



Cedar Park First United Methodist Church

# Connections

## Newsletter

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

### Spiritual Gifts Class Dates are Now Set!

Four Saturday mornings  
February 22 thru March 14  
8-11 am

Cedar Park First UMC is offering a Spiritual Gifts class based on the Stephen's Ministry materials *Discovering God's Vision*



**DISCOVERING  
GOD'S VISION  
FOR YOUR  
LIFE**

*You and Your  
Spiritual Gifts*

*for Your Life* by Kenneth C. Haugk. This is a wonderful opportunity to find out what gifts God has given you!

As a participant in the course, you can expect an exciting and enriching experience providing you with fresh perspectives on your life and ministry. The apostle Paul wrote in his letter to the church of Corinth, "Now concerning spiritual gifts, brothers and sisters, I do not want you to be **SPIRITUAL GIFTS continued on p. 3**

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### TWELVE RED ROSES

*By Renee Carver*



1. *The first red rose is patience....*
2. *The second red rose is understanding,*
3. *The third red rose is flexibility,*
4. *The fourth red rose is endurance,*
5. *The fifth red rose is sharing,*
6. *The sixth red rose is sharing triumph,*
7. *The seventh red rose is sharing pain,*
8. *The eighth red rose is spiritual comfort,*
9. *The ninth red rose is humor,*
10. *The tenth red rose is listening,*
11. *The eleventh red rose is empathy,*
12. *The twelfth red rose is love.*

## JESUS' ROCK STAR CORNER

Submitted by Carolyn Smith

We had a fun and exciting fall but it is time to get back into the swing of things. We began our discussion this month, "be a servant for Jesus".



Josie made a sign to tell everyone she is working every day to be a Christian servant for Jesus.

There are so many things to be thankful for, but sometimes we forget. Josie, Kaitlyn, and Mady enjoyed a game of "I am Thankful" to help remind them of all the things they are thankful for.



### UPCOMING EVENTS:

**EMPOWER - April**

**VBS - Begins June 15!**

**Start talking to your friends about attending.**

Adults we need your help. Please complete the [Safe Gathering re-certification online](#). Registration is open to all adults, please consider registering if you have not before. More information for this on [page 4](#).

## SPIRITUAL GIFTS cont. from p. 1

uninformed" (I Corinthians 12:1). This course will be like a fire hydrant gushing with information that will help you understand your spiritual gifts and how those gifts fit with the gifts of others in the body of Christ.

The class has 8 modules, and each Saturday we will go through two. A light breakfast and coffee will be provided. The cost of the course is only \$15, which covers the participant manual and two-part spiritual gifts inventory survey.

It is our hope that by attending this course, God's vision for your life will become clearer as you discover your gifts and consider ways to use them. Please consider embarking with us on this journey of spiritual and personal growth.

If you are interested in this class, please notify **Neil Howard** by email at [nhowardtx@gmail.com](mailto:nhowardtx@gmail.com) by **February 16<sup>th</sup>**.

## VITAMINS FOR THE HEART

by Renee Carver

to love someone  
is not enough  
one needs reassurance  
and words

I love you

But why is it that phrase used only  
once in a while

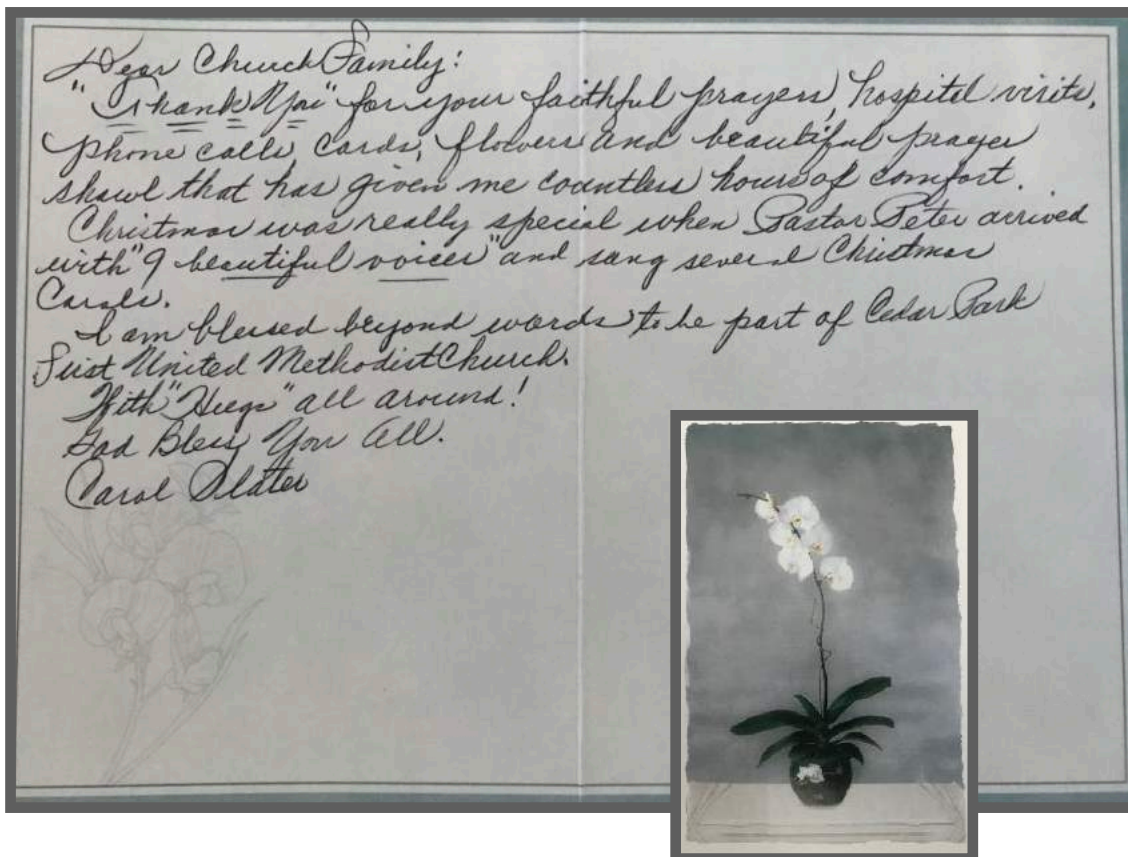
three little words comfort  
reserved only for special occasions.

How about saying it more  
because

those 3 words are very comforting to  
hear

They are vitamins for the heart.

Strengthening and reassuring  
loving and caring and simply saying  
I love you.





## **Safe Gatherings Training and Re-Certification**

**What's that all about?**  
**It's all about the children, youth, and vulnerable adults' safety!**

By the Stewardship Ideas Committee

This year, to be able to continue our many ministries, we need to expand the ranks of adults trained in Safe Gatherings, the national safety training program which meets the Texas Rio Conference requirement of two adults per every eight children, youth, or vulnerable adults to assure their safety. For the 25 of us who were certified in the original Safe Gatherings Training almost two years ago, a personal email from Tanya Campen will signal you: it is time to renew your certification. Dr. Campen will send you the email about 45 days before your current certification expires. In the meantime, please share your fun experiences these past two years as a trained adult with others and help us recruit even more adults.

There are three steps to complete your re-certification:

- 1) register (follow the link in Tanya's email)
- 2) complete the online awareness class, Safe Gatherings (one hour)
- 3) attend online webinar or in person session: "Trusted con Confianza" (one hour)

Please note, first time Safe Gathering participants will find the link at <https://riotexas.org/safe>. The above steps are the same with the addition of including your personal information. Most people will register as a volunteer. Do not include the driver's background request unless asked to do so by church officials. CPFUMC is billed all registration fees. You might ask a neighbor and/or a current or former boss if you could list them as a personal reference before you start the process.

Let's get this straight right now, taking the safety training and becoming certified, does not sign you up for a two-year commitment to develop VBS curriculum or to stand in front and lead large groups of children, youth or vulnerable adults. Your important role might be as an official "Spectator" during VBS. Spectators sit on the sidelines and provide an extra pair of eyes to see if one of the youths wanders off or to hear if there is a little plea for help from someone needing reassurance or understanding where to go next.

Last summer we actually turned away children who came for VBS because we did not have enough trained adults. Don't let that happen again. When you decide to complete this training eight more children, youth or vulnerable adults will be able to attend the event because of you. Remember last year's guidance from the Stewardship Ideas Committee: Be There!

Clergy, laity, staff and volunteers know this is a job requirement. And this particular training certification window includes any adult chaperone going to the Holy Land!

Finally, if you are nervous about working with the online training platform, you can learn more about it by contacting Jane Howard.

# HILL COUNTRY COMMUNITY MINISTRIES

ANNUAL MEETING JANUARY 16, 2020

Submitted by Bob Bowker

Hill Country Community Ministries (HCCM) has 15 area Churches that provide support in various ways. Of those 15, 11 were represented at the meeting. I will provide some statistics later in this article, however, THE BIG CHALLENGE put to all of the member Churches is to step up the support that is being given to the Thrift Store. The board is asking each of these Churches to identify 3 or 4 persons who will volunteer, on a regular basis, to work at the Thrift Store. Their idea is that each Church pick a specific day, like the first Tuesday of a month or the third Thursday of the month. The ideal situation would be for this to be the same individuals each month, so to eliminate lost time due to the learning curve. Each session would be for ½ day.

While this does represent greater issues for our Church, since it has a significantly smaller membership that most if not all of the other Churches. However, in the short time I have attended this Church I know that we are a loving, caring, and giving Church. I believe we can accomplish this challenge. Please get in touch with me (512-771-1680, [bob927bowker@gmail.com](mailto:bob927bowker@gmail.com)) for additional information.

LET'S STEP UP AND LEAD THE WAY TO HELP OTHERS WHO ARE IN SERIOUS NEED OF ASSISTANCE.

In 2019, HCCM food pantry and fresh food for all served 13,518 families, of these 3,336 were new. Additionally, they served 41,219 individuals with food. HCCM distributed 1,029,016 pounds of food during last year. CPFUMC donated 1,204 pounds of food to HCCM. Without our contribution and those of others that quantity of food would not have been available.

The Community Cupboard, has been expanded and now serves 92 additional families with food. The Community Cupboard is an area of the food pantry, where EVERYONE, is welcome to obtain food from. Typically, to obtain food or clothes from HCCM a person or family would need to become a client, which would involve identifying personal family and financial information to identify their ability to qualify to the government standards. HOWEVER, the Community Cupboard has no such requirements, everyone is welcome regardless of income, family size or any other criteria. The Community Cupboard provides food, ie; bread, pastry, rolls, fresh vegetables and fruits, as well as Starbucks products. to EVERYONE.

The Thrift Store functions in two ways; HCCM clients receive free clothes, specifically, shirts, shoes, dresses, suits, pants, blankets, houseware items and linens. The second function is to sell donated items at very low prices to the general public. The plans for the future involve the Thrift Store to provide financial assistance to families so they can stay in their home, keep the lights on, and keep the water running.

The meeting was great, they are an extremely dedicated group of men and women whose sole desire is to help those in need. I am proud and humbled to be a part of this.

# Trustees Fall-Winter Maintenance Activities

One of the key responsibilities of the Trustees of the church is to care for the buildings and grounds and all of their contents. We do as much of the routine maintenance as we can by ourselves, but sometimes we need to call in professionals for work beyond our capabilities.

## Multi-Ministries Building Roof



The water-stained ceiling tile looked innocuous enough when our Child’s Haven director, Lesley Foyt, reported it. But after climbing up in the Multi-Ministries building attic, we saw daylight around a vent pipe indicating how the water was getting in. We called J-Conn Roofing to go up on top of the roof and take a look. They found several of our roof vent seals degraded.

The roof vent seals were being gnawed by squirrels climbing up the nearby trees overhanging the roof. The overhanging tree was a superhighway for squirrel access to our roof.



The simple ceiling tile replacement job became a roof vent seal replacement plus tree trimming job.



The tree trimming was performed by Austin Tree Experts. They have trimmed all our trees around the parking lot plus the trees in the Pumpkin Patch area. They also took out two Chinaberry trees growing on the South side of the MMB. No more squirrel superhighways now!

The roof vent seals were replaced by J-Conn Roofing. Cost of the tree trimming was \$825. The roof vent seal replacement was \$1395. A lot of money for a simple ceiling tile stain. But

we should be problem-free for at least several years.

**TRUSTEES continued on p. 7**



## Vinyl Tile Floors

Once every several years, we have the vinyl tile floors stripped and waxed. The work is performed by CityWide of Austin, our janitorial company, as

part of the contract we negotiated with them in 2017. Our part of this job is to move the furniture out so that the work can be done efficiently and then move it back after the floors are done. Many thanks to all of the volunteers who helped remove and then replace furniture in the Sanctuary Building nave and kitchen just before Christmas and in the MMB after Christmas: Jane Howard, Sue Sidney, Jane Hilton, Dave Sidney, Charles Bland, Walter Wilson, John Longoria, Sarah Longoria, David Longoria, Dan Mc Nichol, and Neil Howard. The furniture moving work went quickly with so many willing workers!



## Trustees Upgrade MMB Conference Room

Recently the church Trustees have installed a couple of upgrades which will greatly update and improve the capabilities of the Multi-Ministries building (MMB) conference room.



The main improvement was installing a 70-inch 4K HDR, 55 lb., wall-mounted smart TV which replaces the 48-inch LED TV on the rolling cart. The new TV is a Vizio model V705-G3 which includes features such as Apple Airplay2, Chromecast and dual band Wi-Fi. These allow mirroring from IOS or Android smart phones and tablets. The TV is compliant with Siri, Google and Alexa voice control systems, although we do not have any of these devices currently installed. This 4K

**TRUSTEES continued on p. 8**

resolution screen will allow for much easier viewing of displayed documents and photos and videos during the numerous church meetings held in the conference room. The new TV screen is the primary display for a Dell OptiPlex 4050, Core i7-6700T, 32GB micro form factor PC recently donated. This allows any Internet content to be easily displayed using a wireless keyboard and mouse.

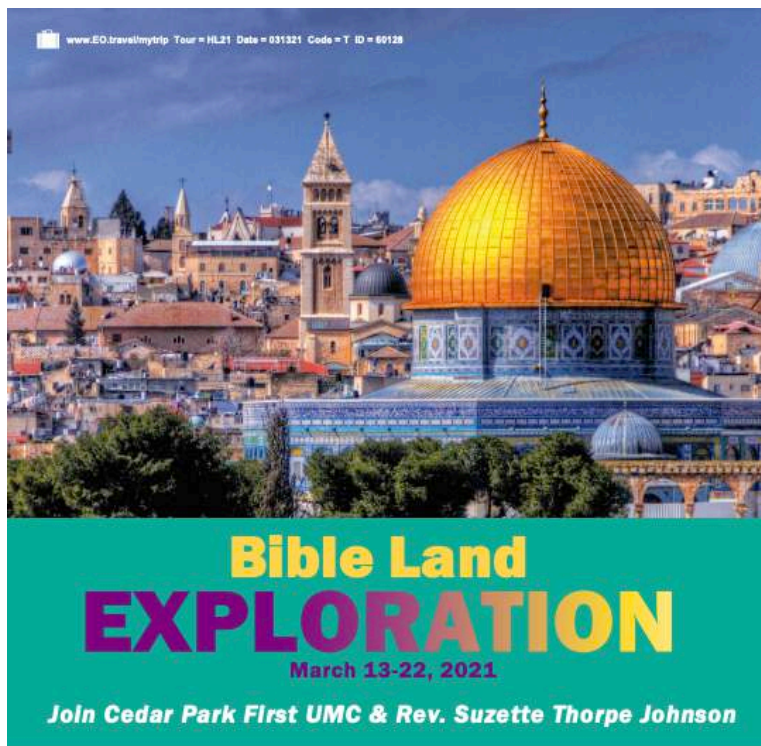
A donated webcam is mounted on top of the TV and hooked to the computer. This allows us to use the conference room for Internet-based video conferencing. The new TV is also accompanied by a Sony Blu-Ray/DVD player which was donated. Cost for the new TV was \$595.37. The wall mount was donated. The white board that was originally on the TV wall was relocated to the back wall of the conference room. We found out that the studs in the MMB walls are metal. This required some special driver toggles to secure the TV mount to the wall.



**Join Cedar Park First UMC & Rev. Suzette Thorpe Johnson on this Bible Land Exploration tour in 2021. This tour departs on March 13, 2021, and returns on March 22, 2021. On this tour, you will see sights like the Sea of Galilee, Caesarea by the Sea, Jerusalem and many more! This tour starts at \$3,696\* from Austin.**

**For more information go to** <http://www.eo.travelwithus.com/tours/hl21031321t60128#.Xi9xQhdKhTZ>

**Can't join us but still want to be a part of it? Contact to Suzette to find out how to support our Youth for the trip!**





# First Responder Presentation at Youth

Submitted by Deborah Longoria

On Nov. 3<sup>rd</sup>, Pastor Suzette invited David to teach the youth basic first aid skills and CPR during youth time. He explained the purpose of an AED, where it's located and how to use it. So, we were all able to get on the floor to practice CPR on the mannequin. David showed us the importance of when to add the AED. We also learned how to handle the stress when first responders come up. We learned how to talk with the paramedics without being afraid. They understand you are afraid but need the facts quickly, so they can make assessments and start treatment, as seconds are precious in saving lives.

It's very important that if someone is doing CPR to not stop and talk but keep going as you inform EMS of the situation. Someone will take over CPR, so keep going, as someone will jump in to take over. You are saving a life and that is a wonderful opportunity.

I wrote out some verses for the youth to think about. Plus, I wrote a prayer for all of us that experience the overwhelming feeling to try and help someone when we're not sure what to do. Also, a prayer of gratitude and protection for our precious police, fire fighters, paramedics. They put their lives in danger to save lives.

Ps. 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well." NIV

Ps. 139:14 "Thank you for making me so wonderfully complex! Your workmanship is marvelous-how well I know it." NLT

Ps. 121:2 "I lift up my eyes to the hills- where does my help come from? My help comes from the Lord, the Maker of heaven and earth." NIV

John 14:27 "Peace I leave with you, my peace I give you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid." NIV

John 14:27 "I am leaving you with a gift-peace of mind and heart. And the peace I give is a gift the world can not give. So don't be troubled or afraid." NLT

Prayer: Good Samaritan Pledge

Dear Heavenly Father.

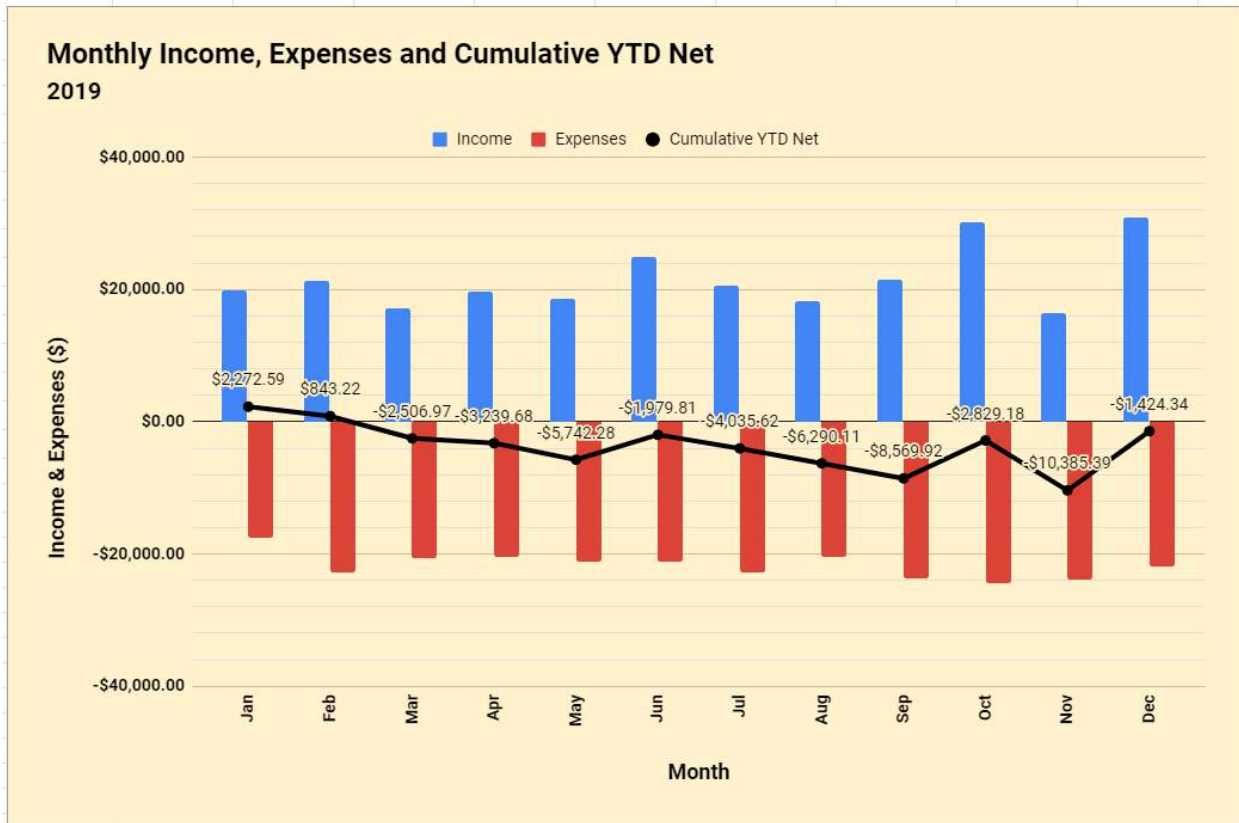
Please be with us as we want to help others in a time of crisis. Help our training be of good use. Please help us think, stay calm and be brave to face the challenge to fight for someone's life by making decisions based off safety, compassion and honor to you Holy God. Send the Holy Spirit to all of us as we offer ourselves to assist those in an emergency. We ask that you bless our first responders in all they do to keep us safe, rescue us to use their skills and knowledge to save lives that one day may come to you for salvation after a frightful experience to survive.

We ask for complete healing on the victims that we try to help and opportunities for them to know your grace and love. We don't know why people get themselves in a bad situations. Yet, give us an attitude to have mercy on them to help the way you give mercy on us. Assist us to be a comfort to those who need encouragement and guide them into your loving hands.

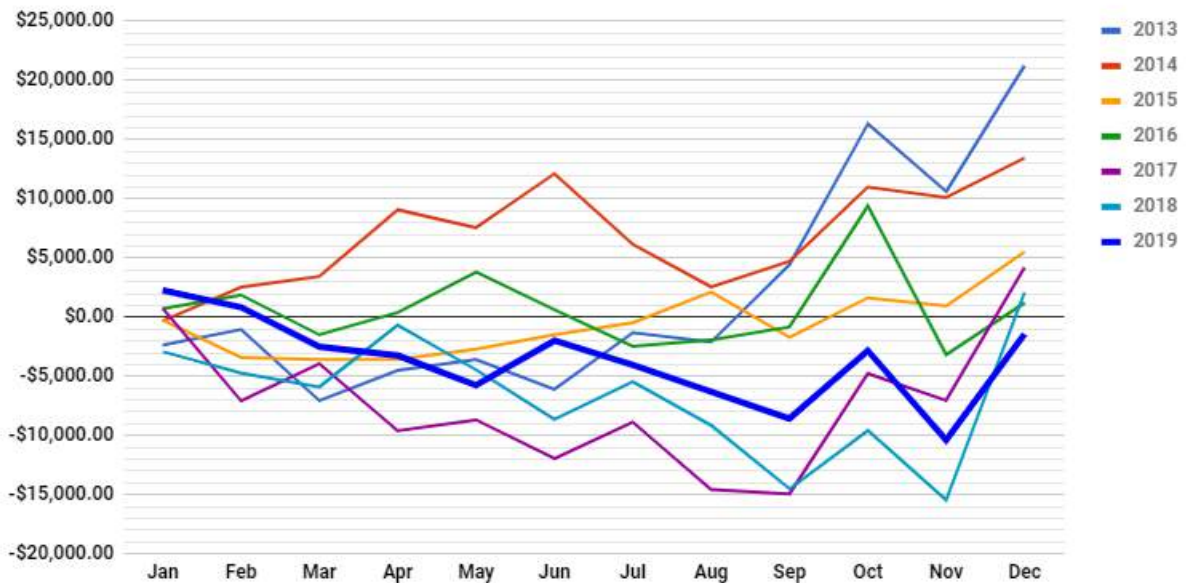
If for any reason our efforts didn't assist in saving life, then may your loving spirit comfort us in our grief and not feel guilty for trying. We cry out to you for your peace as Jesus said and look to you for our strength, hope and abilities to pay attention to the needs of others. The enemy wants to bring destruction and shade your Holy Light you offer to us. We thank you for the light you shine on those that are the hands of feet of Christ to humbly rescue those in physical, mental and/or spiritual crisis. A cry for your divine help is powerful to you and thank you for times you rescued us and still do. Our hearts are grateful for the love, grace and patience you have with us when we need you. We praise your name for we are fearfully and wonderfully made and offer ourselves to be a vessel to rescue others with your power.

In Jesus' Name. Amen

# Cedar Park First United Methodist Church Financial Information January-December 2019



## Cumulative Total YTD Net (2013-2020)





## A Child's Haven Happenings

By Lesley Foyt, Director

We are off to a fantastic 2020 at a Child's Haven! January was spent learning about winter weather, polar animals and hibernation. The kids created some fun artwork including making snowmen with puffy paint, decorating mittens and painting with ice. There were also some cool science experiments with ice to demonstrate how polar animals stay warm. Some favorite activities this month included 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.

Our Fruit of the Spirit this month was Joy. Psalm 95:1 says: "Come, let us sing for joy unto the Lord..." The children learned about baptism in chapel this month with Pastor Suzette. 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. 13<sup>th</sup>. Registration for the 2020-2021 school year begins on Feb. 4<sup>th</sup> for currently enrolled students and on Feb. 19<sup>th</sup> for the public. We are looking forward to a love filled February!

Blessings,

Lesley

Find us online at [cpfumc.org](http://cpfumc.org)  
or call the church Tues-Thurs between 9 and 2  
at this phone number:  
(512) 335-9540

Want to contact a Church Leader or submit  
something for a future Newsletter?



Pastor Peter Castles  
Assoc. Pastor/Youth Dir. Suzette Thorpe Johnson  
Church Council Chair Carolyn Smith  
Music Director/Pianist Jodi Blount  
Children's Haven Director Lesley Foyt  
Newsletter Editor Jill Lundstrom

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# CPFUMC Calendar February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	Feb 1
<b>UMW Legislative Event</b> 8:30am Worship 9:45am Sunday School 10:45am Worship 12pm Youth	2:15pm ESL - GED - Comr 6:30pm COUNCIL Mtg. 7:30pm Centering Prayer	9:30am Morning Prayer Service 10am Bible Study 11am Prayer Shawl Minist 6:30pm Counters training 7:30pm AA Men's Group	11:30am Young @ Heart 1pm Easy Line Dancing 5:15pm GS #40530 6:30pm Buckles and Bows	8:30am Tai Chi - Intro 10am Tai Chi Beginners	8:30am ESL - GED - Comr 6:30pm Alcoholics Anonym	8am ReThink Mission 5pm Violin Recital
2	3	4	5	6	7	8
8:30am Worship 9:45am Sunday School 10:45am Worship 12pm Youth	2:15pm ESL - GED - Comr 6:30pm TRUSTEES 7:30pm Centering Prayer	9:30am Morning Prayer Service 10am Bible Study 11am Prayer Shawl Minist 6:30pm Wolves 7:30pm AA Men's Group	1pm Easy Line Dancing 6:30pm Buckles and Bows	8:30am Tai Chi - Intro 10am Tai Chi Beginners 5pm GS #40530	8:30am ESL - GED - Comr 6:30pm Alcoholics Anonym	9am UMW Meets
9	10	11	12	13	14	15
8:30am Worship 9:45am Sunday School 10:45am Worship 12pm Youth	2:15pm ESL - GED - Comr 6:30pm FINANCE Commit 7:30pm Centering Prayer	9:30am Morning Prayer Service 10am Bible Study 11am Prayer Shawl Minist 7:30pm AA Men's Group	1pm Easy Line Dancing 5:15pm GS #40530 6:30pm Buckles and Bows	8:30am Tai Chi - Intro 10am Tai Chi Beginners	8:30am ESL - GED - Comr 6:30pm Alcoholics Anonym	10am P.E.O. "JX"
16	17	18	19	20	21	22
8:30am Worship 9:45am Sunday School 10:45am Worship 12pm Youth 3:30pm Worship @ The Pe	2:15pm ESL - GED - Comr 6:30pm COUNCIL Mtg. 7:30pm Centering Prayer	9:30am Morning Prayer Service 10am Bible Study 11am Prayer Shawl Minist 6:30pm Wolves 7:30pm AA Men's Group	9:30am Mbrshp Nurture/C 1pm Easy Line Dancing 6:30pm Buckles and Bows	8:30am Tai Chi - Intro 10am Tai Chi Beginners	<b>NEWSLETTER Input Due</b> 8:30am ESL - GED - Comr 6:30pm Alcoholics Anonym 6:30pm P.E.O. "JX"	8am Spiritual Gifts Class 10am BS Brown & Gold
23	24	25	26	27	28	29
8:30am Worship 9:45am Sunday School 10:45am Worship 12pm Youth 12pm Pot Luck - 2020 Bu	2:15pm ESL - GED - Comr 5:45pm Colby HOV meetin 7:30pm Centering Prayer	9:30am Morning Prayer Service 10am Bible Study 11am Prayer Shawl Minist 5pm Shrove Tuesday Pan 7:30pm AA Men's Group	1pm Easy Line Dancing 5:15pm GS #40530 6:30pm Buckles and Bows 7pm Ash Wednesday Wor	8:30am Tai Chi - Intro 10am Tai Chi Beginners	8:30am ESL - GED - Comr 6:30pm Alcoholics Anonym	8am Spiritual Gifts Class