



**MARK YOUR CALENDARS FOR
OUR LENTEN SCHEDULE**

Lent begins with Ash Wednesday on March 6th. We will be sharing Ash Wednesday and Holy Week services with First Christian Church and the United Church of Christ, as has been our tradition. Please mark your calendars so that you can attend these special services:

Wednesday, March 6th:

Ecumenical Ash Wednesday Service, 7pm Hosted by First UMC (Pastor from UCC preaches)

Wednesday, April 17th:

The Living First Supper, 6:30pm FUMC sanctuary, with Communion

Thursday, April 18th:

Ecumenical Maundy Thursday Service, 7pm Hosted by First Christian Church (Pastor Kerrin Preaches)

Friday, April 19th:

Good Friday Noon Service at FUMC Chapel
Prayer Vigil begins 1pm at First Christian Church
Good Friday Service, 7pm at United Church of Christ

Easter Sunday, April 21st:

Ecumenical Sunrise Service, 7am, Hosted by United Church of Christ (Pastor from FCC preaches)

Lenten Study

For Lent this year, we will be offering an all church study. This is an opportunity for any small group to join in studying the book Final Words by Adam Hamilton. We invite small groups to still meet during the regular times and regular location, but in having multiple groups study the same material we can discover greater unity in the church and a deeper understanding of our faith. This is also a great time for individuals to join a small group or to read the material themselves. We will also have a sermon series based off of the book during Lent.

NOTES FROM PASTOR KERRIN

In Lewis Carroll's Alice in Wonderland, Alice meets the smiling Cheshire Cat at a crossroads. He was watching her from the limbs of a nearby tree. Alice asked the cat which road she should take. He replied that it depended on where she wanted to go. Alice told him she wasn't going in any particular direction. The Cheshire Cat's reply was simple: "Then, any road will do!"

I am always amazed at how many of us have the same "Alice" attitude when it comes to our spiritual life. Christians throughout the years proclaimed that the road we take DOES matter! The spiritual road is to be an intentional journey that leads us to a deeper knowledge of and relationship with Jesus Christ, with ourselves, and with others. It is a journey that transforms, renews, and brings life abundant more clearly into focus as we walk it, step by step. Our spiritual journey continues throughout our lives, and can take many surprising twists and turns along the way.

Easter is the highest, holiest day of the Christian year. It is the day we celebrate the risen Christ. The early church set aside forty days prior to Easter, a time we call "Lent," as a time of spiritual preparation. For many centuries Christians have spiritually prepared themselves before Easter with the intentional practice of Spiritual Disciplines like Bible study, prayer, and fasting. While many people engaged in individual practices of preparation, the church also engaged in corporate practices.

How are you preparing for Easter – have you even given it any thought, beyond considering giving up a favorite food or planning that shopping trip to buy new Easter clothes? The road you take DOES matter! I invite you to participate in our All Church Study of Adam Hamilton's "Final Words" as part of your Lenten practice this year. Even better, join a small group for the study. Sunday worship will give us an opportunity to continue that journey together, as a congregation. Pastor Nikki and I will be preaching on that same All Church Study. This kind of focused study helps bring the Scriptures alive – you won't want to miss a Sunday! Lenten worship begins Sunday, March 10th.

Another way to prepare for Easter is to participate in the various special Lenten services, which are listed in this newsletter. These special services make our journey towards Easter richer, as they point us to Jesus' sacrifice, and how that sacrifice ended in victory over death for each one of us.

I challenge you to seriously consider taking a new and different spiritual road this Lent – one that will help you explore and experience the richness of God's mercy as you study God's Word. Listen, watch, pray, and be ready to witness what God will have done with your gift of yourself to Christ this Lenten season.

See you in worship!

Yours for the Journey,
Pastor Kerrin



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Conference Superintendent
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**North Central & Northwest District Youth
are Invited:
For a time of Questions, Answers, & FUN with
Bishop Laurie Haller**

Sunday, March 17, 2019

[Fort Frenzy](#)

(3232 1st Ave. S. Fort Dodge)

1:00-1:45 PM - Q&A w/Bishop Laurie

1:45-3:00 PM - FUN

Admission - the first 50 to arrive \$5.00 each.

All others \$10

***Post General Conference Debriefing Session for
North Central & Northwest District***

**Attention members of the North Central and Northwest District
United Methodist Churches:**

You are invited to:

The Bishop's Post General Conference Debriefing Sessions

The report will be given on

Sunday, March 17, 2019

3:30-5:00 PM

[Fort Dodge, Trinity UMC](#)

(828 N. 25th St.)

Confirmation Corner

Confirmation class during the month of March will be focused on what it means to be a member of the United Methodist Church. There is a faith visit scheduled for March 10 at 10:45a.m. at Burns United Methodist Church in Des Moines. If you are interested in joining the confirmands, their families, and their mentors on a faith visit, please contact Pastor Nikki or Nicole. Confirmation will meet March 6 at regular time and then eat together at 6pm before attending Ash Wednesday service together at 7pm. Confirmation will not meet March 20.

YOUTH 2019 Fundraising

Thank you all for your support so far of the YOUTH 2019 conference fundraising efforts. We have a group of 29 attending for a cost of around \$14,500. So far through the RAGBRAI dinner, Tuba Christmas, and Sweetheart Banquet, we have raised (after expenses) around \$5500. We hope to continue raising money for this event up to the day we leave, July 10, and even after if need be. Keep in mind, there are no funds in the general budget for youth to attend this event. This is a special event-a once in a lifetime event really-for our youth and leaders to attend. This is the youth quadrennial conference of the United Methodist Church and will be an amazing experience to help build up our wonderful young people as Christian leaders. We hope you continue to support our efforts and greatly appreciate your support in any way it comes through prayers, presence, and financial assistance. Thank you!

St. Patrick's Day Baked Potato Dinner

YOUTH 2019 will be hosting a baked potato dinner fundraiser this year. The dinner will be on Sunday, March 17 (St. Patrick's Day!!) in Fellowship Hall from 11am-1pm. There will be all sorts of toppings for the large baked potatoes including bacon, ham, chili, broccoli, cheese, onion, sour cream, chives...and anything else we can think of between now and then. The dinner will be a free will donation and will include potato with toppings, side salad, dessert, and drink. We hope you can make it! And invite your friends!

Children's Christian Education Opportunities:**Sunday School****Spring Break Sundays**

On Sundays, March 17 and March 24, the Sunday school children will be hanging out in the balcony classroom for some fun movie lessons. Typically we take a "break" from our regular rotations during Spring break week but still gather for movie days and watch movies with a good lesson. We have popcorn and juice boxes while we kick back and relax and enjoy the show. Movie titles have yet to be selected for this spring break movie event but look for more information soon about that.

Children's Sunday School Classes

Children's Sunday School meets from 9:45-10:45am. Children from nursery to fifth grade can take part! All children meet in the sanctuary at 9:45-10am for music time and announcements. The nursery children, 2 & 3 year old preschoolers, and 4 & 5 year old preschoolers will head to their classrooms following music and announcements. Children in grades kindergarten through fifth will then head to their rotation for the day. Rotations are typically in Drama, Art, Games, or Movies. During March, the children will have rotations based on the miracles of Jesus, have spring break movie days, and begin their own Lenten Study on "The Final Words".

Spring Break Time Out!

Spring Break may be coming to an end on March 24 but the children and families of Ames First UMC are going to take a "Time Out" and have a little more fun before it's over. We will be having a family fun day at the Time Out arcade located at 120 Kellogg Avenue from 12pm-2pm. Every child from Ames First UMC in attendance will receive \$2 in quarters to play all the fun arcade games they want. The concession stand will be open if families want to plan to have lunch at Time Out. We hope to see you there for a fun afternoon. If you have any questions, please contact Nicole Smith at nicole@fumcomes.org.

Wednesday Night Kids Club

Kids Club meets on Wednesday nights from 6:30-7:30p.m. in room E206. We learn about various bible stories through games, crafts, science experiments, drama, and more. The most important thing is that we learn how we can apply that lesson to our daily lives. Our focus is always about loving and helping others. We like to also take part in a Mission of the Month activity. During March we will discuss the opportunity of having a community garden that would give free produce to anyone walking by. This will take lots of planning and even some seed planting later in the month. We will focus on Matthew 25:35-40. We will not meet on Wednesday, March 6 and March 20.

Adult Christian Education Opportunities:**Wednesday Classes****Wonderful Wednesday Women**

Wonderful Wednesday Women will meet at 10:00a.m. in the conference room. The group will use the Adam Hamilton Final Words study as they explore the scripture and messages of the Lenten sermon series. The group will not meet on March 20.

Wednesday Night Adults

See insert.

Adult Sunday School:

Coffee Talk & Wesley's Holy Club

See insert.

Faith and Reason

See insert.

Wednesday Night Meal Ministry

If you and/or your small group would like to provide the meal for our Wednesday night fellowship time, please contact:

Nicole Smith at Nicole@fumcomes.org or

Megan Jurgens at meganjurgens@outlook.com

to sign up and get more information. This is a great time of fellowship during the middle of the week for those who are here on Wednesday nights. Because we meet at 6:00 for the meal, it's difficult to always have the same people provide the meal, especially since they many times are coming straight from work. So we would love to have some extra support of this ministry from other groups like the UMM, the UMW circles, choirs, and other adult classes and small groups. We hope you can help us out! Thank you!

Adult Acolytes

Did you know that being an acolyte is NOT just for kids! You may have noticed some adults taking part in this as well. As we try to encourage more intergenerational connections at Ames First UMC, we hope you take a look at signing up to acolyte with a child or youth, whether yours or one you might know. The child/youth can train you too! It's an easy but important job that all can be a part of.



**DO YOU LIVE IN
NORTHCREST, GREENHILLS OR NORTHRIDGE VILLAGE?**

We are in the process of coordinating facilitators to lead our all church Lenten Study, "Final Words at the Cross" at these locations. If you would like to participate in a small study group, please contact Pastor Nikki.

Spring Break for Hunger

Help Meals from the Heartland pack 1 million meals during Meals Madness at the 2019 Spring Break Packaging Event! Save the date to join your friends and family March 20, 2019 at the meal packaging center - 357 Lincoln Street in West Des Moines.

We're inviting students, parents, families and all community members to the sixth annual Spring Break Hunger Fight. We will be sending teams from First UMC on Wednesday, March 20. We have 20 spots reserved this year for the 9:30-11:30a.m. shift.

Let Nicole know as soon as possible if you plan to go this year. There are more spots available but we'll need to reserve those soon if necessary. We can drive the church van down, so if you need a ride, please reserve your spot ASAP. Contact Nicole Smith, nicole@fumcames.org if you are interested in attending this event!



The ASP team has room for you to join us on this faith and fun filled mission trip to Kentucky. The dates of the trip are July 20-28. You must be 14 years old by July 22nd to go on the trip. Please contact Ken Van Pelt at kkvanpelt@q.com with questions.

FAMILY FITNESS FUN

The Isaiah 40 Wellness Ministry invites ALL of you to experience FUN AND FITNESS the week of Spring Break! Our class would love to have all ages and abilities, families, individuals, from FUMC and from anywhere else join us for FREE. Our class meets 8:30-9:30 a.m. in the multipurpose room (2nd floor).

Monday, March 18: Sanctuary Shuffle Fun

Wednesday, March 20: Drumsticks and Dancing

Friday, March 22: Beginner Yoga and Meditation

Got questions? Email Nanette at nrheg@hotmail.com or call 515-290-0005. Hope to see you there!

WALKING TO JERUSALEM: ISAIAH 40 WELLNESS MINISTRY

A poem by Philip Terman and published by Autumn House Press, is the inspiration for our Community Lenten Discipline.

Pedometer attached to her belt, your mother, spry and strong at eighty, joins the other Methodist Church members in calculating the 5,915 miles, no matter the weather, to add up all the way from Linesville, Pennsylvania to Jerusalem.

They need not worry about miracles or pausing at the signs of the cross. They need not stop for security to check their purses for weapons. They need no visa nor baggage, no money to exchange for shekels, no guide-book, no guide.

They need no ancient tongue or prophecies.

They are, simply, day by day, walking, mile after mile:

the sink to the table, uptown to the post office, down the block to visit the sick neighbor. Sundays to and from church.

And when they walk far enough, adding up their pedometers together, they will arrive in Jerusalem.

And keep walking.

The Isaiah 40 Wellness Ministry at Ames First United Methodist Church asks that you please join us and others from various churches in Walking to Jerusalem this Lent. Our goal is to work cooperatively to log the 6,387 miles from Ames, Iowa to Jerusalem. We will start walking on Ash Wednesday, March 6th and will complete our journey on Easter Sunday, April 21st.

That sounds like a lot of miles, but when we work together we will accomplish it by recording our steps and mileage on a weekly basis and combining those from each participant. We are asking you to keep track of your steps using a pedometer, a pedometer app on your iPhone or Android device (you must have the phone on your person for it to record steps), or by using a Fitbit or other tracking device. (If you need help with any of these items, just call Nanette.)

You can easily sign up by emailing or texting Nanette Heginger, ACE-certified Personal Trainer and Wellness Coordinator at Ames First United Methodist Church your intention to walk with us. She can be reached at nrheg@hotmail.com or 515-290-0005. Then WALK and record your daily steps. Each Friday in Lent, simply text or email your weekly totals to Nanette. These totals will get tallied for the week and posted in each church so that all can see our progress. Along the way, Nanette will provide some motivation, devotionals and information on Prayer Walking that will help you to complete your own goals. If you prefer to walk with a partner or group, please indicate that on your initial email and Nanette will help to coordinate those.

The Isaiah 40 Wellness Ministry believes we as Christians are to be prepared for God's Call. When we are both physically and spiritually fit, we can better serve God and our community. And working together is always a good idea!

We sincerely hope you will consider joining us in this Lenten discipline. We wish you the best on your journey, Walking to Jerusalem!

Nanette Heginger, ACE-certified Personal Trainer.
Personal Trainer Lead, Trail Point Aquatics and Wellness.
Fitness Director, Ames First United Methodist Church.
Private/Independent Trainer specializing in Functional Training, Weight Management, Fitness Nutrition, Senior Fitness and Golf Conditioning.
nrheginger@dmacc.edu or 515-290-0005

SCOUTING NEWS

CONGRATULATIONS to Mike Evans and Will Copley who were named as the 2018 recipients of The Cross and Flame award and Good Samaritan Scouting award February 10th as FUMC celebrated Scout Sunday. These awards are presented to an adult and a youth who have distinguished themselves in Scouting and FUMC. **Mike** serves as the advancement chair for Scout Troop 140 and is also a troop committee member. He is also active at FUMC, serving as a MS teacher, adult Sunday school teacher and sound technician for our streaming ministry. He has also served on committees at FUMC.

Will is Troop 160 Senior Patrol Leader (SPL) & is a Life Scout working on his Eagle rank. At FUMC, Will is involved with Sunday school, Up With Puppets, Youth Group and is a member of the Youth Council. He has also signed up for a 2nd Appalachian Service Project (ASP) trip. Will is also participating in the Youth 2019 conference this summer. A big THANK YOU to the FUMC Foundation for providing the funding for these awards! Well deserved, Mike & Will!

Some of the criteria involved for the Good Samaritan award include the following: be a registered member of Boy Scouts or other civic youth-serving agency; be an active member of a United Methodist Church; be between the ages of 6 & 30; and participate in an outreach ministry within the church.

Some of the criteria involved for The Cross and Flame award include the following: be an active member of a Christian church; give faithful service to the church by serving in leadership positions; and serve a Scout troop (or other civic organization) through active participation in a leadership role.



United Methodist Women will meet March 7 at noon for a soup lunch and "Call to Prayer and Self -Denial" service and offering. Pastor Kerrin Kirkpatrick will be the featured speaker on "Mission Experience in Africa"

Her program will be repeated at 6:30 pm for those unable to attend the noon meeting.

All are invited to attend.

Parents Morning Out

Parents and pre-school age children at FUMC are invited to participate in Parents Morning Out, sponsored by United Methodist Women. Childcare is provided each Wednesday from 9-11 am in the church nursery by parent and UMW volunteers. Each family volunteers to assist once a month. For more information or to participate, contact Jane Edwards, 233-4266.

Thank you for the food. There was 120 pounds of food delivered to MICA Monday, including 52 cans of fruit. This is twice as much as we sent for the whole month of January. MICA serves over 300 families a month. The second half of the month is always very busy, as food stamps come at the beginning of each month and are running short at the end of the month.

There are so many worthwhile causes, and I know choices have to be made which ones to support. I appreciate that MICA is one of them for many of you. The carts are empty again. (: -)

Love in Christ, Connie Tilroe



Jan Bortz's family invites her church family for cake during coffee fellowship on March 3 to celebrate her 80th birthday!



Welcoming and Marketing is excited to announce that that we've made it even easier to sign up to serve on Sunday mornings! The church has combined all our Signup Genius into **ONE** easy link ALL are encouraged to sign up for the following opportunities: Greeters and Welcome Center, Ushering, Communion, Acolytes, Coffee Hour. Links can be found on the church website, occasional FB post and church email. We are blessed to be a large church with many opportunities to give back. We look forward to everyone finding an area where they can serve. <https://www.signupgenius.com/go/20F044BACAE2CAB9-sunday1>



IN THE WORKS

Looking ahead at some of the events that are scheduled:

- Mar 1-2 Kiwanis Pancake Breakfast
- Mar 3 Jan Bortz Birthday Celebration - Birthday Cake for Coffee Hour
- Apr 5 Classical Indian Music Concert
- Apr 17 Ash Wednesday - Last Supper Performance
- Apr 18 Maundy Thursday
- April 19 Good Friday
- Apr 21 Easter Sunday
- Apr 27 UMM Auction
- Apr 28 Confirmation Sunday
- May 10 Gayle Huey Celebration Reception
- May 19 Senior Sunday
- June Confirmation Camp
- June 15 Jim Simon Memorial
- June VBS
- June Van Marel/Harreld Wedding
- July Youth Conference

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REMEMBER
MARCH 10, 2019