



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

February 2019

Cedar Park First United Methodist Church

Connections

Newsletter

METHODIST LEADERSHIP

TRAINING EVENT TO BE HELD IN FEBRUARY

Every year our Capital District United Methodist Churches get together for leadership training at one of our district churches. This year's training event will be held on Saturday, February 9, 2019 from 9:30 a.m. to 4:00 p.m. at Dripping Springs United Methodist Church, 28900 RR 12, Dripping Springs. This will be a day filled with information and fellowship – a great way to start the New Year and learn important information concerning The United Methodist Church and our community.

We are honored to have our bishop Robert Schnase as the speaker for our opening worship and plenary. There will be three workshop sessions, and some of the workshops will be offered more than

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Vitalization Cohort News

Submitted by Pastor Bonnie How

Cedar Park First UMC is currently participating with some thirty other churches of similar size as part of a nine-month vitalization experiment, sponsored by our Rio Texas UMC Conference. We are meeting together in a cohort group where the pastors and a few laity from each church are reading, learning, and dreaming together. Two times during a nine-month period the Conference is funding "experiments," so that each church can get step out into the community and reach new people for Christ.

Steve Howard, Neil Howard, Peter Castles, and I (Bonnie) are the cohort members from our church. For our "experiment," we decided to hold a trio of events in order to engage persons who previously participated in our *Caregiver U* classes last year. We invited previous participants to the following three events: 1) a Women's Advent Brunch on December 8, 2) a Blue Christmas/Longest Night Worship Service on December 20, and 3) a *Caregiver U* Reunion Brunch on January 9.

Over the past year, we have hosted a variety of classes in partnership with AGE of Central Texas, utilizing a curriculum called *Caregiver U*. Some of these classes addressed the

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Jesus Rock Star Corner



The last year was amazing and the Jesus Rock Stars are looking forward to 2019. We started the year off with acolyte training. It was such a joy to have the light of Christ brought into our sanctuary by Leland and Josie.



Epiphany Sunday was here and one young man was very proud. He knows all about the kings' journey to bring gifts to the Savior. Can you guess which one was a king in our Christmas play? (He has the huge smile!)

We would like to thank Ms. Sue for the wonderful King's cake and crowns.

Mark Your Calendars!

The children are looking forward to many activities this year:

Photo Contest: Please see separate announcement for more details.

Empower This is a time when the children demonstrate a talent they have been given and enjoy fellowship with their peers.

Mega Sports VBS Our annual vacation Bible school for preschool and elementary kids will be scheduled in the summer. We use Bible teachings interwoven with sports training make an unforgettable, life-changing event.

CPFUMC Children's Program is seeking volunteers.

If you have been looking for a place where you would be able to share your talents, consider joining the children's ministries. We can use your new ideas and your time. Please feel free to contact Carolyn Smith or Amanda Theriot about joining the fun!



A Child's Haven Happenings

Submitted by Lesley Foyt

We are off to a great 2019 at a Child's Haven! January was spent learning about winter weather and activities. We started off the month by learning about polar animals. The kids created some fun artwork including making snowmen with puffy paint, decorating mittens and painting with ice. Some favorite activities this month included winter sock day, pajama day and having a snowball fight with socks! The kids really enjoyed this activity, as well as watching a little Frosty the Snowman afterwards. At the end of the month we learned about different types of music and musical instruments. The children loved banging on drums, playing the xylophone and tapping the tambourines.

Our Fruit of the Spirit this month was Joy. Psalm 95:1 says: "Come, let us sing for joy unto the Lord..." The children were heard singing loudly with Pastor Bonnie in chapel this month. You could definitely hear the joy in their voices. In class, teachers talked about how following Jesus puts joy into our hearts.

In February our Fruit of the Spirit will be love. We will have our Valentine parties on Feb. 14th. Registration for the 2019-2020 school year begins on Feb. 4th for currently enrolled students and on Feb. 19th for the public.



Special Worship Service: Soul Lift

On the 4th Sunday of each month we meet in the Memorial Outdoor Sanctuary at 3pm to sing the old, familiar hymns, hear words of comfort from the Bible, and share Holy Communion. Please join us for this special worship service on Sunday, February 24, which aims to lift the soul.



The CPFUMC Facebook page is growing. We now have 125 followers. Are you one of our followers? If not please search as **Cedar Park First United Methodist Church** and click **Follow**.

Like and Share our posts.

To have your upcoming events posted on the CPFUMC's Facebook page, please email information to **Colleen Litaker**, colleen.litaker@gmail.com

Don't forget once your event is over, send your photos and videos to Colleen so she may also post the information.

KEEP POSTING ON OUR FACEBOOK PAGE

CPFUMC Fiction Book Club Event

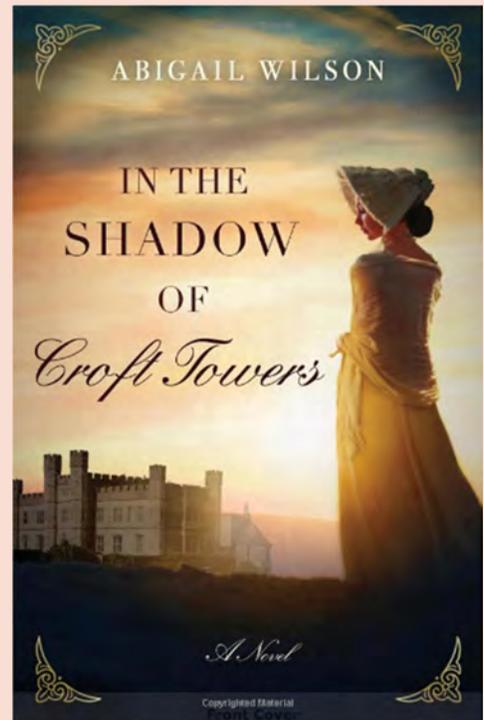
Author: Abigail Wilson

Novel: *In the Shadow of Croft Towers*

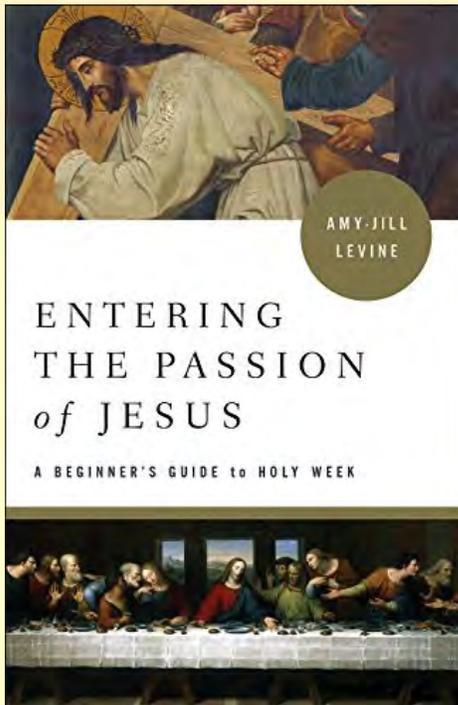
Tuesday, March 5 at 6:30 p.m.

Spend an evening with debut author Abigail Wilson discussing her historical novel *In the Shadow of Croft Towers*. The novel is filled with mystery and set during the Regency time period.

Abigail Wilson combines her passion for Regency England with intrigue and adventure to pen historical mysteries with a heart. A Registered Nurse, chai tea addict, and mother of two crazy kids, Abigail fills her spare time hiking the National Parks, attending her daughter's gymnastic meets, and curling up with a great book. In 2017, Abigail won WisRWA's Fab Five contest and ACFW's First Impressions contest as well as placing as a finalist in the Daphne du Maurier Award for Excellence in Mystery/Suspense. She is a cum laude graduate of the University of Texas at Austin and currently lives in Dripping Springs, Texas, with her husband and children.



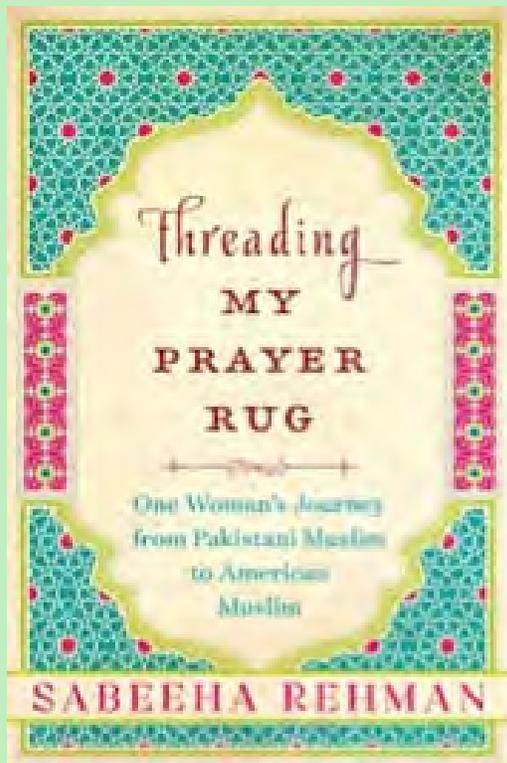
Hope you will join us!



LENTEN BIBLE STUDY

Pastor Peter will be leading a Bible study during the season of Lent. For six consecutive Thursdays, beginning March 7 and ending April 11, Peter will be exploring the biblical texts surrounding the story of Jesus' Passion, utilizing Amy-Jill Levine's *Entering the Passion of Jesus*.

Each session will begin at 10am and last approximately an hour and a half. All participants in the study will need a copy of Levine's book, which will be available for \$15. A sign-up sheet for you to indicate your interest in taking part in this study is on the back table in the Sanctuary. Please consider joining us for this series.



METHODIST READING CLUB TO DISCUSS *THREADING MY PRAYER RUG*

Pastor Peter will be leading a Brown Bag Book Discussion on Wednesday, February 13 at noon. Peter will be discussing Sabeeha Rehman's *Threading My Prayer Rug*. The book, a 2019 UMW Reading Program selection, is a richly textured reflection on what it is to be a Muslim in America today. The book is available for \$15. A sign-up sheet for you to indicate your interest in taking part in the discussion is on the back table in the Sanctuary. Please consider bringing a sack lunch and joining us on February 13.

NEW PICTORIAL DIRECTORY PLANNED

It's been many years since the last pictorial directory for Cedar Park First UMC was created. So, we have engaged Lifetouch Church Directories to take pictures for a new directory on February 26 and 27, 2019.

Our directory will showcase our families, provide contact information, and become a useful resource to keep us connected. By participating, you will receive a printed and electronic version of the new directory, plus a free 8 x 10 portrait. There is no cost to have your picture taken, so sign up today!



Schedule your appointment online at our website CPFUMC.org. Look for the link at the bottom left corner of our homepage. Or if you prefer, you can schedule photography session by signing up at church on any Sunday morning. A sign-up sheet will be available on the back table in the Sanctuary during the regular worship times. You can also call the church office 512-335-9540 for assistance in signing up for a session. Our directory won't be complete without you. Please sign up today.

Thanks for Giving



January 18, 2018

Thank you! Your generous response to our request for additional giving in December helped us close our 2018-operating deficit and end the year with a small surplus.

You may remember that we wrote you in December laying out our Church's financial status. For the year, we were \$11,734 below our budgeted contributions and we had an operating deficit exceeding \$15,400 through November. We would end the year with little or no cash reserves and would have an extremely tight 2019 budget if that deficit was not closed.

But you responded by contributing over \$31,700 to our operating fund in December. This is the most contributed to it in a single month in recent history. It exceeded the previous biggest month, December 2017, by almost \$6500. As a result, we will end the year with a small operating surplus—about \$2000.

This giving is not just about church finances, important as they are. It is about the Church's ministries, outreach and witness. It is about making disciples for the transformation of the world.

- Your giving supports our outstanding pastors and staff, who proclaim the gospel, nurture our youth, lead music and offer pastoral care.
- Your giving supports vibrant programs for children and youth—Vacation Bible School, Sunday evening youth events and more.
- Your giving supports outreach and mission to our local community—Hill Country Community Ministries, backpack meals for needy school kids, and tutoring of elementary school students.
- Your giving supports mission beyond our local community—youth mission trips, Appalachian Service Project and United Methodist Church missions.
- Your giving supports Christian education and spiritual formation—Bible study, Sunday school, book clubs and prayer groups.
- Your giving helps maintain our church facilities that are used by groups serving the entire Cedar Park community—Boy Scouts, Girls Scouts, and Alcoholics Anonymous, just to name a few.

Because of your generosity we ended 2018 in the black. Because of your generosity we can look forward to 2019 with optimism. Because of your generosity, our Church can fulfill its mission to Cedar Park and beyond.

So thanks again for your amazing, faithful giving to Cedar Park First UMC.

Sincerely,

Glenda Morrison, Finance Committee Chair

Steve Howard, Church Council Chair

Trustees Set Goals for 2019

At Trustee meetings in December and early January we focused on setting our goals for 2019. Most of the goals for 2019 are related to building projects, the remainder are routine activities to keep our buildings, grounds and equipment in good shape to support all our ministries at CPFUMC.

But wait! How did 2018 end up?

Before looking forward to 2019, it is worthwhile to look back at 2018 and see how we did. In 2018 we completed 7 of our 9 goals. The only remaining 2 goals are related to the Park Street Frontage Landscape project which was intentionally delayed in October 2018 in favor of a focus on our 2018 and 2019 stewardship. With the help of the congregation, our Work Day events were particularly successful, engaging 43 members of the congregation. Major improvements to our facilities included completing the Memorial Outdoor Sanctuary, moving the Nursery to the Sanctuary building, extensive computer hardware and software upgrades and upgrading our eight thermostats to an all Wi-Fi setup. Other major accomplishments were implementing a recycle program, completing a detailed property inventory and documenting all the electrical circuits on the property. We were pleased with the effort and results in 2018.

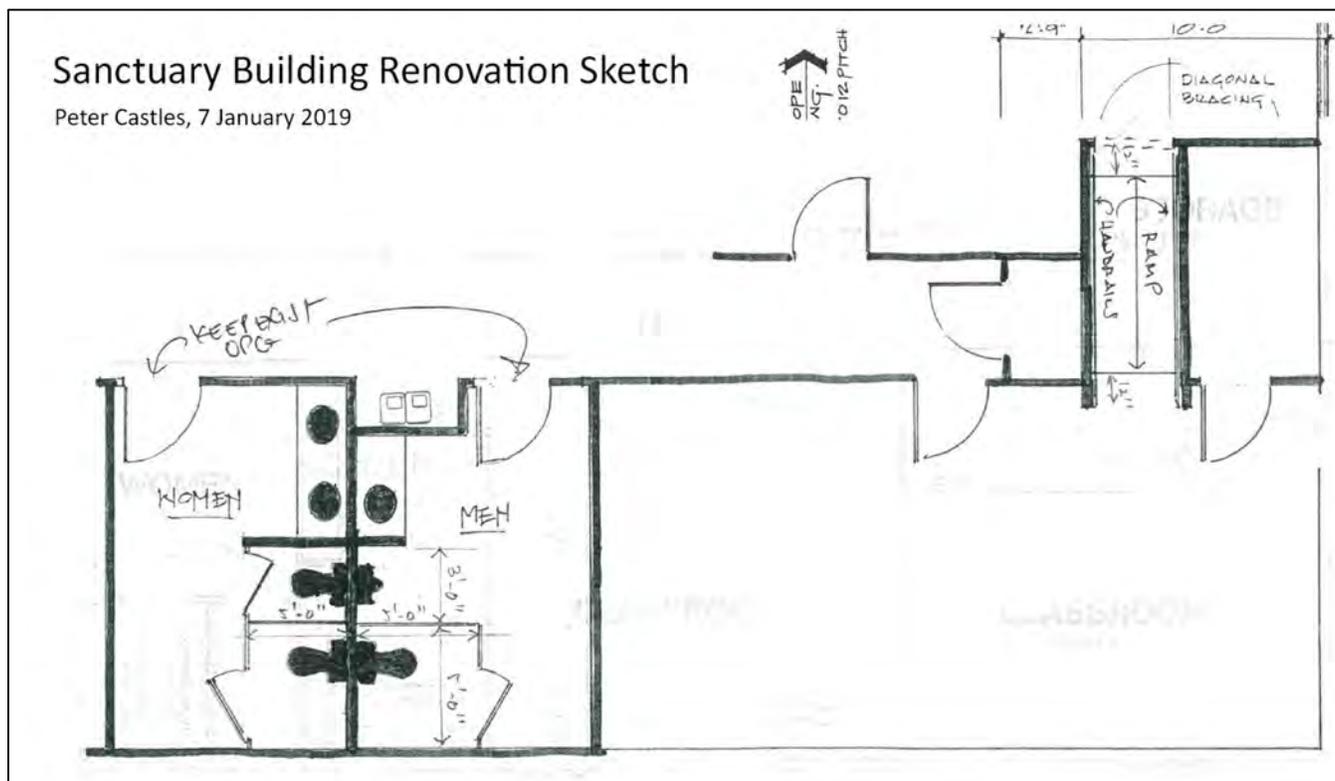
2019 Goals

To improve and repair our buildings and grounds we have accumulated a number of building project ideas over the last few years. Here is a list of them:



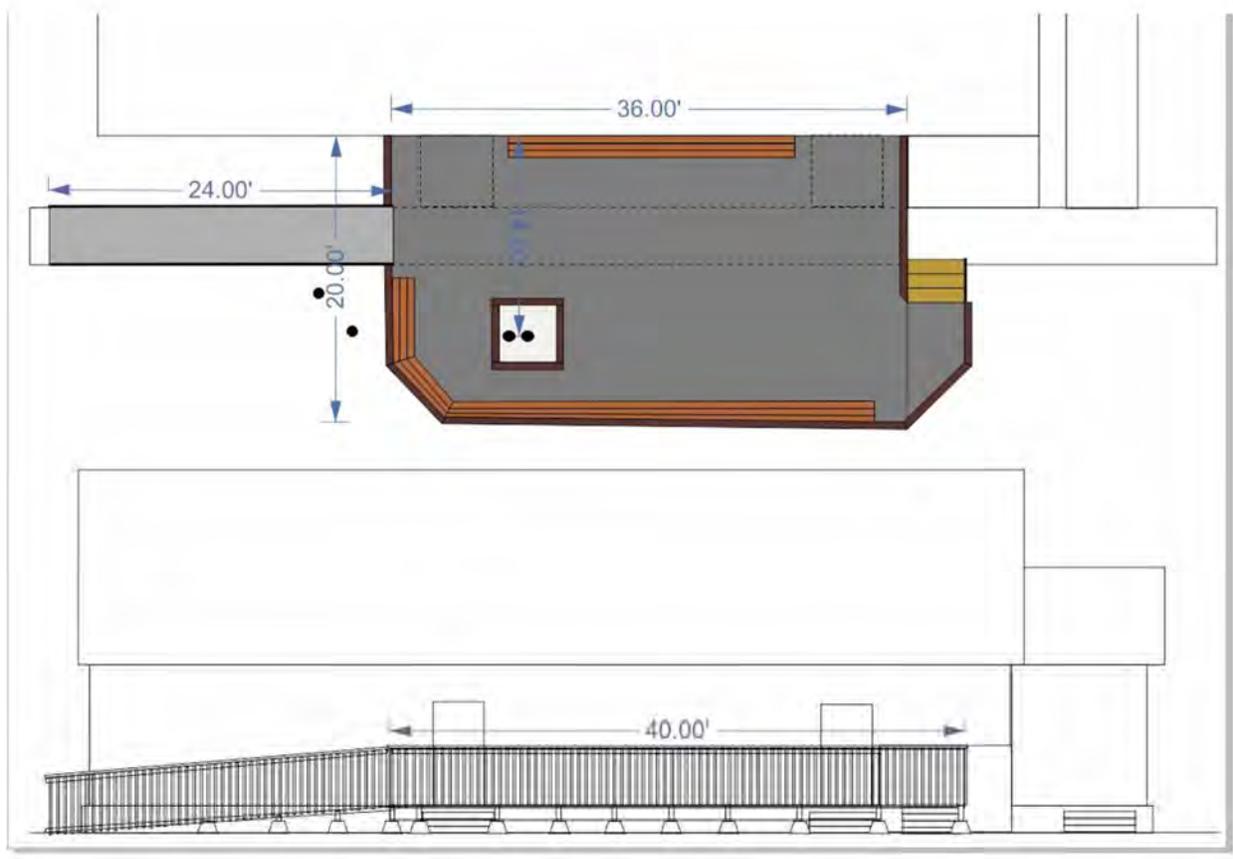
Replace our Main Road Sign – In 2018, the sign was repaired. However, the main support posts are rotted and the trim is falling apart. We would like to incorporate an electronic

message board into the new main road sign design and make the foundation and supports out of Texas limestone.



Accessibility Improvements – Every year we perform an Accessibility Audit in accordance with the UMC requirements for Trustees. We have chosen 4 of the 13 deficiencies we identified for action in 2019: (1) Install a doorbell on the Sanctuary Building (already done in 2018 by Tom Bills); (2) Provide an access ramp to the altar platform; (3) Provide some chairs with armrests in the Sanctuary worship area; and (4) Renovate the Sanctuary Building to provide ADA-compliant restrooms. Peter has provided a sketch of how this might look. Basically, the width of the existing restrooms will be expanded to the west to meet ADA requirements. This will decrease the size of the existing Nursery/Youth Room. The Nursery will move into the current Library space and the remaining space in what is the current Nursery/Youth Room will become a Conference Room/Classroom to take advantage of the 50" TV screen on the west wall of that room. In addition, we will redesign the storage closet at the end of the hallway into two smaller closets with an intervening ramp from the Conference Room/Classroom up to the existing altar platform. Access to the attic will have to be moved. Cool, huh?

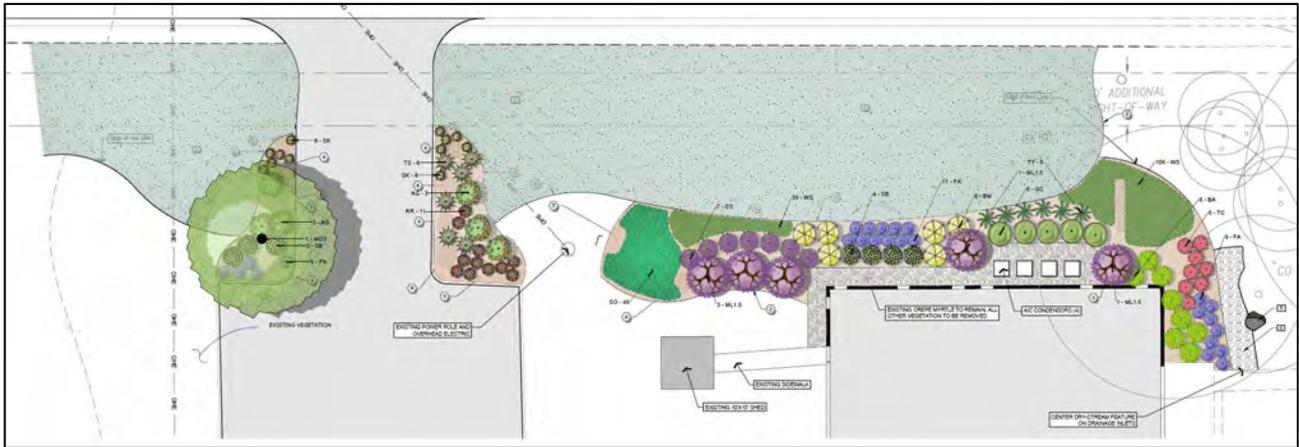
Prioritize Major Building Projects – In addition to the above projects, we have the 2016 South Deck design, re-carpeting the Sanctuary Building Narthex, Hallway and Library and installing a chair rail in the Narthex to protect the west wall.



Potluck and Meeting February 17, 2019

We will have a Potluck and Meeting scheduled for February 17th to discuss and prioritize all of these projects and get a status report on the Park Street Frontage landscape project already in progress.

Park Street Frontage landscape project – This project will be started this winter. We have finalized the cost estimate, raised about 82% of the estimated total cost and engaged our landscaping company to begin demolition and excavation for the new plantings in accordance with the landscape plan we approved last year.



We need to raise about \$4800 more in 2019 to have enough money to complete this \$26,600 project.

Congregation Work Days – We are planning our usual workdays on April 13th and September 28th this year. We will have a list of projects so that everyone in the congregation can lend a hand to repair and improve our buildings and grounds.

Copier Contract – It’s hard to believe that our “new” copier is now 5 years old and will be coming off its 5-year lease contract in June 2019. We need to establish any changes in our copying requirements (color anyone?), solicit proposals from our incumbent and competing copier vendors, and then settle on a new copier and lease for another 5 years.

Your Chance to participate

All members and friends of CPFUMC should plan to attend the Potluck and Meeting after the 10:45 service on February 17th. There will be a lot of information provided and the opportunity to understand and vote on priorities for the many building projects we are considering for 2019.

There will also be a discussion of the CPFUMC 2018 year-end financial results and the 2019 budget.

Hope to see you all there!

Women's Cancer Support Group

The Women's Cancer Support Group of CPFUM Church had their first meeting on January 15, 2019. It is a small informal group of women who came together to discuss journeys in our lives dealing with breast cancer or any other type of cancer. The group is self-directed according to the needs of the participants. The group is open to church members and the greater community, so if you have a friend who may like to share with us tell her about our new group. We are currently meeting once a month; our next meeting is February 12th at noon, after that it will most likely be the 3rd Tuesdays of the month at noon. You may bring your lunch with you to eat during the meeting. We meet in the back Nursery Room.

Irene Carrillo BS, RN, CPN, CLNC

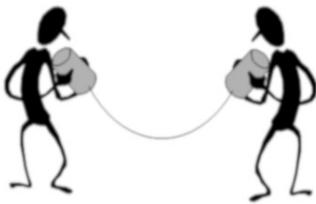


Open to all elementary age children.
Witness God's beauty, snap the photo and send one photo entry per child to carolynsmith2215@gmail.com.

Entry deadline is Saturday, February 9th, 2019 by 5:00pm.

Winners will be announced in Sunday School on Sunday, February 10th and receive a \$5 gift card.

Happy photo journey.



Want to get in touch with a Church Leader?
Are you thinking of submitting something for a future Newsletter?

Here are some contacts:

Pastor Peter Castles

Assoc. Pastor/Youth Dir. Bonnie How

Church Council Chair Steve Howard

Music Director/Pianist Jodi Blount

Children's Haven Director Lesley Foyt

Newsletter Editor Jill Lundstrom

peter@cpfumc.org

bonnie@cpfumc.org

showard746@gmail.com

jodi_blount@hotmail.com

director@childshaven.net

lund121@me.com

You can also find us online at **cpfumc.org**
or call the church Tues-Thurs between 9 and 2 at this phone number:
(512) 335-9540

A small quiz on Flu and Colds:

Taken from Medicine Net Newsletter 12/18/2018

Submitted by Irene A Carrillo RN CPN

1. Which illness is known as a viral upper respiratory tract illness?
2. True or false: The flu virus is carried and spread by hand to hand contact.
3. Medications that fight flu are called _____.
4. Flu viruses are propelled how far from coughing or sneezing?
5. True or false: Stomach flu is caused by the influenza B strain.

Answers:

1. Common cold, over 200 viruses can cause it. The most common reason adults miss work and kids miss school.
2. False. Cold and flu are spread different ways. Colds are carried on hands up to 2 hours. Flu is spread by droplets in the air from coughing, sneezing or talking. Touching the droplets to your eyes, mouth or nose may transmit the flu virus.
3. Antivirals, which may come as pill, liquid, inhaled powder or IV. Not antibiotics, which are for bacterial infections.
4. 3 feet
5. False. A "stomach flu" is any illness causing nausea, vomiting, and diarrhea. These are RARELY symptoms of the flu itself in adults, (kids may have it with the flu). It is may be caused by a different virus, bacteria or parasites. Flu is mainly a RESPIRATORY disease.

Rachel's Idea of Eve's Sneaky Enemy

Submitted by Debra Longoria

Rachel worked on some math from a workbook that had a picture of Adam and Eve. She noticed the snake on the bottom right and frowned.

She didn't like the snake and said that he's not a good person. I said to her, "Wait, the snake is an animal and not a person." She had a stern look on her face and then looked at the snake. She said, "Oh he's a bad person all right, and trying to trick Eve."

I asked her, "Why do you think the snake is a person?" She said, "Oh that snake is sneaky and it's the devil in a costume suit pretending to be an animal."

I questioned her, "So, why did he choose a snake costume and not a rabbit, cat or dog costume?" She told me, "Well, those animals are cute and soft, snakes are disgusting and gross and that's the costume the devil wanted to be in."

So I asked her if she liked the devil tricking Eve and she replied, "No, he's a liar. The snake wanted to be her friend and tricked her to do bad things."

"Did the devil want to be a friend to Adam?", I asked her. Rachel replied, "No, the snake didn't talk to Adam and stayed away because he was smart to know his tricks." So I asked her, "Why did Adam eat the fruit that Eve brought to him?" Rachel said, "I guess he was hungry and didn't know it was a bad apple."

I Peter 5:8 "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith..."

James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you."

TRAINING continued from p. 1

once. Workshop topics include:

- Pastor Parish Relations Committee
- Trustees in the Local Church
- Common Good/Free Store
- Stewardship
- Border and immigration issues
- New church start initiatives
- Project Transformation
- Texas Methodist Foundation and the connection to your church
- Trusted Con Confianza Training (2-hour workshop in the afternoon)
- Emergency Response Teams and Volunteers in Mission
- Young Adults (millennials) and their new families
- Lay Servant and Lay Speaker Ministries

Schedule:

9:30 Arrival and fellowship

9:50 Worship and plenary service

11:10 1st Session of Workshops

12:10 - 1:30 Lunch (on your own)

1:30 2nd Session of Workshops

2:40 3rd Session of Workshops

All Cedar Park First UMC leaders, both formal and informal, are invited to be present for this ~~day of worship and learning~~

COHORT continued from p. 1

needs of persons caring for aging or ill loved ones and another focused on fall prevention for older adults. We have not done much follow-up with class participants, many of whom were not connected in any way to our church. Our plan was to offer a triad of opportunities to connect with these folks, who are of a similar demographic to our current church membership, with the goal of building relationships and doing empathy mapping.

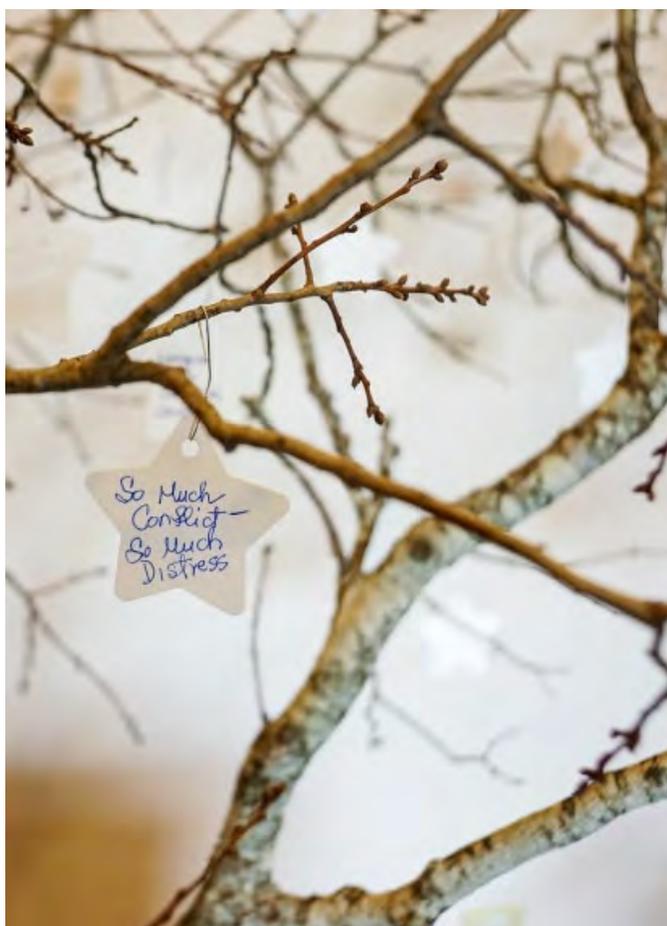
Here's a report how our "experiment" turned out:

Women's Advent Brunch

While the Advent Brunch was a success and had more people attending than ever before (over 60 persons – thanks to our lovely UMW hosts!), none of the persons whom we had invited (non-church members) from the *Caregiver U* classes attended. When we were making the phone calls to each of these persons, we found them to be interested but unable to attend. The phone calls in and of themselves were quite interesting: several of the calls morphed from being quick invitational calls to longer pastoral care calls, and one resulted in a meeting with the pastor!



Women's Advent Brunch, December 2018



Blue Christmas/Longest Night Service

We called our Blue Christmas/Longest Night Service *A Service of Comfort and Hope* and created publicity, which might appeal to persons living through a dark time in their lives and thus unable to share in the usual joviality of the Christmas season. We advertised the service in the local newspaper, and *Caregiver U* participants were invited via telephone. Some *Caregiver U* participants did attend the service, but they were people who are members of the church. We had also invited folks who attend the AA group that regularly meets at our church, and a couple of them did attend. The service was well-received and considering the timing (5:30 p.m. on Thursday, December 20th), the attendance of about 40 people was wonderful. Comments and feedback from participants indicated that this service was a meaningful experience for all.

Caregiver U Reunion Brunch



Our final event was a reunion brunch for all of our *Caregiver U* participants. We created an e-vite, which was sent to all participants and then followed up with telephone calls. As happened previously with the Advent Brunch, simple phone calls turned into longer pastoral care calls in several instances. As before, people were gracious about the invitation, but many indicated that they could not attend. Three of the *Caregiver U* participants ended up attending, along with members of our Cohort team, and two leaders from AGE of Central Texas, which sponsors *Caregiver U*. Our conversation gave us many ideas for how our congregation can more effectively serve persons in our community who are caring for aging or ill loved ones.

Steve, Neil, Peter, and I are looking forward to our continued participation in the cohort group, which meets through the month of May. We will also be planning a second “experiment” to take place in the spring. If you have questions or ideas about our cohort activities, please come and talk with any of the cohort members. We are excited to be a part of this amazing experience.

Find out more about Caregiver U at <http://www.caregiverucentx.org>.

CAREGIVERU
A Program of AGE of Central Texas

CPFUMC February 2019

See full calendar online at
<https://cpfumc.org/find-an-event/>

Cedar Park First United Methodist Church, CARE Calendar, Child's Haven Events, Choir, **Feb 2019 (Central Time - Chicago)**
 CP1UMC Youth, Other Groups, Pumpkin Patch, SCOUTS, United Methodist Men, United Methodist Women

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 8:30am - Worship 9:45am - Sunday 10:45am - Worship 3pm - Soul Lift 3:15pm - Violin 6pm - Youth @	28 9:30am - Tai Chi 12:30pm - Talley 6:30pm - COUNCIL 7:30pm - Centering	29 9:30am - (No title) 9:30am - Morning 10am - Bible Study 1:45pm - Talley 4pm - GS Troop 7:30pm - AA Men's	30 1pm - Easy Line 1pm - Talley Piano 5:30pm - GS #40530 6:30pm - BS Pack 6:30pm - Buckles	31 2pm - Talley Piano	1 4pm - Talley Piano 6:30pm - Alcoholics	2
3 8:30am - Worship 9:45am - Sunday 10:45am - Worship 6pm - Youth @	4 9:30am - Tai Chi 12:30pm - Talley 6:30pm - TRUSTEES 7:30pm - Centering	5 9:30am - Morning 10am - Bible Study 4pm - Talley Piano 6:30pm - Wolves @ 7:30pm - AA Men's	6 1pm - Easy Line 2pm - Talley Piano 6:30pm - BS Pack 6:30pm - Buckles	7 2pm - Talley Piano	8 4pm - Talley Piano 6:30pm - Alcoholics	9 6pm - ReThink
10 8:30am - Worship 9:45am - Sunday 10:45am - Worship 6pm - Youth @	11 9:30am - Tai Chi 12:30pm - Talley 6:30pm - FINANCE 7:30pm - Centering	12 9:30am - Morning 10am - Bible Study 12pm - Breast 1pm - ACH Staff 4pm - GS Troop 4pm - Talley Piano	13 12pm - Book Club 1pm - Easy Line 2pm - Talley Piano 5:30pm - GS #40530 6:30pm - BS Pack 6:30pm - Buckles	14 2pm - Talley Piano	15 NEWSLETTER Input 4pm - Talley Piano 6:30pm - Alcoholics	16 9am - UMW Meets
17 8:30am - Worship 9:45am - Sunday 10:45am - Worship 3:30pm - Worship @ 6pm - Youth @	18 9am - ACH-No 9:30am - Tai Chi 12:30pm - Talley 6:30pm - COUNCIL 7:30pm - Centering	19 9:30am - Morning 10am - Bible Study 4pm - Talley Piano 6:30pm - Wolves @ 7:30pm - AA Men's	20 1pm - Easy Line 2pm - Talley Piano 6:30pm - BS Pack 6:30pm - Buckles	21 2pm - Talley Piano	22 4pm - Talley Piano 6:30pm - Alcoholics	23 9am - BS Pinewood
24 8:30am - Worship 9:45am - Sunday 10:45am - Worship 3pm - Soul Lift 6pm - Youth @	25 9:30am - Tai Chi 12:30pm - Talley 6pm - Buttercup 7:30pm - Centering	26 Directory Photos 8am-9pm @ Sanctuary 8am - Directory 9:30am - Morning 10am - Bible Study 4pm - GS Troop 4pm - Talley Piano 7:30pm - AA Men's	27 8am - Directory 9:30am - Mbrship 1pm - Easy Line 2pm - Talley Piano 5:30pm - GS #40530 6:30pm - BS Pack	28 2pm - Talley Piano	1 6:30pm - Alcoholics	2