



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

September 2025

Cedar Park First United Methodist Church

Connections

Pumpkin Patch Begins



September 27th!

The pumpkins are scheduled to arrive this year on Saturday, September 27th. We will need a lot of help to unload them! Check the [CPFUMC Website](#) for the specific time. Once they are unloaded, they will be ready for sale the following day. The pumpkin patch typically opens for regular business the day following

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A Conversation with Amanda and Howard Theriot:

Q: When was your first day at CPFUMC and what do you remember about it?

A: Spring 2009.

Q: Tell us about what drew you to CPFUMC.

A: Amanda grew up in the Methodist church. When we moved to Cedar Park, we drove by the church a lot and decided to visit. We knew this was our church on the first visit.

Q: In what city did you grow up? Where do you live now?

A: Howard grew up in Port Arthur, TX while Amanda in Williamsport, PA. We moved to Cedar Park after Hurricane Ike where Josie and Leland were born.

Q: What church did you come to CPFUMC from?

A: United Methodist Temple in Port Arthur.

Q: Tell us about your family.

A: Howard is a self-employed graphic designer, Amanda works at Pflugerville ISD as an Occupational Therapy Assistant, Josie is a 9th grader at Leander High School, and Leland is in 6th grade at Running Brushy Middle School.

CONVERSATION continued on p. 6



Texas Wesley Foundation at UT Austin: Meal Prep **2200 Nueces St., Austin**

Founded in 1923, the Texas Wesley Foundation is a student ministry on the University of Texas campus in Austin, Texas. They strive to create an environment where students are free to question, learn more about and grow in their faith in Jesus as part of a safe, loving and encouraging community. While the Wesley is officially affiliated with the United Methodist Church, they have students from many religious backgrounds.

CPFUMC has been invited by Rev. David McMinn, Executive Director & former pastor at Rockbridge UMC on New Hope Rd., to provide a meal at Texas Wesley on Thursday, October 9, 2025. Rev. McMinn will pick up our food at 10am on October 9th.

We will need soups, salads, and cookies (*regular, vegetarian, gluten free*) for approximately 40 college students and leaders. Sign-up sheets will be made available so the congregation can participate in this meal. Someone will be at the church on the evening of Wednesday, Oct. 8th and the morning of Thursday, Oct. 9th prior to 10 am to accept the food donations.

Any left-over food will be taken by the West Campus Collective who will distribute the food to students facing food insecurity.

Be contemplating what you would like to share with these students. Please check out the Wesley at [TexasWesley.com](https://www.texaswesley.com).

COACH HEERMANS TO OFFER FREE LINE DANCING CLASSES IN SEPTEMBER

Leander High School Coach GiGi Heermans will be leading a FREE four-week line dancing class in the Sanctuary, beginning September 10th and running through October 1st from 4:30-5:30pm.

Line dancing is a social, choreographed dance performed by people in rows to a repeating sequence of steps, without physical contact. It is a fun, partner-free activity that promotes physical and mental well-being and can be learned by anyone!

Coach Heermans will be bringing back some “old school” dances and also introducing some new ones. This is a great and easy way for EVERYONE to get some healthy exercise for both the body and the brain! Sign up in the Lobby to take part.



How to Take a Picture for the Church Slide Show

With your Apple iPhone

Members are encouraged to take photos of church ministry events for the Sunday morning CPFUMC Church Slide Show. This is the slide show that loops during gathering time before the worship service begins and between services on Sunday morning. It also plays constantly on our church website's [Find Out What's Happening](#) page and on the screen in the church Narthex (aka Lobby) on Sunday mornings. Almost every member now has a smartphone of some sort and these modern smartphones all have cameras, so it is relatively convenient for you to document some aspect of our church ministry and share it with the entire congregation, right? Following are some lessons to help you along.

Lesson 1 – Go Landscape

Thirty-six years ago, in 1989 Stephen R. Covey first wrote a book that was very popular in the business community. The book was entitled [The Seven Habits of Highly Effective People](#). One of these seven habits (#2) is to *Begin with the End in Mind*. That same habit is true for taking a picture for the Church Slide Show. Realize that the front and rear slide show projectors in the church Sanctuary produce a Full High Definition 1920x1080 pixel image. This image has a 16:9 aspect ratio. That's landscape, baby!

So, the first thing to remember is that **you need to hold your iPhone camera in the landscape position (not portrait)** to take a picture for the Church Slide Show. If you're taking a movie for TikTok, or a portrait of a friend, or a picture of a flagpole for Instagram, go ahead and hold your phone camera vertical. But Vertical (boo, hiss) is just not gonna cut it for the church slideshow, so **GO LANDSCAPE**.



Please take the time to master Lesson 1 before going on to Lesson 2. Lesson 1 is basic and the other lessons are almost totally useless without it. The good news is that once you have mastered Lesson 1, you are 98% of the way there toward taking a great photo for the church slide show! 😊

If you want to learn how to take a 16:9 aspect ratio photo along with every iPhone photo you take, go on to **Lesson 2**. You can set it up on your iPhone in 3 taps.

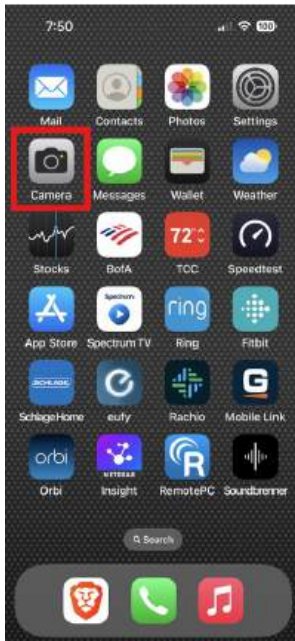
Lesson 2 – Adding a 16:9 Aspect Ratio on Your iPhone

In some ways, this lesson is optional once you have mastered Lesson 1. Every modern iPhone will create a 4032x3024 pixel (4:3 aspect ratio) image when you take a landscape photo. If you

want to raise your Church Slide Show photography game a notch, you can set your iPhone to ALSO take a 4032x2268 (16:9 aspect ratio) image **simultaneously**.



Yes, you read that correctly: you can get two images in one click! Whatta deal! Here's how to set it up on your iPhone:



1. Tap the Camera icon on your iPhone home screen to enter the Camera app.



2. Tap the white Up Carat symbol (^) near the top of the screen in the iPhone Camera app.

Notice that the white up-carat flips to a yellow down-carat and a new menu appears just above the big white dot near the bottom of the Camera app screen.



3. Tap the 16:9 option on this lower menu to add a 16:9 aspect ratio photo to every photo you take.

The 16:9 option will turn yellow once it is selected. It will remain selected for all future photos unless you turn it off.



You can now close the Camera app and congratulate yourself for having set up your iPhone Camera app to simultaneously save a 16:9 aspect ratio (Church Slide Show-ready) photo file along with every photo that you take! **Landscape** photos, of course. 😊 Remember **Lesson 1**?

This 16:9 aspect ratio **landscape** photo will work perfectly for the Church Slide Show. Yeah, but how do I get this **landscape** photo into the Church Slide Show? (you ask). I have this really cool **landscape** photo on my iPhone, but how do I get it onto the Church Slide Show so that all the other church members can enjoy it?

Read on to **Lesson 3**.

Lesson 3 – Transfer Your Cool 16:9 Landscape Photo to the Church Slide Show

At this point you now have your cool **landscape** Church Slide Show photos on your iPhone. The question now is how do I get them into the Church Slide Show? The Church Slide Show is an online Google Slide Show.

There are a number of ways to send your photos to the Church Slide Show. They are listed below in order of preference:

1. Email them to cpfumcslideshow@gmail.com (preferred! 😊) See **Note**: below.
2. Download the photo files to your computer, make them into a ZIP file and then send the ZIP file as an attachment via your Gmail account to cpfumcslideshow@gmail.com. Gmail will automatically make the attachment into a Google Drive link which can then be downloaded. Be sure to give View access permission to **Anyone with the link**.
3. Copy the photos to your Google drive, share them with View access permission to **Anyone with the link** and share the Google Drive link to Neil Howard.
4. Put them on a flash drive and bring them to church. Give them Neil Howard or Pastor Peter or Suzette. See **Downloading photos from your iPhone** below to get the photos off your iPhone.
5. Post them directly into the slide show yourself (if you have edit access to the Church Slide Show). Contact Neil Howard first if you want to do this.

Note:

Gmail on an iPhone has a 25MB attachment limit for each email. The photos you have likely range in sizes from 1-5 MB each, so if you have a lot of photos, you will have to break them up into batches and send more than one email to cpfumcslideshow@gmail.com. You may want to use Option 2 in this case. But if you do not have a Gmail account, use Option 4.

Downloading photos from your iPhone

For complete instructions about how to download files from your iPhone to your desktop computer, see the following YouTube videos on the CPFUMC YouTube channel:

Basic Lesson:

<https://www.youtube.com/watch?v=prqD683k50E>

Extended Lesson:

(includes setting your iPhone photo format to HEIC instead of JPG for more reliable bulk photo transfers)

<https://www.youtube.com/watch?v=FJCHC5VYKNc>

CONVERSATION cont. from p. 1

Q: Do you have any pets?

A: Yes we have one dog (Choco) and two cats (Pearl and Angus) that we adopted from a shelter.

Q: What do you like to do in your spare time.

A: Howard enjoys napping, Amanda likes gardening, Josie enjoys reading, and Leland like to eat.

Q: Do you have a particular hobby? Is there one you want to learn?

A: Howard is learning lutherie, Josie is involved in theater, and Leland plays baseball. Someday Amanda would like to do needlepoint.

Q: What's your favorite restaurant or favorite meal?

A: Leland likes Chipotle, Josie likes Bush's chicken, and Amanda like Blue Corn Harvest. Howard favorite meal is a ribeye steak.



Q: Where is your favorite vacation locale?

A: We like doing road trips. We drive to Pennsylvania during the summer to visit family and make stops along the way. This year we visited the Louisville Slugger Museum.

Q: I'd rather do anything besides

A: The kids would rather do anything besides clean their rooms. Howard would do anything besides plumbing. Amanda would do anything besides dusting the house.

Q: Tell us something we might not know about you!

A: Howard and Amanda met on a blind date.



Microsoft Sends 60-Day Warning to Windows 10 Users

Microsoft will [end support for Windows 10](#) on **October 14, 2025**. After this date, Windows 10 will continue to function, but it will no longer receive security updates, feature updates, or technical support from Microsoft. This means devices running Windows 10 will become increasingly vulnerable to security threats and malware.

To stay protected, users are advised to upgrade to Windows 11, which can be done for free if the PC meets the [Windows 11 system requirements](#), or to enroll in the Windows 10 Consumer Extended Security Updates (ESU) program, which provides critical security updates for one additional year at a cost.

[A recent announcement](#) indicates that users who log into their Windows 10 device with a Microsoft account and sync their settings may automatically receive one year of free extended support, extending protection until October 2026.

Church Contacts

Find us online at cpfumc.org
or call the church Tues-Thurs between 9 and 2 at (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

Trustees Board Chair Brad Lienhart

Music Director/Pianist Jodi Blount

Newsletter Editor Jill Lundstrom

peter@cpfumc.org

suzette@cpfumc.org

lienhartb@yahoo.com

jodi_blount@hotmail.com

lund121@me.com

Be sure to put "Newsletter" in the subject for Connections submissions!

CPFUMC Calendar September 2025

Click [here](#) to go to the most up to date online calendar

| SUN | MON Sep 1 | TUE | WED | THU | FRI | SAT |
|--|---|---|---|--|---|--|
| <ul style="list-style-type: none"> 8:30am In-Person Worsh 9:45am SS in-person & Z 10:45am In-Person Worsl 3 more | Labor Day <ul style="list-style-type: none"> 4:30pm Stephanie's Plan 7:30pm Centering Prayer | 2 <ul style="list-style-type: none"> 9:30am Morning Prayer : 10am HCCM 11am Prayer Shawl Minis' 2 more | 3 <ul style="list-style-type: none"> 8:30am Red Shirts 7:30pm Big Book Study | 4 <ul style="list-style-type: none"> 10am Sanctuary Prep 4pm Stephanie's Piano L 9pm Cleaning Crew | 5 <ul style="list-style-type: none"> 8:45am Men's Coffee 4:30pm Stephanie Piano 7pm Toastmasters 7:30pm AA Group | 6 |
| 7 <ul style="list-style-type: none"> 8:30am In-Person Worsh 9:45am SS in-person & Z 10:45am In-Person Worsl 3 more | 8 <ul style="list-style-type: none"> 4:30pm Stephanie's Plan 7:30pm Centering Prayer | 9 <ul style="list-style-type: none"> 9:30am Morning Prayer : 10am HCCM 4:30pm Stephanie's Plan 7:30pm AA Men's Group | 10 <ul style="list-style-type: none"> 8:30am Red Shirts 7:30pm Big Book Study | 11 <ul style="list-style-type: none"> 10am Sanctuary Prep 4pm Stephanie's Piano L 9pm Cleaning Crew | 12 <ul style="list-style-type: none"> 8:45am Men's Coffee 4:30pm Stephanie Piano 7pm Toastmasters 7:30pm AA Group | 13 <ul style="list-style-type: none"> 9am PEO Meeting |
| 14 <ul style="list-style-type: none"> 8:30am In-Person Worsh 9:45am SS in-person & Z 10:45am In-Person Worsl 4 more | 15 <ul style="list-style-type: none"> 4:30pm Stephanie's Plan 7:30pm Centering Prayer | 16 <ul style="list-style-type: none"> 9:30am Morning Prayer : 10am HCCM 4:30pm Stephanie's Plan 2 more | 17 <ul style="list-style-type: none"> 8:30am Red Shirts 10:30am Mbrshp, Care & 7:30pm Big Book Study | 18 <ul style="list-style-type: none"> 10am Sanctuary Prep 4pm Stephanie's Piano L 9pm Cleaning Crew | 19 <ul style="list-style-type: none"> 8:45am Men's Coffee 4:30pm Stephanie Piano 7pm Toastmasters 7:30pm AA Group | 20 <ul style="list-style-type: none"> 9:30am Pumpkin Patch S 5:30pm Hammon Event |
| 21 <ul style="list-style-type: none"> 8:30am In-Person Worsh 9:45am SS in-person & Z 10:45am In-Person Worsl 4 more | 22 <ul style="list-style-type: none"> 4:30pm Stephanie's Plan 7:30pm Centering Prayer | 23 <ul style="list-style-type: none"> 9:30am Morning Prayer : 10am HCCM 4:30pm Stephanie's Plan 7:30pm AA Men's Group | 24 <ul style="list-style-type: none"> 8:30am Red Shirts 7:30pm Big Book Study | 25 <ul style="list-style-type: none"> 10am Sanctuary Prep 4pm Stephanie's Piano L 9pm Cleaning Crew | 26 <div>NEWSLETTER Input Due</div> <ul style="list-style-type: none"> 8:45am Men's Coffee 4:30pm Stephanie Piano 2 more | 27 <div>PUMPKINS ARRIVE !!!</div> |
| 28 <ul style="list-style-type: none"> 8:30am In-Person Worsh 9:45am SS in-person & Z 10:45am In-Person Worsl 3 more | 29 <ul style="list-style-type: none"> 4:30pm Stephanie's Plan 7:30pm Centering Prayer | 30 <ul style="list-style-type: none"> 9:30am Morning Prayer : 10am HCCM 4:30pm Stephanie's Plan 7:30pm AA Men's Group | Oct 1 <ul style="list-style-type: none"> 8:30am Red Shirts 7:30pm Big Book Study | 2 <ul style="list-style-type: none"> 10am Sanctuary Prep 4pm Stephanie's Piano L 9pm Cleaning Crew | 3 <ul style="list-style-type: none"> 8:45am Men's Coffee 4:30pm Stephanie Piano 7pm Toastmasters 7:30pm AA Group | 4 |