

# Congregational Tidings

*No matter who you are, or where you are on life's journey,  
you are welcome here!*



A weekly newsletter



[www.facebook.com/FirstCongregationalUCCWaterlooIowa](https://www.facebook.com/FirstCongregationalUCCWaterlooIowa)

January 13, 2021



## CONGREGATIONAL ANNUAL MEETING NOTICE

The annual meeting of the First Congregational UCC will be held on Sunday, January 24, 2020 via zoom. Major topics of business will be discussion and approval of the 2021 budget, nominated officers and board members, Bylaws revisions, and Capital Fund Campaign.

Due to the restrictions of the pandemic, the meeting will be held virtually via computer using Zoom as noted below. If you are a member of First Church and would like to participate in the meeting, but do not have the equipment, internet access, and/or experience to do so, please contact the church office. We will assist you in finding a way to take part in this important meeting.

Topic: FCUCC Annual Meeting

Time: Jan 24, 2021 12:30 PM

Join Zoom Annual Meeting:

<https://us02web.zoom.us/j/3192348927?pwd=SzIyY1NWRUVZKzF4MzRsbHNkSnFSUT09>

Passcode: 246810

If connecting by phone:

Dial in: 312 626 6799

Meeting ID: 319 234 8927



### Annual Meeting Report

A copy of the annual report will be emailed out to the congregation by Sunday, January 17th for your review prior to the January 24th meeting. If you do not have email and would like a copy mailed to you, please let Michelle know by the 17th by leaving a message at 319-234-8927.

### NOTICE: Proposed Bylaws Revisions:

One of the items of business at the annual meeting this year is proposed revisions to our church Bylaws.

## Did You Ever Notice ...?

**H** Did you notice that Hope is contagious?  
**O** When you have Hope it shows. Whether you  
**P** are with someone in person, or in a zoom  
**E** meeting, or on the phone, or sending an email,  
or even a text, Hope will shine through. And  
when someone sees your Hope, they in turn  
will find Hope, too. And then the ripple begins ...  
and it grows and it grows. Hope is contagious just  
by its being. You don't have to be with someone to  
"catch" it, although that's the preferred method.  
You don't have to see someone's face to "catch" it,  
although it's more contagious that way. Find your  
Hope and you will be finding Hope for everyone  
around you and everyone you talk to. Share the  
Hope!

## Keep Your New Year's Resolution!!

(December was the worst month yet!!)

- Wear your face mask, not just for yourself, but to protect everyone around you.
- Stay at least 6'0" from everyone WITH your face mask on.
- Stay away from all places where you cannot maintain a safe distance from others.
- Remind others to follow the same guidelines ... it's a group effort ... a family effort.



*This is a thank you to all you bring loving friends. For the cards which gave me peace but also tears, I love you. I needed you and my church. Loneliness*

*came sometimes too easy. You took that away with your cards and telephone calls. I can not thank you enough for the love and care. My sister Elinos is now with the Lord, my love for her will always stay in my heart. Love and blessing to all of you,*

*~ Hildegard Larsen*

## Mindful Mandala Making:

*Sunday, January 17,  
2021; 4:00-5:30 p.m.*

**What:** Gather with Evie Waack and other friends for a 90-minute Mindful Art virtual gathering on Zoom. With "Mindful Art" the



emphasis is on the process of exploring rather than creating a finished product. Part of this exploration is making spontaneous marks on a sheet of paper, sort of like doodling.

Evie will help explore ways to create intuitive mindful mandalas through simple mark-making. Mandala is a Sanskrit word for circle. A simple writing prompt will provide a chance to respond to our mandalas.

Experience with art making NOT necessary.

Experience with mindfulness NOT necessary.

**What Material is Needed:** Evie will deliver an envelope to each person. The envelope will include two sheets of multi-media paper, one sheet of lined paper and one black marker.

**What you will need to have on hand:** A pen or pencil for the writing prompt. If by chance, you want to include color, you could have something on hand for color (markers, pencils or crayons).

**Deadline to sign-up:** Sunday, January 10, 2021

**How to sign-up:** Contact Evie Waack at 319-277-0163 or [evie.waack@gmail.com](mailto:evie.waack@gmail.com).

**Why:** \* Art making and mindfulness are two possible ways of responding to stress.

\* A fun way to connect with a gathering of people.

\* It is FREE!

**Questions:** Contact Evie at [evie.waack@gmail.com](mailto:evie.waack@gmail.com) or 319-277-0163.

## PPRC Committee

The PPRC committee will meet on the first Tuesday evening of each month, at 7:00 pm (Via Zoom).

## Taking Care of Ourselves . . . . .



Today, Lord, in these difficult times, I pray for me ...  
I pray I will not let my convictions stand in the way of truly serving You  
I pray I will be one who unifies rather than divides  
I pray I will remember to “love mine enemies as myself” and pray for them  
I pray I will spend less time judging and more time trying to understand  
I pray I will enter all conversation with an open mind ... and truly listen  
I pray I will remember the importance of Family ... my family, church family, worldwide family  
I pray I will build people up rather than tear people down  
I pray I will help others see the Light rather than condemn the Darkness  
I pray I will bring comfort and peace ... even when I am feeling angst and fear  
I pray I will always be Your Hands & Feet ... even to those with whom I may disagree  
I pray I will choose my sources for Truth carefully ... some cannot be trusted, but You can  
I pray I will always be re-examining my Truths ... sometimes I am led astray without knowing  
I pray I will not allow myself to think I am ever justified to Hate another ... I am not  
I pray I will spend more time helping others than condemning others  
I pray I will stop talking about You and listen to You more often ... and understand the difference  
Today, Lord, I pray for me ... Amen

### Love INC Service Project:

The Board of Missions has agreed to participate in an activity involving Love INC. Our participation will start immediately and last as long as there is interest. Love INC is accepting donations for their stores to assist persons in need of essential items. The items can be delivered to:

**2603 Rainbow Drive Suite 2, Cedar Falls, IA 50613 from 9 AM to 3 PM, M-F. Love INC can be contacted at 319.266.1264, M-F, 9 AM – 12 PM.**

Essential items can also be dropped off at **First Congregational Church on T/TH from 9:00 – 12:00.** Your donations can be placed in a donation box located in the Crossroads area. If you do not have code or key access to the church, Kyle will answer the door bell located at the main door under the veranda off the parking lot.

Essential items include *unopened packages of non-perishable foodstuffs, shampoo, deodorant, soap, toilet paper, laundry detergent, cleaning supplies, etc.* Food should be kept separate from cleaning supplies.

Thanks for considering participation in this wonderful program for distributing essential items to persons in our community who are in need.

Cliff Highnam, Chair, Board of Missions



**Love INC**  
Love In The Name of Christ

# Thank you from Love INC of the Cedar Valley:



*First Congregational United Church of Christ,*

*What a wonderful blessing it is to receive your year end gift. We are honored that you chose to give so generously to Love INC. Thank you! Many of your vulnerable neighbors will be impacted by your thoughtful gift. Thank you!*

*Erin Tink*

*Create an endowment of love. Please consider including our church in your estate planning.*

F I R S T C O N G R E G A T I O N A L U C C

First Congregational UCC  
608 WEST FOURTH STREET  
WATERLOO, IOWA 50702

## Congregational Tidings

Place  
Stamp  
Here