



# New Disciple News



**New Disciples  
of Cedar Rapids**  
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New Disciples of  
Cedar Rapids

Sunday Worship Service:

9:30 AM

11:30 AM - Multilingual  
Service

Office Hours:

Monday - Friday  
9:30 AM to 1:30 PM

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Friends,

Can you believe it is March? I don't know about all of you, but I am so grateful for the Creation's generosity, the new life, the touches of green, the "gentle" weather. It seems like



January and February were never ending. The cold and snow, were so seemingly unbearable, and yet, that same snow and cold brought new life and renewed spirits. I feel both renewed and grateful for all of you and the work that we are called to.

As we move toward Lent, there will be opportunities to worship together both in our new Sanctuary and out in our beloved community. My hope is that you will continue to dream with me, imagine how we might be transformed by the love that we have for the Divine and Neighbor and how that love will transform our lives and the faces we see on Sunday mornings.

I am reminded of the greatest commandment...from Luke 10:25-28 New Living Translation (NLT) One day an expert in religious law stood up to test Jesus by asking him this question: "Teacher, what should I do to inherit eternal life?" Jesus replied, "What does the law of Moses say? How do you read it?" The man answered, "'You must love the Lord your God with all your heart, all your soul, all your strength, and all your mind.' And, 'Love your neighbor as yourself.'" "Right!" Jesus told him. "Do this and you will live!"

As we move forward, I ask you to continue being as generous with one another, and yourselves as you have been with me. As we reflect and prepare for Easter during Lent, how can we be more generous with one another?

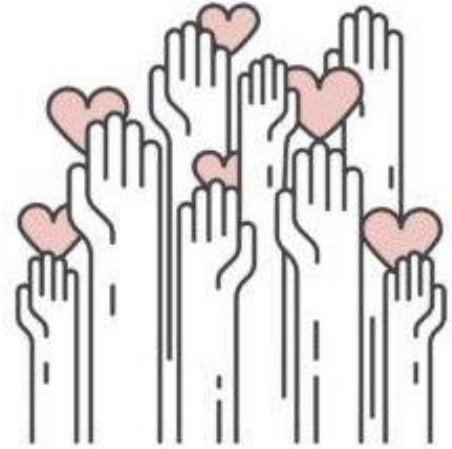
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Finally, I leave you with a poem from one of my most cherished authors:

*"The Wish To Be Generous" Wendell Berry*

*ALL that I serve will die, all my delights,  
the flesh kindled from my flesh, garden and field,  
the silent lilies standing in the woods,  
the woods, the hill, the whole earth, all  
will burn in man's evil, or dwindle  
in its own age. Let the world bring on me  
the sleep of darkness without stars, so I may know  
my little light taken from me into the seed  
of the beginning and the end, so I may bow  
to mystery, and take my stand on the earth  
like a tree in a field, passing without haste  
or regret toward what will be, my life  
a patient willing descent into the grass.*



Peace and shared abundance,  
Rev. Monica

## Mobile Ash Wednesday - The Church in the World

Ash Wednesday derives its name from the placing of repentance ashes on the foreheads of participants to either the words "Repent, and believe in the Gospel" or the dictum "Remember that you are dust, and to dust you shall return." The ashes may be prepared by burning palm leaves from the previous year's Palm Sunday celebrations. This year, Pastor Monica Banks of New Disciples Christian Church will be at five local venues across Cedar Rapids. "I really want to get to know the community, be present, and let those that are unfamiliar with church know that we are accessible to them, we don't necessarily expect them to come to us. The Church needs to be an Altar in the World."

### Schedule for March 6, 2019

**Brewhemia** - 9:00-10:30 AM

1202 3rd St SE, Cedar Rapids, Iowa 52401

**Dash Coffee Roasters** - 11:00 AM-12:30 PM

120 3rd Ave SW, Cedar Rapids, IA 52404

**New Disciples Christian Church** - 2:00 PM-3:30 PM

610 32nd Ave SW, Cedar Rapids, IA 52404

**Brewed Awakenings** - 4:00 PM-5:30 PM

1271 1st Ave SE, Cedar Rapids, IA 52402

**Belle's Basix** - 6:30 PM-8:30 PM

3916 1st Ave NE, Cedar Rapids, IA 52402

Glitter Ash Imposition/LGBTQ+ Friendly



Please join us where it is  
most convenient for you!



**New Disciples Family:** We Pray for...  
 Dylan, Debbie, Betty, Loy, Savanna, Tai-lee, Tim,  
 David, Nancy, Berdine, Laureen, John, Loreen,  
 Darlene, Sharon, Annie, Glenda

**Friends of New Disciples:** We pray for...  
 family members, Bill, Joshua, Kristen, Steve

**New Disciples:** We ask for our church family...

- \* healing for loved ones who are ill at home or here at church.
- \* strength and courage for New Disciples in the days ahead and communication and patience in acclimating to our new space.

**Other:** We pray for...

- \* those in Rev. Monica's former church who now seek her replacement.
- \* drivers to get used to winter road conditions.
- \* renters for our office space.

**Grief:** We ask for comfort and strength for ...

- \* family of Helen Burns, aunt of Pastor Gary
- \* Pastor Liz at the death of her father.
- \* family of Jack Albert, friend of the Phillips family.
- \* family of Mike Dlask, part of the Phillips family.

**Our Homebound:** May God surround you with His love...

Lois Roger & Mary Steve Helen Ann Janetta  
 LaVerne Alice Berdine Laureen Ben Gisela  
 Dick Sharon

**Missionaries/Community Workers:**

Christian Church (Disciples of Christ) regional staff  
 Alain Imani Habinamwisho & Tantine Kapila  
 Robert S. King - Mission of Hope New Disciples Staff  
 Daniel Reed - Hope Builders Jeanette Salley, Nicaragua  
 Karen Campbell-Nelson, Indonesia  
 Carlos Sediles-Real, Mexico Debbie Colvin, Ghana  
 Robert Breckenridge, Zambia

**Military Personnel:**

Daniel Ruhd - Lynette Lubbock's grandson - N. Carolina  
 Kyle Stallman - Kim Stallman's son - Washington State  
 Tyler Edler - Nancy Wise's nephew - In US  
 Eli Walters - Helen Christopherson's g-g-son in law - GA  
 Austin Christophersen - Helen's g-son - San Diego CA  
 Kaylee Graves - Garland Waddilove's granddaughter - CA  
 Aaron Thomas Krouse - Aaron Krouse's nephew - in US  
 Iowa National Guard members

*Pray, we as a Christian community ...*

- \* We keep Christ first in all we do.
- \* We become the church God desires us to be.
- \* We bear spiritual fruit for the Kingdom of God.
- \* We bear witness to God's love in our interactions with members of the community.
- \* We be a community of health and healing as God defines those terms
- \* We remain flexible to the Spirit's leading.
- \* We worship God with all our strength, minds, hearts, and souls.

**Upper Midwest Region Prayers**

Glen Echo Christian Church, Des Moines, IA  
 Moorhead Christian Church, Moorhead, IA  
 First Christian Church, Nevada, IA  
 Islanders Fellowship Church, Sioux City, IA  
 Highland Park Christian Church, Des Moines, IA  
 First Christian Church, Mount Ayr, IA  
 First Christian Church, Perry, IA  
 Indianola Heights Christian Church, Des Moines, IA  
 First Christian Church, Muscatine, IA  
 First Christian Church, Panora, IA  
 Park Avenue Christian Church, Des Moines, IA  
 First Christian Church, Woodbine, IA



Stop placing limits  
 on what God can  
 do in your life.  
 Let Him do His work.  
 He will amaze you  
 every single time.

**Don't forget to check your mail folders!** They are located near the coat rack.  
 We also have a **lost and found** box on the shelf of the coat rack.





## Message from the Board

Do you have a favorite vegetable that you want everyone to try and have access to? Now's your chance to make it happen. We are in the process of determining our seed needs and could use your help to decide which vegetables people want to eat and grow! Send us a message with your favorite vegetable and the dollar amount you would like to bid today! A packet of seeds generally costs approximately \$3.00. Feel free to contact us via email, website, Facebook, or by phone at 319-775-0149. Become a Veggie Sponsor today!



The FIF Board of Directors is working with Kamyar Enshayan and Audrey Tran Lam from the University of Northern Iowa's Center for Energy and Environmental Education and Brenna Stoops from Bluebird Farm near Lisbon, as well as several others, on organizing efforts for 2019. Welcome to the first edition of Feed Iowa First's Fresh Revolution newsletter. Several of our partners and supporters suggested that we needed to do a better job of keeping the community up to date on Feed Iowa First activities. We hope our new quarterly newsletter will do just that. The 2018 growing season started in tragedy with the sudden death of our founder, Sonia Kendrick Stover, in March 2018. The response we received from the community was overwhelming and, in the days following Sonia's death, the Board of Directors made it our mission to ensure that Feed Iowa First continued to fulfill its mission to combat food insecurity. We sifted through the hundreds of offers of support, and the hard work began. As we reflect on the 2018 growing season, we would like to extend our deep gratitude to our sponsors, growing partners, volunteers and to the people that offered messages of hope and encouragement. Our successes in 2018 would not have been possible without this support. Thank you!

When we think about the issue of food insecurity, we often assume it's a problem isolated to low-income neighborhoods. But the truth is that Hunger in Iowa has become commonplace, and sometimes even more so in the very communities that are surrounded by an abundance of farmland. Food insecurity has crept into the middle class where at least one adult in a household has a full-time job. In our effort to address this growing need, Feed Iowa First has already started planning for the 2019 growing season. Many of our urban growing partners have already committed to a continued partnership with Feed Iowa First and we are exploring strategic partnerships that allow us to serve a greater population. Feed Iowa First would like to extend our gratitude to the AmeriCorps VISTA program at UNI that awarded our organization two talented team members. On behalf of the Feed Iowa First Board of Directors, we look forward to a productive and healthy 2019. We encourage our readers to check out our new website at [feediowa1st.com](http://feediowa1st.com). We encourage feedback and suggestions on our new newsletter and website.

Check out [www.feediowa1st.com](http://www.feediowa1st.com) to learn all about Feed Iowa First, our founder Sonia Kendrick Stover, and the issue of hunger in Iowa. Find out about upcoming events, how you can volunteer with us, and how you can become one of our growing partners. Check out our equipment wish list and how you can donate to our efforts. Don't forget to send us your comments, requests, and suggestions to help us better serve our community. Donations of your time and resources are greatly appreciated and directly impact Linn County residents. We regularly deliver produce to Horizons, Olivet Mission, River of Life, 29th Street Mission, Wellington Heights Neighborhood Association, and St. Vincent De Paul, and we frequently deliver by request to individuals and organizations.

**Mailing Address:** PO Box 1190, Cedar Rapids, IA 52401

**Shop Address:** 1506 10th St. SE, Cedar Rapids, IA Phone: (319) 775-0149

**Email:** [feediowafirst@gmail.com](mailto:feediowafirst@gmail.com) Website: [www.feediowa1st.com](http://www.feediowa1st.com)





## SAYING GOODBYE

Saying goodbye can only happen after one has said hello. Yet, saying hello means opening up the possibility that in time, we will have to experience a goodbye and all the pain that goes with the end of something (people) that you have allowed to integrate into the depths of your heart and soul. I do not regret saying hello to the people in my home region of the Upper Midwest nearly two decades ago. However, having journeyed through so much together over these 20 years, it is with sadness that it has come time for me to say goodbye.



I have accepted a call to journey with the Christian Church in Virginia, as their Regional Minister, starting in August of this year. Virginia is just now beginning the journey of creating new structures and rebuilding relationships between churches to help them be Disciples Together. My experience in the Upper Midwest will hopefully help another region find the purpose and strength that the Disciples in the Upper Midwest have come to experience. Virginia is also Amy's home region and this move, at this time of our life, will allow us to be closer to family. There is never a good time to say goodbye, but I am confident in the gifts of this region, both throughout the churches and in the regional staff, and I believe that the next person you call as your regional minister will be overjoyed to have all of you to journey alongside in ministry.

My last adventure with all of you will be to host the General Assembly for the whole church this July. I look forward to showing the rest of the church the gifted and talented Disciples of this region, Disciples whom I have been proud to journey with all these years.

Blessings as always, Bill Spangler-Dunning, Regional Minister

## Calling all Upper Midwest Disciples!

We want to astound the General Church with an overwhelming presence of Disciples from the Upper Midwest. The Local Arrangements Committee is hosting a friendly competition to see which of the Upper Midwest churches can bring the most members to General Assembly 2019. The competition will be based on the ratio of attendees to members, so small churches and large can compete alike!



The winning congregation will get to celebrate with a guest preacher and fellowship dinner hosted by the Christian Conference Center!!

Some things to keep in mind as you plan to attend:

- \* Worship is free to attend each evening regardless of registration, but there are many fantastic activities and events that are included with registration.
- \* Sunday, July 21, 2019 will be Upper Midwest Day at Assembly. We will be hosting a gathering of disciples from across our Region on this day and hope to connect with each other and celebrate our Region in a very visible presence.
- \* Volunteers get a discounted rate for Assembly—there are lots of opportunities, big and small. Sign up today and then register with the discount!
- \* Don't let lodging costs keep you from coming! We will be working to offer Disciples hosts in the Des Moines area for those who are interested.

Register today at <https://ga.disciples.org/> - Early Bird Registration will close on March 31, 2019



# March Service Opportunities

Service	March 3	March 10	March 17	March 24	March 31
Welcoming Deacon (Front Door)	Kim Stallman	Rick Sutphin	Glenn Healy	Dan Dice	Kim Stallman
Welcoming Elder (Entry to Worship Space)	Jonathan Williams	Dan Mineck	Lynn Hills	Kevin Livengood	Scott Niskanen
Children's Sermon					
Worship Leader	Candi Snider	Heidi Haney	Betty Graham	Phil Goodall	Betty Graham
Pulpit Elder	Lisa Phillips	Jonathan Williams	Dan Mineck	Lynn Hills	Kevin Livengood
Serving Deacons	Kim Stallman, Betty Graham, Ron Bremer & Dianna Bremer	Rick Sutphin, Don Phillips, & Stephanie McGaffee	Glenn Healy, Tim Wise, Lynn Moss & Ricardo Larios	Dan Dice, Debby Krivanek, Heidi Haney & David Krivanek	Kim Stallman, Betty Graham, Ron Bremer & Dianna Bremer
Communion Prep	Vicki Ehrenberger	Shirley Sedore	Betty Graham	Lynn Moss	Jean Goodall
Worship Tech	Dan Dice, Tai-lee Wilcox	Dan Dice, Tai-lee Wilcox	Dan Dice, Tai-lee Wilcox	Dan Dice, Tai-lee Wilcox	Dan Dice, Tai-lee Wilcox
Tabulators	Lisa Phillips, Sharon Gladwin	Lynn Moss, Don Phillips	Sydnee Phillips, Kim Stallman	Heidi Haney, Glenda Denning	Lisa Phillips, Sharon Gladwin
Coffee Fellowship					



**New Disciples Kids is back!** Join us every other Wednesday for children's worship. There will be no meals served this year; please eat before you join us.

**Age Ranges:**

Preschool thru 2nd Grade will be with Lisa Phillips

3rd grade and up will be with Savanna and Sydnee Phillips

- If there is no school due to the weather, there will be no Children's Church on Wednesday night. We will plan on meeting the following week, weather permitting.
- If you need a ride to get to Wednesday night Children's Church or would like to attend one of the Sunday services, please contact the church office or Sydnee Phillips at 319-521-5271.

NEW DISCIPLES OF CEDAR RAPIDS  
610 32<sup>nd</sup> AVE SW  
CEDAR RAPIDS, IA 52404

**Staff:**

Pastor: Rev. Monica L. Banks  
Pastor: Alain Habinamwisho  
Music Director: Janelle Lauer  
Office Administrator: Ellen Johnson  
Nursery: Candi Snider  
Nanga Kirimbe



March  
2019



Visit our website: <http://www.NewDisciples.org>

Find us on Facebook: <http://www.facebook.com/NewDisciples>



**New Address, Email Address or  
Phone Number?**

Contact the Church office to  
update your information.

Fibromyalgia and Chronic Pain Support Group is held the first Thursday of every month at 7:00 PM at Curves on Edgewood Rd. SW. The next meeting is March 7th. If you have either of these concerns, or you wish to learn more, please join us!



**Dan's Disciple Group  
is restarting!**

Join us on Thursday,  
March 14th at 6:30  
PM at church.

We will be viewing  
and discussing  
"God Friended Me."

ALL ARE WELCOME!

Contact Dan Mineck at 319-270-9713  
with questions!



**DON'T FORGET!**

Set Your Clocks  
**AHEAD** before you  
go to bed Saturday,  
March 9th.

Don't be late for  
church March 10th!

