSVP, 749 2nd St., Webster City, IA

Step Out with the 2018 CROP Walk

Lace up those walking shoes and join the First Congregational UCC team on Sunday, October 14, as we participate in the CROP Hunger Walk in Webster City. The Mission Board will put out the pickle jar for your donations when the CROP crew hosts coffee time after the worship service on September 23. When CROP began, the name stood for Christian Rural Overseas Program. Now it means Communities Responding to Overcome Poverty. CROP Hunger Walks fight hunger at home and around the world. Twenty-five percent of the money collected will be donated to Upper Des Moines Opportunity in Webster City. The other 75 percent goes to international programs through Church World Service to help families who don't know where their next meal will come from. On October 14, come to the Brewer Creek Shelter on Des Moines Street at 2 p.m. The walk is two miles. CROP walkers will follow the path in front of the shelter, along the creek, up the sidewalk along Beach Street beside the cemetery and down Hospital Hill back to the

shelter, so no streets to cross. You are invited to bring a jar of peanut butter for local food pantries and bars of bath soap for Lutheran World Relief.

If you have any questions or want to join our church's CROP walkers, contact Marjorie Groves (515-297-2352). Marvin and Deb Christopherson are coordinating this year's Webster City CROP Hunger Walk (515-543-8332). Thank you! – **The Mission Board**

Women's Fellowship Autumn Thrift Sale

Our Thrift Sale was a huge success again! We raised approx. \$1500 before expenses. The profits from the sale will help us give monies to many deserving organizations in this community and around the world,

"Thanks" to each of you. Whether you helped donate, sort, clean-up, haul away, provide food or worked, the Thrift Sale could not get done YOU. It's a lot of work, but also a lot of fun and fellowship.

The next sale will be April 26 & 27. Hope to see many more of you join the fun.

Thank you all so much!!! And start collecting!

Cindy Henning

Chairperson, Thrift Sale



A+ for Ice Cream

What can bring a smile to a weary teacher's face almost as fast as attentive students or a Friday afternoon? Ice cream, of course! First Congregational United Church of Christ of Webster City offered dishes of ice cream and chocolate, caramel and/or butterscotch toppings to the local school system's 200 teachers, paraeducators, school administrators and staff during the half-hour break between their morning of teaching and afternoon of in-service training September 13. Of the 10 ice cream scoopers and helpers, six were retired teachers. A spokesperson for the Mission Board told the gathering that the treat was to thank all those who play such key roles in educating children from early childhood through high school. She also expressed gratitude to the UCC crew: Marjorie Groves, Wil Groves, Kay Harfst, Lorraine McCoskey, Gretchen McGlynn, Dale Olson, Gayle Olson, Sharon Perry, Holly Riemenschneider and Karin Yungclas. The church chose the cooling sweet to help express Love of Neighbor, one of the 3 Great Loves, a national UCC initiative.



Confirmation Bios

♦My name is Chesney Faye Fuller. I am 13 years old. I live in Webster City. I have lived in Webster City for all my life. I currently go to Webster City Middle School. In school I am active in band, jazz band, chorus, softball, and volleyball. I have 2 siblings, Caleb (20 years old) and Alec (6.5 years old). I have been connected with First Congregational UCC since I was a baby. My parents are Karinne Tudor and Christopher Fuller. What I hope to get out

of confirmation class is what church really means.

♦Shelby Brim is an eighth-grade student at Webster City Middle School. She enjoys playing club volleyball, softball, and hanging out with friends. She has one sister, Hailey, a cat, Oliver, and two dogs, Duncan and Faith. She is involved in her local 4H group, Cass Red Cardinals. Shelby is also currently running for president of her club. She has been involved with the UCC for almost 3 years now, going to KLAB and Sunday School. Her hopes for confirmation are to get a better understanding of God and why things happen the way they do.

♦My name is Madison Jae Babington. I have a Mom/Jill and two Dad's Mike and Pat and one brother/Brayden and two stepsisters Maddie and Camdon. I live in Webster City and I lived here for 5 years. I go to the Webster City Middle School. I am active in sports and my favorite subjects are geography and art. I like to play sports. I would like to be a photographer. I have been going to the First Congregational USS for about 4 years. I love doing stuff with the church like helping out at the homeless shelter. What I hope to get out of confirmation is to learn more about the Bible.

♦Brandon Lahr. Linda, Nate, Jake, Amanda, Zack. Webster City. My whole life. WCMS. I play football and soccer. My favorite subject is math. I like sports and being active. I want to be a teacher. I've been going to this church my whole life. I like seeing all the people. I like the lock-in. I hope to see life differently.

Stephen Ministers are available for you Our Stephen Ministry program is in its sixth year of service here at First Congregational, and we are ready to serve you! Our Stephen Ministers have gone through 50 hours of training in order to listen to you, pray with you, encourage and support you through the difficult times of your life. Remember-- you do not have to "go it alone!" Our Stephen Ministers are here for you! For more information, or to request a Stephen Minister, please contact Dale Olson, our Stephen Leader, or Pastor Craig.

KLAB has begun!

Donna Ryherd and Karinne Tudor are leading this year's Kids Learning About the Bible class on Wednesdays, and Vicki Blaufuss is assisting as needed. We have plenty of room for more kids to join KLAB; if you know a child who would like to come, please speak with Donna Ryherd.



KLAB needs snacks!

This was our 1st week of KLAB snacks: a dill pickle, sauerkraut and an uncooked b-sized potato. (It was a joke) Would you bless our young students by donating a week of snacks? If so, please sign up on the bulletin board in fellowship hall



These dolls were found with some historical items, no information on them has been found. Does anyone know anything about these 2 dolls?

Let Donna or Michele know.



Treasurer's Report

<u>INCOME</u>	<u>August</u>	<u>YEAR TO DATE</u>
Pledges and Offerings	\$7,092.00	\$119,688.32
Other Income	.00	.00
TOTAL INCOME	\$7,092.00	\$119,688.32
<u>EXPENSES</u>		
Outreach and Mission	1,583.34	\$13,101.64
Pastoral Services	5,700.00	57,593.70
Maintenance and Repairs	1,987.18	20,890.85
Church Office	3,157.56	24,705.62
Music Ministry	159.18	5,326.93
Christian Education	0.00	85.10
Local Ministry	0.00	48.20
Misc. Expenses	0.00	1,110.76
TOTAL EXPENSES	\$12,587.26	\$122,862.80

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Address Service Requested

God is still speaking
to everyone in the home of:



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