



August 2016

Cedar Park First United Methodist Church

Connections

Newsletter

*A Spiritual Oasis Committed to Christ,
to Peace, and to Service*

High School Youth Volunteer with Appalachia Service Project

Submitted by Bonnie How

On Saturday, June 25th, 5 CPFUMC missionaries headed to Chavies, Kentucky to volunteer with Appalachia Service Project (ASP). Miranda S., Elizabeth T., Will T., John V. and I piled into the van, loaded with snacks, pillows and tools, ready for the long drive. It's about 17 hours but we split it into two days so it wasn't terrible. After spending the night in Memphis, we arrived at the year round ASP center in Chavies around 4:30 in the afternoon.



What a warm welcome! As we drove up, other missionaries from Maryland and Georgia greeted us. We met the ASP staff, brought our stuff in and got down to the business of getting settled. We had a meeting where we shared a

(APPALACHIA continued on page 6)

Middle School Youth Join with UM Army Missions in San Antonio

Submitted by Shawn Dubler

I am so grateful to Bonnie for asking me to become a youth leader. I also want to thank all the parents that entrusted us with their kids. UM Army Basic was a wonderful mission trip. Eight of us from Cedar Park UMC (3 leaders and 5



students) had the opportunity to join with many other Methodist Youth leaders and students to help some deserving people. I believe the young men that went on this trip learned a lot about

(UM ARMY continued on page 8)

ALSO IN THIS ISSUE:

JESUS' ROCK STARS' Corner	p. 2
UMW Faith, Hope & Love in Action	p. 3
A Child's Haven Happenings	p. 4
Drive a Senior Northwest	p. 4
WesleyBall Fantasy Football	p. 4
Jesus' Rock Stars Corner	p. 4
Trustees Team Effort Brings Light	p. 5
Hill Country Community Ministries	p. 5
Ministry Fair	p. 8
History of the Methodist Cross & Flame	p. 9
Peace: Church Council Devotion	p. 10
Blessing of the Backpacks	p. 11
August Calendar	p. 12

Jesus' Rock Stars Corner

Submitted by Carolyn Smith

The Jesus Rock Stars are back in action again. We are glad to see everyone and to start our studies again. First we decided to have a 4th of



July fun day. We did a little history lesson and had some fun.

Zoe, Tony, Duncan, and Anders attempt to slide a cookie into their mouths without hands. Duncan mastered this quickly.

Then we moved on to putting



candies into a cup, again without our hands. It was a close race.

We transferred eggs from one



end of the table to the other. It was a good thing they were plastic eggs.

The popcorn shoot was a blast. Popcorn travels so fast!



As the games came to a close, Duncan was our winner of the stuffed bear.



Now, to get back to business. We are studying about prayer and communications. There are many ways we communicate with each other. The way we talk to God is the easiest of all.

Here we have made prayer bracelets. We studied the meaning of the different colors; Blue: Dear Lord, White: Holiness, Orange: Prayer requests, Black: Sins, Red: Forgiveness, Purple: God is in control.

Our next study was "How, When and Where to Pray." We learned that there is not a wrong time or place to pray and although God knows what we mean even when our prayers are vague, He wants us to be specific so we understand



our prayers. We practiced this by giving "Robot Neil" instructions to make a peanut butter and jelly sandwich. We thought that would be easy until Robot Neil spread the peanut butter on the paper towel. After many adjustments to the steps we all enjoyed our freshly made snack.

In September we will focus on our Christmas program. If you are interested in participating, please join us. We will need acting and music coaches along with someone to help with set and costumes.

We hope to see you in our class soon!

United Methodist Women (UMW): Faith, Hope, & Love in Action

Submitted by Sue Sidney

UMCOR SCHOOL KITS: At the suggestion of Bonnie How, United Methodist Women (UMW) participated in BE THE CHURCH on



Sunday, April 3. The women brought sewing



machines, cutting boards, an ironing board, tread, pins and needles and set up shop in the foyer and youth room. Pauline Eng and Irene Muzet cut the fabric; Kathy Jackson, Sue Sidney and Carolyn Smith sewed the bags with Karen Packard ending the process by ironing the bags. When it was all over, UMW made 28 bags to hold UMCOR School Kits.



The next step was to update the UMW bulletin board showing exactly what school supplies were needed. Sheryl McNichol decorated a

collection box and the congregation did the rest. We collected one pair of blunt scissors, three pads of paper, one hand-held pencil sharpener, one 30-centimeter ruler, six unsharpened pencils, one 2 inch or larger eraser and one 24 count box of crayons. We had enough to fill those 28 bags with many extra supplies left over. All the bags were assembled on Sunday, June 26, and Pastor Peter blessed the bags on Sunday, July 3. Sheryl McNichol and Sue Sidney delivered all the bags and extra supplies to UMW Mission U in Mt. Wesley on July 8-10. All of the UMW units in the Rio TX Conference assembled 714 School Kits + many extra supplies and \$2800 to ship to the Sager Brown UMCOR Depot where they will be shipped all over the world.

Why collect school kits? In some countries, children don't have books or school supplies. Many have no schoolrooms; classes are held in inadequate or half-destroyed buildings, tents, or even the open air. School kits may be these children's only educational resources.

Thanks to all who contributed in any way to this UMW project.

WEDNESDAY NITE LIVE: A panel presentation was held with the theme **Open Your Umbrella** to build awareness of Human Trafficking

There was a panel presentation led by Kyle



Miller, who has a Bachelor's & two Master's degrees in psychology & counseling. Kyle is the founder and director of Global Care & Response, a ministry that offers trauma training and

A Child's Haven Happenings

Submitted By Lesley Foyt, Director

Our last school month of the 2015-2016 was in May. It was a very exciting time for all of our kids. Despite all the rain we had, we still were able to enjoy our Splash Day indoors (minus the water)! The kids dressed up in beachwear, sunglasses and leis, and they played fun beachy games. We also made a special palm tree snack for our food fun. Our four year old class had their graduation on May 26th in the sanctuary. They received their preschool diploma and had a fun celebration afterwards with the Kona Ice snow cone truck. We are very proud of all of our graduates and know they are going to do well in kindergarten.

Our thanks to Pastor Peter for leading chapel with our kiddos. They were always eager to listen to the bible story and learn about God's love. I think their favorite part was singing all the songs he taught them during the year.

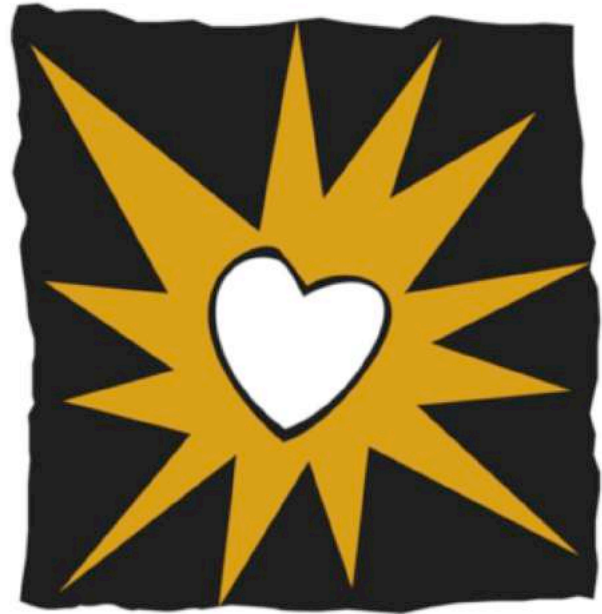
Most of our staff at A Child's Haven will be returning for the fall. I am pleased to welcome Michelle Killough as the teacher of the two year old class, and Marla Ferguson as the Wednesday one's class teacher. Both of these ladies have lots of experience working with children and will make a great addition to our preschool family. Our first day back will be

WesleyBall 2016

It's time again for Fantasy Football! CPFUMC had 8 teams last year and we are looking to expand. No prior experience necessary and it is totally free. If you like Pro Football and the players and teams, this is a fun pastime. Everyone is welcome. You just need an email address and a computer or smartphone, which can connect to the Internet. John Vinson was the 2015 league champ with a 10-3 regular season record and a 2-0 record in the playoffs. Please contact Neil Howard, nhowardtx@gmail.com to join.

Drive a Senior Northwest

Submitted by Steve Howard



Do you know that you can help reduce the social isolation of a senior who no longer drives and also help them get to important appointments? Cedar Park First UMC is one of several areas churches in Cedar Park, Leander and northwest Austin that participates in Drive a Senior Northwest (DSN).

Drive a Senior Northwest is a nonprofit organization serving senior adults by providing volunteer transportation for medical appointments, grocery shopping and other personal trips and errands. It was founded in 1986 and has grown to provide over 8,000 rides annually due to support from the community, area congregations, volunteers, clients and local businesses.

Drive a Senior Northwest serves seniors who are age 60 and over and who are ambulatory, including those who use a cane or walker. DSN volunteers, however, are unable to transport seniors who use wheelchairs. Seniors who need rides call the DSN office at 512-250-5021. After answering a few questions, a DSN staff member will contact the senior for an in-home visit to complete necessary paperwork, explain how the program works and answer questions. Seniors

(DRIVE continued on page 9) 4

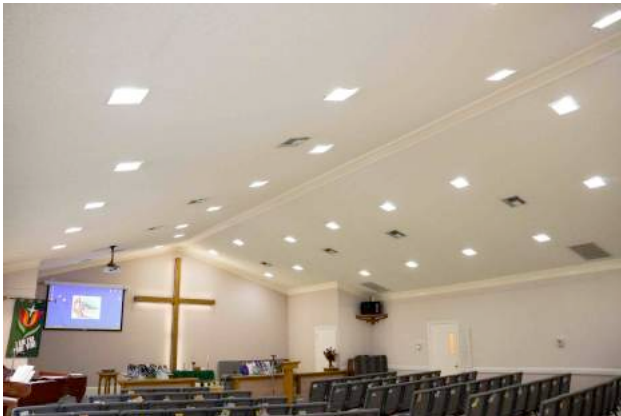
Trustees Team Effort Brings Light

Submitted by Neil Howard

It's always a challenge to change the lamps that are high up near the peak of the sanctuary ceiling. Especially when you are old and the ladder is a rickety wooden one. Recently our Trustees teamed up on this challenge to make an onerous job easier and less frequent. Following a short discussion at a recent meeting about our LED light installation effort, Michael Pospisil made the task much easier by donating a new-used 12 foot ladder to replace the rickety old wooden one. Michael also filled out our ladder set by donating 6- and 8-foot ladders as well. Now we have a ladder for every job. Thanks Michael!



Gary Scott made quick use of the new ladder to replace the remaining non-LED lamps in the sanctuary ceiling. Now we have all-LED lighting in the sanctuary. These lamps are rated at 25,000 hours, about 10x the lifetime of the previous incandescent and halogen lamps we had been using.



Dan McNichol put on the finishing touch, by replacing a worn-out dimmer switch. Great team effort, guys!

Hill Country Community Ministries Serves People in Crisis

Contributions from our congregation are supplemented with purchases to make about 70-75 lbs. per week donated.



Jim West at work collecting and delivering food for the food shelf.



Tiesa Holloway, the Executive Director of Hill Country Community Ministries.



Jim West with Jack, another HCCM volunteer.

APPALACHIA cont. from page 1

bit about ourselves, heard from everyone else and then learned a bit about ASP.



After dinner, Miranda and John, our project leaders, headed out to meet our family. We were assigned to the project code named “Ant-Man”. Each project gets a code name to ensure the family’s privacy. In our home, Tammy lives with her daughter and her 2 year old granddaughter, Kairi. We never met her daughter as she was at work each day but Kairi and Tammy won our hearts!

Tammy shared with us a bit about her life. She was born and raised in Hazard, Kentucky. She struggled with severe asthma her whole life and now, at the age of 52 needs to have oxygen continuously. She is unable to work but



somehow manages to keep up with Kairi, who

is a sweet bundle of energy and smiles. Tammy owns her home but doesn’t have any extra income to manage repairs. She had previously received help from ASP, having stairs built to provide safe access in and out, and having a new roof put on. This year, teams have been at work inside the house, repairing flooring, which had been damaged from the roof leaking.

Our task was to continue repairs to the floor in Kairi’s bedroom. We removed the old carpeting to discover hardwood that was in pretty nice condition. We didn’t want to remove that! Lots of people are buying older homes hoping to find



hardwood. So, we asked ASP if we could refinish the hardwood and they agreed! None of us had done anything like this before but after sanding, staining and varnishing the floors, we all agreed that it turned out beautifully. We replaced the baseboards and painted the bedroom door. And, we reinforced the floor from underneath of the house, where the water had caused some rotting to the subfloor. Now it’s definitely safe to walk on!

We had hoped to refinish the hardwood in the hallway as well but unfortunately there was too much damage to it. Instead, we laid down new luaun and commercial floor tiles. Some of the cutting was tricky but thankfully, not quite as complicated as last year’s project. We were able to complete the project and it turned out nicely.

The highlight of our trip was definitely the relationship that we made with Tammy and Kairi.

(APPALACHIA continued on page 7) 6

APPALACHIA cont. from page 6

On Tuesday, Tammy welcomed us to her home with fresh, hot donuts that she had bought at the local shop, the Pantry Shelf. I felt strange accepting them from her, especially since I can't imagine how tight money must be for her. She'd also made a fresh pot of coffee for us. I was still struggling with accepting her hospitality the next morning but God is good, and smart.

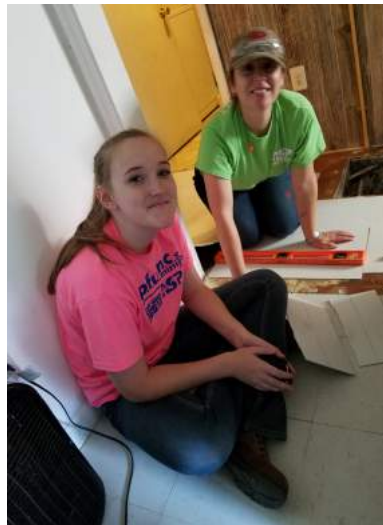


Debbie, a storyteller from Maryland, provided the devotion on Wednesday. I had met her on Sunday evening and I had encouraged her to do a devotional using her storytelling talents. She started Wednesday saying that she hadn't planned to do a devotional but that she'd heard God's small voice encouraging her through me. She then shared from the gospel of Luke 10:1-11, the lectionary text for the week. In this lesson, Luke writes that we should enter a home, sharing God's peace. Luke goes on to write, "Remain in this house, eating and drinking whatever they set before you, for workers deserve their pay...Whenever you enter a city and its people welcome you, eat what they set before you." God was telling us to accept this offering and I felt God's peace. We were able to share so much with Tammy as we ate and prayed together.

Throughout all the time we spent together, I was struck by the confidence and the hope that Tammy has in God. Even though she struggles



with significant health issues, is estranged from one of her children, has extremely tight financial strain, she is full of joy. The light of Christ radiates from her. She has seen God provide time and time again, at exactly the right moment, in a way that meets her family's immediate needs. Even though she had so



little, her generosity was

overwhelming. On the last day, she gathered small ornaments that she'd had, cleaned them and then gave them to each of us, thanking us for our help and telling us that she'd remember us in her prayers always. I know that she will. And we will continue to pray for her, our sister in Christ.

UM ARMY cont. from page 1



helping others. They learned how to paint walls, cut and build picnic tables, and how to do yard work. I saw God working in each of them the whole week. The blessings they learn through fellowship are priceless.



MINISTRY FAIR PLANNED FOR SEPTEMBER 18

On Sunday, September 18, 2016, a Ministry Fair will be held on the grounds of the church. The Fair will take place between the worship services from 9:30 to 10:45am and also after the second service, from 11:45 on. All the various ministries of the church will be represented.

Tables will be spread out across the area in front of the sanctuary and new parking lot, with a ministry leader at each table. The various Sunday school classes will be featured, along with ministry areas like children's ministry, youth ministry, United Methodist Women, Drive a Senior Northwest, and many, many more. We want you to know about all the various ways you can be involved in the life of the church. Please mark your calendars and make plans to take part in this exciting event!

(DRIVE continued from page 4)

may receive two rides per week and need to make appointments a week in advance through the program office.

This vital service would not be possible without the support of volunteers who provide rides in their own cars. Volunteering is easy with a simple online application form that is submitted to the DSN office. After your application is reviewed and approved by the DSN office you complete a volunteer orientation, currently held at 1:30 p.m. each Thursday at DSN offices, located in the Anderson Mill Baptist Church, 10653 Lake Creek Parkway. Volunteers set their own schedule confirming appointments online. And they can volunteer as much, or as little, as they choose.

Cedar Park First UMC's Anita Martin, David Gibbs, Bob Packard and Sue Sidney have all volunteered and can attest to the satisfaction they get in helping a senior this way. Bob Packard says, "clients are very appreciative and some regular clients become your friends." And you can meet interesting people such as Bob's 93 year old retired Army Nurse client who had served in Italy during World War II.

In addition to rides, Drive a Senior Northwest also has handyman volunteers who help with minor home repair jobs and has a medical equipment loan closet of walkers, canes, wheelchairs and other personal equipment. These items must be picked up at DSN offices. On the second and fourth Thursday of each month DSN also hosts a Senior Day Out. This social time for clients includes snacks provided by HEB and volunteers and lunch meals provided by supporting congregations and community groups.

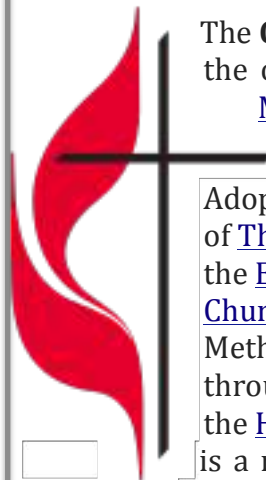
Drive a Senior Northwest provides an invaluable service to Cedar Park area seniors and is a great opportunity to volunteer. If you want to know more about its services, or want to volunteer, talk to one of the Cedar Park First UMC volunteers, or check the DSN website located at <http://driveaseniornorthwest.org>.

(UMW continued from page 3)

counseling for people, workers, and survivors in Austin & around the world.

Addressing the support issues around victims of human trafficking were: Tiffany Beurskens. Assistant Director with Redeemed Ministries, whose focus population is Domestic Adult Women Sex Trafficking Victims. And Steven Phenix, PR & Communications Director for The Refuge, which is being built to provide informed, long-term restoration, shelter and services to girls 11-17 years old, who have been exploited through sex trafficking. Steven "Flyer" Phenix [512-806-0558 steven@therefugeaustin.org] Check the website for a lot of history and hopes: www.therefugeaustin.org/

The presentation was well received by the large group of attendees. There were many questions asked and answered.



The **Cross and flame** has been the official symbol of the [United Methodist Church](#) since 1968.

Adopted shortly after the merger of [The Methodist Church](#) and the [Evangelical United Brethren Church](#). It relates The United Methodist church to God through [Christ](#) (cross) and the [Holy Spirit](#) (flame). The flame is a reminder of Pentecost when witnesses were unified by the power of the Holy Spirit and saw "tongues, as of fire" (Acts 2:3). The two tongues of a single flame may also be understood to represent the union of two [denominations](#). The two separate flames represent the Evangelical United Brethren Church and the Methodist Church coming together to form the United Methodist Church.

Source: en.wikipedia.org/wiki/Cross_and_flame#cite_note-1

Peace

Jesus said, “Blessed are the peacemakers for they will be called children of God.”

Peace is a key word in Jesus’ life and ministry. He came to establish peace; His message explained peace; His death purchased peace and His resurrected Presence enables peace. The messianic predictions were that He would be the Prince of Peace. The angels who announced His birth sang, “On earth, peace, good will toward men!” His persistent word of absolution to sinners was, “Go in peace!”

Just before He was crucified, the Lord’s last will and testament was, “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” When the Lord returned after the resurrection, His first word to the disciples was “Shalom.” “Peace be with you.” The life of Jesus was saturated with His mission to bring the peace of God and to initiate the healing relationships of peace with God.”

We are called to receive the peace of Christ and to take the initiative to share it in life’s relationships and responsibilities.

None of us finds it easy to be an initiator in making peace. It is a demanding, soul-searching responsibility our Lord has given us. We cannot do it without Him. He is the patron of peacemakers and patron means pattern and defender. What He guides, He provides!

Let each of us accept Jesus’ offer of peace and then turn to family and friends, members of our congregation, even strangers, to initiate His peace in our relationships.

---Excerpts from John Ogilvie’s chapter in *Fruit from the Vine*, compiled by Alice E. Flaherty.

(The Scriptures used are Matt.5:9, Isa 9:6, Luke 2:14, John 14:27, Mark 5:34, Luke 7:50 & 8:34, John 20:19.)

**Blessing of the Backpacks
August 21 at
8:30am and 10:45am
Students and teachers,
Bring your Backpacks and
Schoolbags
So we can offer a special blessing
over them
For a great upcoming school year!**



**Cedar Park First United Methodist
600 W. Park St.
512-335-9540**

August 2016 at CPFUMC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 8:30am Worship 9:45am Sunday Schc 10:45am Worship 12pm Potluck Lunch	Aug 1 6:30pm COUNCIL Mtg 7:30pm Contemplativ 10am Bible Study 11:30am Older Adult	2 9:15am Prayer Group 10am Bible Study	3 1:30pm Easy Line Da	4 12pm Brown Bag Bo 6pm Boy Scout Pack	5	6
7 8:30am Worship 9:45am Sunday Schc 10:45am Worship	8 6:30pm FINANCE Con 7:30pm Contemplativ 10am Bible Study	9 9:15am Prayer Group 10am Bible Study	10 1:30pm Easy Line Da 7pm Round Rock Ex	11 12pm Brown Bag Bo 6pm Boy Scout Pack	12	13 9am UMW Meets
14 8:30am Worship 9:45am Sunday Schc 10:45am Worship	15 6pm Boy Scout Pack 6:30pm TRUSTEES 7:30pm Contemplativ	16 9am Child's Haven T 9:15am Prayer Group 10am Bible Study 6:30pm Girl Scout - S	17 9:30am Mbrship Nurt 1:30pm Easy Line Da	18 12pm Brown Bag Bo 6pm Boy Scout Pack	19 NEWSLETTER Inpu	20
21 Blessing of the Bac 8:30am Worship 9:45am Sunday Schc 10:45am Worship 3:30pm Worship @ T	22 LISD Back to Schoo 6pm Child's Haven B 7:30pm Contemplativ	23 9am Child's Haven 9:15am Prayer Group 10am Bible Study 6:30pm Girl Scout - S	24 9am Child's Haven 1:30pm Easy Line Da	25 9am Child's Haven 12pm Brown Bag Bo 6pm Boy Scout Pack	26	27 8am Open Doors
28 8:30am Worship 9:45am Sunday Schc 10:45am Worship 6pm Youth Back to S	29 7:30pm Contemplativ	30 9am Child's Haven 9:15am Prayer Group 10am Bible Study	31 9am Child's Haven 1:30pm Easy Line Da	Sep 1 9am Child's Haven 12pm Brown Bag Bo 6pm Boy Scout Pack	2	3 9am ESL - GED 6pm Boy Scout Pack