



THIS MONTH AT FIRST CHRISTIAN CHURCH



JANUARY 2024 *(next newsletter will come out January 24)*

A NOTE FROM YOUR PASTOR

Dear Friends,

While this is your January newsletter, it is coming out before Christmas, so let me start with a few reminders about the remainder of 2023.

Sunday is December 24. We will have two worship services. We will not have Faith Formation.

- In morning worship (10am) we will observe the 4th Sunday of Advent and the children will share their Christmas Program. A note about online worship: the online morning service has a sermon instead of the Christmas Program. But, if you are excited to see what the kids share, we will be recording it in onsite worship that day and posting it to YouTube later.
- Christmas Eve worship (onsite and online) will be at 7pm. This is the traditional Christmas Eve service where we hear the story of Jesus' birth, sing favorite carols, and end with candlelight and "Silent Night."

On Sunday, December 31 we will have Brunch & Worship. This is a tradition we started several years ago on the Sunday between Christmas and New Year's Day. We gather in Fellowship Hall and have a casual service along with a light brunch. The food is provided, you do not need to bring anything. Food will start being served at 9:30am; worship will begin at 10am. You are welcome to eat during worship if that works best for you - remember, this is casual. Again, no Faith Formation on this Sunday.

However, you are invited to stay after worship on December 31 to help un-decorate the sanctuary. Lend a hand as we take down the trees and other decorations and prepare the sanctuary for the season after Epiphany.

Then the new year will be upon us! I know this is a busy time, but I hope you'll spend some time reading this newsletter (and keep it handy so you can consult it later). Here are some highlights:

- Faith Formation begins again on January 7. That day youth & adults will make a piece of artwork based on our Advent/Christmas theme. Then on January 14 they begin an exciting new series. Read more on page 4. As always, our children have Children Worship & Wonder.
- We have some game nights planned for January. Details are on page 2.
- We have our first Potluck of 2024 planned - it's a Soup Luncheon, so read the details on page 2 and sign up for what you will bring.
- We have a new mission project in conjunction with Kirkwood Elementary School. Details are below.
- And we will be celebrating the life of Rev. Bob Welsh with a service on January 6. Read more on page 4.

There's so much more, so keep reading! Meanwhile, I hope to see you for worship as we celebrate Christmas and wrap up 2023. I continue to be grateful for the ministry we share.

With care, *Jill*

JANUARY MISSION PROJECT

In the month of January we are going to partner with Kirkwood Elementary School in Coralville to provide some much needed items. The items on our list are: Boys underwear (sizes 4-6), snow boots, knit gloves, and waterproof gloves. You can bring these items to church **January 7 - 28**.

YOUR GIFTS MAKE A DIFFERENCE

Thank you for your generosity. Thanks to you, we raised \$9380 through our Alternative Gift Market! This money has been shared with the eleven organizations who participated.

MARK YOUR CALENDARS



BIBLE STUDY

Join us using Zoom. We meet at **12noon each Wednesday.**

Upcoming scriptures:

December 27: No Bible Study

January 3: Mark 1:14-20

January 10: Mark 1:21-28

January 17: Mark 1:29-39

January 24: Mark 6:30-44

January 31: Mark 9:2-9



STRINGS AND SINGERS

You are invited to be part of Disciples Strings & Singers and help lead worship music. Join us for rehearsals on **January 3, 17, and 31** at 6pm.

JOIN US ON ZOOM



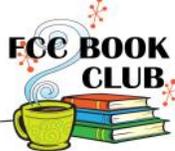
On **January 15** Hannah Circle will meet on Zoom at 1pm. All ladies of the church are welcome.

LADIES' LUNCH OUT



In these winter months the monthly meal out is at lunchtime. You are invited to join others from FCC on **January 18** at 11:30am at Blackstone (503 Westbury Dr., I.C.).

JOIN THE DISCUSSION



Nineteen Minutes is a book by Jodi Picoult that tells the story of the complexity of a school shooting in a town that never thought it could happen there. This is a banned book that will be pulled from ICCSD shelves in 2024. FCC Book Club will have a hybrid meeting (onsite & online) **January 25** at 7pm.

FAITH FORMATION begins again January 7 and runs from 11:15am - 12noon. Read on page 3 about a new series that begins January 14..

FCC CONNECT - January 11 @ 6:30pm

Join us for a time of visiting with friends from FCC. We gather on Zoom for this once a month time of conversation with new and old friends.

YOUTH GROUPS FOR 3RD-12TH GRADES

CYF (9th - 12th grades) meets **weekly beginning January 14**. Meetings are at Pastor Jill's home at 4:30pm each Sunday.

Chi Rho (6th - 8th grades) and JYF (3rd - 5th grades) meet at church at 12noon on **January 21**.

A LITTLE WINTER FUN: GAME NIGHTS

Spellers and non-spellers alike are invited to Team Scrabble Game Night. We will divide into teams for low-stakes group play. Snacks and hot cider provided. Friday, **January 19** at 6:30 p.m. in Fellowship Hall.

Calling all card players! Come learn to play Five-Point Pitch and eat pizza. Vern Duba will lead instructions for his Nebraska family's favorite winter holiday card game. He will share strategies before we divide into teams for a friendly game or two. Friday, **January 26** at 6:30 p.m. in Fellowship Hall. Pizza provided. Bring your favorite non-alcoholic beverage. Please RSVP with favorite pizza toppings and any special dietary considerations to vernduba@gmail.com.

JANUARY POTLUCK: SOUP LUNCHEON

Our next All Church Potluck will be Sunday, **January 28** following worship. We will do a Soup Lunch and ask you to [sign up ahead of time to indicate what you will bring](#): soup, bread, crackers, a veggie tray, or dessert.

A NEW YEAR, A NEW YOU: EMBODY WELL-BEING

We long for a faith that engages all of who we are—mind, body, heart, and soul—and invites us to be present in our bodies and in the present moment. We remember the ways Jesus integrated his humanity and divinity to fulfill his radical ministry. Similarly, we too are invited to bring all of who we are to God, to live out the love that chooses to be embodied in us.

Over five weeks (**January 14 - February 11**), Faith Formation for Youth and Adults focuses on components of well-being: intention setting, mindfulness, movement, and meditation. All are welcome to one, two, or more sessions! Meet in the Fellowship Hall at 11:15 a.m.

- Intention: Join in a discussion about support of setting goals and exploring intentions to achieve them. (January 14)
- Movement: Anyone -- all levels of fitness, health, and age -- are invited for a Nia group movement session. Nia is a holistic movement and wellness practice addressing each aspect of your life - body, mind, and soul. (January 21)
- Community: Stay after service for the first potluck of 2024. (January 28)
- Mindfulness: Meet to learn techniques for greater awareness of your internal state and external surroundings. Discover how to observe your thoughts, emotions, and present-moment experiences without judgment or reaction. (February 4)
- Meditation: We will spend time refocusing our bodies, thoughts, and breathing to reach a higher state of relaxation. You will learn simple techniques to apply at home. (February 11)

Children age 5-5th grade will have Children Worship & Wonder and a nursery will be provided for younger kiddos.



CAPITAL CAMPAIGN UPDATE

You might have noticed new equipment at the outside doors and the office door. That is evidence that our new key card system is being installed. They are still waiting on a part and need to coordinate the lower door with the installation of the accessibility button, so it will be after the first of the year before this system is up and running. For now continue to use your keys as usual. When the new system is working, we will begin distributing key fobs/key cards to replace exterior keys to the church.

BOOK & PUZZLE EXCHANGE TABLE

The Book & Puzzle Exchange Table will be back beginning January 7 and will remain in the narthex through mid-March. At that point everything that is left on the table will be donated to the Shelter House's Annual Book Sale which is one of their primary fundraisers to support their mission.

Remember, this table is an opportunity for you to share puzzles you have already completed and books you read that you really hope others will have a chance to enjoy. Please be selective about what you bring, making sure puzzles contain all the pieces and books are something that you just can't wait to know others read.

And, find some books or puzzles to take home with you and enjoy! That's what they are there for!

PASTOR JILL'S 2024 SABBATICAL

We have exciting news about our beloved Pastor Jill. After completing seven dedicated years of service with our congregation, Pastor Jill will be taking a well-deserved sabbatical from August through October 2024. During the sabbatical she will be immersed in overall wellness to renew, reflect, and revitalize. Congratulations to Pastor Jill!

In anticipation of Jill's time away, we want to share with you some aspects of the whats, the whys, and the hows that pertain to pastor sabbaticals at First Christian Church. The sabbath is a central biblical concept we fully embrace. The word means "stop". It means to stop toiling and doing and producing and to experience life balance through rest and individual reflection and renewal.

In these modern times, a dedicated sabbatical during a career has become a lost practice. Instead, employers and stakeholders expect ongoing productivity and multi-tasking. A reflection of this expectation is that the term "sabbatical" is seldom used in academia. Rather than a sabbatical, a faculty member may be awarded a "developmental leave". The faculty member is released from some teaching responsibilities in exchange for producing projects, publications, grants, and creative works.

In contrast to academia, the Disciples of Christ General Commission on Ministry supports sabbaticals as necessary, personal time away from the ministry. The sabbatical process fosters healthy relationships between congregations and their pastors and brings a sense of mutual care. When pastors can step away from the intense pace of the ministry and engage in nurturing activities, the pastors are enriched spiritually, mentally, and physically. In turn, the sabbatical process invites the congregation to express its gifts of service and leadership.

Our Board, Finance Team, and Personnel Team have sabbatical policies and procedures in place. For example, the Finance Team plans years ahead of a pastor's sabbatical by setting aside funds to cover staffing needs. The Personnel Team and the Pastoral Support Teams work with congregation leaders to cover the pastor's responsibilities while they are on sabbatical.

As members of First Christian Church, let's actively support Pastors Jill, Kara and Laura and the entire church leadership. This will be a year of renewal and revitalization for all of us. You will hear more soon as detailed plans are set.

The Personnel Team: Beth Pelton, Thom Powell, and Kathy Harrison



REMEMBERING REV. BOB WELSH

Rev. Bob Welsh was the pastor of First Christian Church (1965 to 1992). For the rest of his life he remained an active member of the church. Even those who never knew Bob as pastor came to know him quickly as he was often the first to greet visitors on Sunday mornings. During his ministry, Bob helped FCC become a leader in the community in ecumenism and in mission to those living with less. The annual winter coat distribution started with Bob's willingness to say "yes", he was a tireless advocate for affordable housing, he left his fingerprints on our congregation, community, state, and in many lives.

We will celebrate Bob's life with a service at 1pm on Saturday, **January 6** at FCC. Bob always believed in the importance of showing up to celebrate the lives of people who mattered to him. We hope you will come celebrate Bob that day.

PRAYERS & PRAISE

This section is removed for privacy.

Please always let your pastors know about surgeries, hospitalizations, or other pastoral care needs.

THANK YOU!

Thank you for the ways you make our ministry possible! The things you do, do not go unnoticed. We are who we are because of each of you!

HOLIDAY COLLECTION

Thank you for your generosity. Thanks to you we collected: 210 pair of socks, 138 pair of underwear, 56 pair of sweatpants, plus a few other clothing items. All items are being distributed through Free Lunch.

YOU MAKE WORSHIP HAPPEN

Sundays rely on volunteers to go smoothly! If you are willing to help, use the links below to sign up:

- Serving as a Greeter: [FCC Greeters: Greeters \(signupgenius.com\)](https://signupgenius.com)
- Serving as an Usher: [FCC Ushers: Ushers \(signupgenius.com\)](https://signupgenius.com)
- Serving as an Acolyte (K - 6th grades): [FCC Acolytes: Acolytes \(signupgenius.com\)](https://signupgenius.com)
- Serving as a Scripture Reader: [FCC Readers: Scripture Reader \(signupgenius.com\)](https://signupgenius.com)
- Preparing Fellowship Time treats to share: [FCC Fellowship Hosts: Fellowship Time Host \(signupgenius.com\)](https://signupgenius.com)
- Preparing Coffee for Fellowship Time: [FCC \(Blank Group\): Sunday Morning Coffee \(signupgenius.com\)](https://signupgenius.com)
- Preparing and Cleaning Up Communion on Sundays: [FCC communion prep & clean-up: Communion Prep and Clean Up \(signupgenius.com\)](https://signupgenius.com)
- Serving in our Valet Parking ministry on Sundays before and after worship: [First Christian Church, Coralville/IC: Valet Parking, 2023 \(signupgenius.com\)](https://signupgenius.com)

If you are interested in doing Children's Moments, speak with Pastor Kara (icdisciple.kids@gmail.com).

If you would like to be trained to run sound or PowerPoint, speak with Laurie Dahms.

If you have questions about any of these roles, please reach out to Carol by email (icdisciple.sec@gmail.com) or during office hours. She can share a document with a detailed description of each role.

TREE OF MEMORIES

The ornaments on the Tree of Memories are there to remember the following people who mattered in our lives.

The proceeds from this project are going to support The Bird House (Johnson County's Hospice House).

First Christian Church
Vern Duba

In memory of Rev. Bob Welsh
In memory of LaVerne & Frank Duba
In memory of Frank G. Duba, Jr.
In memory of Linda Flinn

Mary Anne Schwartz
Nancy Ream
Maggie & Kevin Keyser

In memory of Jim & Anne Haynes
In memory of Cindy Asmussen
In memory of Archie Keyser
In memory of George & Ruth Eash

Steve Dunham &
Lora Morgan Dunham

In memory of Emily Palmer-Dunham
In memory of Everett & Dorothy Dunham
In memory of Edythe Benson
In memory of Duane Benson
In memory of Clynis Benson

Diane Hertel

In memory of Ron Hertel
In memory of Joy Blair
In memory of my ancestors

Ken & Linda Jans

In memory of Bonnie Holm
In memory of Cathy Paulson

The Coobs family

In memory of Gabriel Applegate
In memory of Karen Morgan

The Michel family

In memory of Richard Anderson

John & Nancy McKinstry
Marian Hart

In memory of Roy Allen
In memory of Dave
In memory of Cindy
In memory of Kenny
In memory of Max

David Hudson
Carol Alber
Beth Pelton

In memory of Kay Hudson
In memory of Michael Alber
In memory of John Pelton
In memory of John and Helen Ford
In memory of Charles & Rosanna Pelton

Sally & Steve Strah

In memory of Steven P. Strah
In memory of Gary Meineke

Suzanne Krogh
Steve, Tara, Gabe & Ava Clark
Laura Kittrell

In memory of John Seyb
In memory of Trevor Burrows
In memory of Kay Hudson
In memory of Bette Klein

Paul Bly & Carol Mertens

In memory of Dale & Phyllis Bly
In memory of Robert & Irene Russell
In memory of Bob Russell
In memory of Gary Russell

Karen Stenson
Gene Hansen
Sharon Sass

In memory of Marilyn Colby
In memory of Matthew Hansen
In memory of Vincent Ridsen
In memory of Mark Ridsen
In memory of Marvin Sass

The Seaton family

In memory of Ann-Marie Nelson





January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed for New Year's Day	2 Clergy Staff Meeting 9AM	3 Bible Study @ Zoom 12 noon Disciples Strings & Singers 6 PM Advent Zoom 7PM	4	5	6 Bob Welsh Memorial 1 PM
Kara on vacation January 1 - 7						
7 Worship 10 AM Faith Form 11:15 AM No CYF Scouts 5:30/7:00 PM	8 Finance Team 6 PM	9 Clergy Staff Meeting 9AM	10 Bible Study @ Zoom 12 noon Winter/Spring MPT @ Zoom 3:30 PM	11 Clergy Cluster @ West Liberty 12 PM FCC Connect@ Zoom 6:30 PM	12	13
14 Worship 10 AM Faith Form 11:15 AM Bells 12 noon CYF 4:30 PM @ Michel Home Scouts 5:30/7:00 PM	15 Office Closed for Martin Luther King, Jr. Day Hannah Circle @ Zoom 1 PM	16 Clergy Staff Meeting 9AM	17 Bible Study @ Zoom 12 noon Disciples Strings & Singers 6 PM	18 Ladies' Lunch Out 11:30 AM @ Black stone Arrow Chapter 7 PM	19 Scrabble Game Night 6:30PM	20
21 Worship 10 AM Faith Form 11:15 AM JYF/Chi Rho 12 noon Bells 12 noon CYF 4:30 PM @ Michel Home Scouts 5:30/7:00 PM	22 February Newsletter deadline	23 Clergy Staff Meeting 9AM Staff Meeting 10:00 AM	24 Bible Study @ Zoom 12 noon Jill's PST 3 PM	25 Women Clergy @ Zoom 10 AM Book Club (hybrid) 7 PM	26 Pitch Game Night 6:30PM Chi Rho Retreat CCC, Newton 1/26- 1/28	27
28 Worship 10 AM Soup Potluck Luncheon 11:15 AM Bells 12 noon CYF 4:30 PM @ Michel Home Scouts 5:30/7:00 PM Chi Rho Retreat	29 Fellowship Hall in Use 6:30 PM Pastors at Minister's Institute in Newton	30	31 Bible Study @ Zoom 12 noon Disciples Strings & Singers 6 PM			



FIRST CHRISTIAN CHURCH
(DISCIPLES OF CHRIST)
900 LINCOLNSHIRE PLACE
CORALVILLE, IA 52241-3615

**FIRST CHRISTIAN CHURCH
(DISCIPLES OF CHRIST)**

900 Lincolnshire Place
Coralville, IA 52241
319-337-4181

Office Hours:

Monday - Thursday, 9am to noon

Staff:

Rev. Jill Cameron Michel, Sr. Pastor

Home Phone: 319-665-2276

Rev. Kara Seaton, Associate Pastor (focusing on youth/
children, connection & communication)

Rev. Laura Kittrell, Minister of Music and Worship

Carol Mertens, Office Manager

Michael Hull, Custodian

Lori Smith, Bookkeeper

Damian Dorta, Technology & Communications

Kalea Seaton, Nursery Caregiver

Caitie Klein-Lester, Nursery Caregiver



Cookie decorating
and caroling

