

THIS MONTH @ FCC

A Note from the Pastor

Friends,

I recently read a blog post reflecting on fear and anxiety written by Bruce Reyes-Chow who was preparing to make a trip to Palestine.

I was especially struck when I read, "The fear and anxiety in me are real. But I will not allow the fear and anxiety live rent-free in my body, mind and soul. Because liberation and love are even more real." As he talked about strategies he uses to deal with these emotions he names several things (you can read the <u>full post here</u>). The one that struck me the most was "I cry. I laugh. I eat. I play."

I think we have gotten pretty good at acknowledging the mix of emotions and experiences that are real in our lives. But sometimes we still don't give ourselves permission to respond to them with a variety of practices. And we certainly don't always give ourselves permission to take care of our selves with food and sleep, laughter and play.

And yet, what would happen if we gave ourselves not only permission to grieve but also to experience joy? What if while being committed to standing firm for what matters, whatever that asks of us, we also committed to spending time with people and activities that bring us joy and allow us to relax?

I wonder what practices you have that value your need for connection and community. I wonder how you feed your body and soul in ways that help sustain you even on the most difficult of days. I wonder if there are things we can do together.

With care, Jill

P.S. In May we will have a "Meet Your Elder" event. Read more on page 2 of this newsletter. I hope you'll plan to participate!

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Announcements

Celebrating Janet Moore

We will be celebrating the life of Janet Moore on Saturday, May 17 in a memorial service to be held at 11am at the church. Visitation begins at 10am. Janet was a long time member along with her husband, Paul. Please plan to join us to offer support to Paul and their family as we celebrate Janet's life.

Caring for our Church Building & Grounds

Join Sally, our Facilities Team chair, in caring for our church building and grounds. <u>Click here</u> to browse ways you can serve and sign up to learn more. There are opportunities for everyone. Respond using the Sign Up Genius or if you have questions or ideas, contact <u>Sally</u>.

Save the Date: Regional Women's Retreat

With fall comes a retreat for Disciples women across the Upper Midwest region. This year it will be Sept. 26-28 at Koronis Retreat Center in Paynesville, MN. The theme is "Home -Sacred Space." <u>Malinda</u> is president of the Retreat Board and would love to have others from FCC join her for this event.

Meet Your Elder Event - May 18 after worship

At First Christian Church, our elders not only serve in worship, but they are also part of our pastoral care team. Each participant at FCC is assigned an elder. Elders reach out periodically and are also available to you if you need something.



On Sunday, May 18, following worship, we will have a "Meet Your Elder" event. You are invited to stay after worship to enjoy treats and conversation with your elder. Whether you know your elder well or are just meeting them, you are invited.

Wondering who your elder is? See the list on the last page of this newsletter. Groups are organized by last name.

Welcome New Members!

On April 20 we celebrated the baptisms of three of our young people. We celebrate their decision to be baptized and to join the church. Do you have questions about baptism or membership at First Christian? Talk to <u>Pastor Jill</u>.





What: Coffee with Friends Who: Men & Women of FCC When: 9 am, May 13 Where: HyVee, 3285 Crosspark Rd, Coralville This gathering is sponsored by Hannah Circle.

Worship sundays at 10:00am

All are invited and welcome to worship each Sunday at 10:00AM. Worship is available onsite in the sanctuary and online at

youtube/@icdisciples

Upcoming Sermons

Throughout the Easter season (leading up to Pentecost) we will be looking at stories from the book of Acts as we ask what the early church can teach about what it means to follow Jesus.

May 4:	Who A	re You,	Lord?
	(Acts 9	:1-20)	

- May 11: Showing Up (Acts 9:36-43)
- May 18: **A Wider Table** (Acts 11:1-18)
- May 25: Listening to Those Who are Calling (Acts 16:9-15)
- June 1: People or Profit? (Acts 16:16-34)

Faith Formation - Sundays, 11:15am

Adults and youth are observing Mental Health Awareness month with Ian Probst from I'm Glad You Stayed Project on May 4 and mindfulness practices on May 11. Elementary children will participate in Children Worship & Wonder.

Faith Formation ends May 11 and resumes after Labor Day. Everyone is invited to the "Meet Your Elder" event at 11:15am on May 18.

Nursery

Childcare is available Sundays during Worship and Faith Formation for infants through kindergarteners, and older children if needed. The nursery is in the lower-level east classroom.



(**†**

Sunday worship brings together many hands and hearts. People (like you!) are needed to fill several roles each week as we continue our ministry of welcome. There is a role for everyone and everyone can serve! Call the church office or visit the link below for a description of the opportunities to serve.

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The children lead the palm parade on Palm Sunday and a children's message is shared on Easter Sunday.



Faith Together

Above: High school youth visit Culver-Stockton College, a Disciples school. Right: Youth groups enjoy outdoor games.

Youth Group - High School

MAY 4 & 18

CYF (grades 9-12) will meet twice in May at 4:30pm. On May 4, we'll take a hike and on May 18 we'll hold a Summer Vacation Celebration. This is our last regular meeting until school begins again.

Youth Group - Middle School

MAY 4 & 18

Chi Rho (grades 6-8) meets on May 4 and 18, 4:30-6pm, at the church for activities. May 18 will be our last regular meeting until September.

Youth Group - Grades 2, 3, 4, 5

MAY 4 & 18

JYF (grades 2-5) meets from 12-1:15pm in Fellowship Hall for lunch, an activity and games. May 18 will be our last regular meeting until September.

If you have questions about programming for children & youth at FCC, please contact Pastor Kara.

Bible Study 🗖

WEDNESDAYS AT 12 NOON CONTACT OFFICE FOR ZOOM LINK **Upcoming Scriptures** April 30: Acts 9:36-43 May 7: Acts 11:1-18 May 14: Acts 16:9-15 May 21: Acts 16:16-34 May 28: Acts 2:1-12



Summer Camp Info

EARLY REGISTRATION DUE MAY 1

Children & youth from First Christian you're invited to attend camp at the Christian Conference Center in Newton, lowa this summer! Our congregation has a long standing relationship with the camp and sends many youth as well as adults (directors and counselors) each year. Plus, FCC covers 50% of registration fees!

Check out the 2025 camp schedule and register below. Contact Pastor Kara if you have any questions!

REGISTRATION



FCC Connect

THURSDAY, MAY 8, 6:30PM CONTACT OFFICE FOR ZOOM LINK

Enjoy visiting with others? Want to make some new friends? FCC Connect is an online opportunity to do just that. Sign on and join the conversation.

Coffee with Friends

TUESDAY, MAY 13, 9:00AM

Join others from First Christian for coffee and conversation at Crosspark HyVee. All are welcome at this event sponsored by Hannah Circle. Questions? Contact Mary.

Ladies Night Out

THURSDAY, MAY 15, 6:30PM

Join the FCC ladies for good food and conversation! This month we are back to dinner and meet at Fiesta Mexican Restaurant. 720 Pacha Parkway, Suite 2, in North Liberty. Contact Nancy R with any questions.

Book Club

THURSDAY, MAY 22, 7:00PM CONTACT OFFICE FOR ZOOM LINK

In May we are reading **Goodnight**, **Irene**. This book by



Luis Alberto Urrea is historical

fiction and tells the story of women in the Red Cross serving in Europe during WWII and the Allied soldiers they meet there. Join this conversation at FCC or on Zoom. Ouestions? Contact Nancy M.

Disciples Strings & Singers WEDNESDAYS, 6:00PM

If you play an instrument, like to sing, or both, you are invited to share in music ministry at FCC! For more information, please contact Pastor Laura.

Top: Winners of Two Truths & a Lie Hannah Circle Event. Middle: FCC youth find the location of the previous FCC building on a scavenger hunt in downtown Iowa City. Bottom: Easter morning window painting project.



Keeping Connected





In the Community



Children and adults labeled granola bars with affirmations that were shared at the Free Lunch Program.



Pastor Jill participates in the dedication of the houses built in memory of Bill Laubengayer.



FCC serves at the Free Lunch Program in April.



Maggie and Sheree present handmade blankets to families at the recent Habitat house dedication.



Middle school and high school youth help with heavy lifting on delivery day at Houses into Homes.



Folks from FCC have been busy in the community! Check out just some of what we've been up to!





Warm'wishes to those celebrating birthdays and anniversaries in May.



? Who is my elder?

Last Name	Elder	
A-CI	<u>Lora</u>	
Co-F	<u>Maggie</u>	
G-Kin	Al	
Kit-Mic	<u>David</u>	
Mo-Sch	<u>Marcus</u>	
Sea-Z	<u>Jane</u>	

FCC elders through February 2026.

To manage your information and access FCC's online directory, click the Realm logo





900 Lincolnshire Place Coralville, IA 52241 319-337-4181 <u>icdisciples.org</u>

There's Room at the Table veryone

Office Hours: Monday - Thursday 9:00AM to 12:00PM

clergy staff available by appointment

First Christian Church Staff

Rev. Jill Cameron Michel Senior Pastor

> <u>Rev. Kara Seaton</u> Associate Pastor

<u>Rev. Laura Kittrell</u> Minister of Music & Worship

<u>Carol Mertens</u> Office Manager

Michael Hull Custodian

Lori Smith Bookkeeper

Cameron Michel Technology Assistant

McKenna Geake Teegan Michel Ella Romero Nursery Caregivers





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