

March, 2026



# the Spirit

*Act justly.  
Love kindness.  
Walk humbly with God.*

First Christian Church (Disciples of Christ), 1302 West 11<sup>th</sup> Street,  
Cedar Falls, IA 50613



Rev. Bob Fread, Pastor  
e-mail: [office@cedarfallsdisciple.org](mailto:office@cedarfallsdisciple.org)  
[www.CedarFallsDisciples.org](http://www.CedarFallsDisciples.org)



## Holy Week and Easter Services



*Come Worship With Us!*

### Sunday, March 29 -- Palm Sunday/ Sunday of the Passion Worship



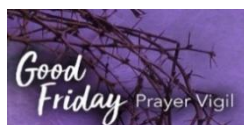
We begin our journey through Holy Week on Sunday, March 29 during morning worship at 10 AM. Our service will begin by celebrating Jesus' entry into Jerusalem with a palm procession by the children and special music. The service will also contain the solemn dramatic reading of Jesus' passion from Matthew's Gospel.

### Thursday, April 2 – Maundy Thursday Worship



We gather on Thursday, April 2 in the sanctuary at 7 PM for Maundy Thursday worship. The service will begin with Holy Communion followed by the stripping of the church. The second part of the service will be a Service of Tenebrae, meaning “darkness” as candles are gradually extinguished to mark the passion and death of Jesus.

### Friday, April 3 – Good Friday Prayer Vigil



On Good Friday, April 3 the church sanctuary will be open for prayer and reflection from 9 AM to 6 PM. During this time a recording of Scripture and music will be playing. There is no need to sign up, just come when you are able and stay as long as you wish.

### Sunday, April 5- Easter Sunday



We celebrate the glorious resurrection of Christ on Sunday, April 5 at 10 AM. Our service of Word and Table will include music from all our musical groups. Following worship will be an Easter Egg Hunt for the children.



## Lent 2026

For complete information on the season of Lent, please see the **Lent 2026** brochure available at the church in mid-February.

**Lenten Offering** –On the Second through Sixth Sundays in Lent (March 1, 8, 15, 22, & 29) we will be gathering items for Church World Service Hygiene Kits which provide personal hygiene items to people in temporary shelters during natural disasters and humanitarian crises. We will collect items each Sunday and the Young Disciples will pack the kits following Easter. A complete list of items and appropriate sizes will be printed in the **Lent 2026** brochure (Items for these kits have changed since we last did them in 2024.)

### **March 1- Washcloth and Soap Sunday**

A new washcloth and a bath-size bar of soap in the original packaging.

### **March 8- Shampoo and Lotion Sunday**

Both shampoo and lotion should be new, trial or travel size of 3.4 oz or less. Lotion should be fragrance free.

### **March 15- Toothbrush and Toothpaste Sunday**

Toothbrush should be new and individually packaged. Toothpaste should be a new, trial or travel size of 3.4 oz. or less with an expiration date at least a year away.

### **March 22- Deodorant and Nail Clipper Sunday**

Deodorant should be a new, trial or travel size of 3.4 oz. or less. Nail clippers can be either fingernail or toenail clippers, but new and in the package.

### **March 29- Cash Donation**

We ask for a \$5 donation per kit donated to help the church buy miscellaneous items for the kits and to assist Church World Service in delivering kits to places of need.

**“The Rest of the Story” Weekly Lenten Reflections** – This year during Lent many of the Gospel readings are long stories of Jesus from John’s Gospel. These readings will be presented through dramatic reading and music. Since many of these readings are lengthy, and there is not adequate time in worship to fully reflect on their meaning, there will be “The Rest of the Story” sessions in the sanctuary beginning 10 minutes following worship until 12 Noon. This will be a time of study and discussion on the meaning and importance of the morning’s reading/story and how we find ourselves in each story. The Scriptures we will look at each week are:

**March 1- Jesus and Nicodemus- John 3: 1-18**

**March 8- Jesus and the Woman at the Well- John 4: 4-42**

**March 15- Jesus Heals a Man Born Blind- John 9**

**March 22- Jesus Raises Lazarus- John 11**

## First Family Night Schedule Changes



In March, our First Family Night suppers will be on Wednesdays, March 4, 11, and 25. We will **not** meet on March 18<sup>th</sup> due to Spring Break and April 1<sup>st</sup> due to Holy Week.

## Young Disciples Bake Sale



The Young Disciples will have their **Spring Bake Sale** on **Sunday, March 29** following worship. Buy some needed goodies for Easter and support our youth that Sunday!

## Choir Notes

The Chancel Choir will **NOT** rehearse on Thursdays, March 5 & 12. The choir **will** rehearse on March 19 & 26. The Choir will sing on Sundays, March 1, 22, & 29.



## Lydia Circle



The Lydia Circle meets the fourth Monday of each month at 1:00 pm in the church Library.

All women are welcome to enjoy fellowship, devotions and refreshments. The next meeting is Monday, March 23.

## Community Meal

Our next Community Meal will be **March 31** at 4:30 pm at First United Methodist Church in Cedar Falls. There's a sign-up sheet in the narthex if you'd like to help provide food items and/or serve.



## Easter Lilies



It's time to order **Easter Lilies** to help decorate the church for Easter. Lilies are **\$16** each and can be purchased in memory or honor of someone. Sign up on the narthex bulletin board. The deadline is **March 30**.

## First Readers Book Club

First Readers will meet on Tuesday, **March 10** at 10 AM in the church library. Connie Deaver will lead the meeting, discussing "**A Gentleman in Moscow**" by Amor Towles. Come join us! New readers are always welcome!



## Thank You's



Dear Pastor Bob & Friends at First Christian Church,  
What a joy it is to thank you for being ministers for Week of Compassion. It is through your generosity that hurting communities can heal. In a world where the needs are vast and the principal images can be overwhelming; your gifts bring HOPE. Your partnership blesses not only those who receive the support, but all those who guide your gifts along the way. Together we are the disciples of Christ. - With grateful blessings, Judi Frost



## Caring for God's World

by Carl Jenkins

Our focus this month is on the Iowa Faith & Climate Network.

Founded in Des Moines in 2006 as Iowa Interfaith Power & Light, this organization has provided faith-based environmental leadership over the past 20 years. Under the direction of Rev. Susan Hendershot, Matt Russell, and, most recently, Deaconess Irene DeMaris, they have expanded their reach, advocating for sustainable solutions, providing additional educational resources, and fostering interdenominational collaboration. Last year, they reorganized and changed their name to Iowa Faith & Climate Network, reflecting their growing mission and increasingly diverse community. As a statewide nonprofit, they mobilize people of diverse faith and spirituality from all walks of Iowa life. Their supporters include individuals and religious communities committed to climate justice. Here are a few of their most recent initiatives. Faith & Climate Book List. This is a curated and growing guide of more than 50 books that explore climate science, eco-theology, justice, resilience, prayer, and action — from accessible introductions to rich texts for group study and congregational reflection.

<https://iowafaithandclimate.org/faith-climate-book-list/?nvep=&hmac=&emci=32a1ebc7-c8f0-f011-8194-00d3a11f903&emdi=ea000000-0000-0000-0000-000000000001&ceid=>

Called to Climate Action 2026 Conference. This interfaith gathering will offer a full day of spiritual grounding, learning, connection, and practical action. We are honored to welcome Rev. Jenny Phillips, Director of Environmental Sustainability at Global Ministries and the United Methodist Committee on Relief (UMCOR), who will offer the keynote address, bringing deep experience at the intersection of faith, climate justice, and global mission. During workshops, you can learn about clean water, the state of cancer in Iowa, clean energy and how congregations can get involved, local food systems, and climate storytelling. You can also take in a screening of the film Iowa's Dirty Secret.

Saturday | March 21 | 9 AM - 5 PM Cedar Rapids (St. Paul's United Methodist Church)

<https://iowafaithandclimate.org/ctca/?nvep=&hmac=&emci=32a1ebc7-c8f0-f011-8194-000d3a11f903&emdi=ea000000-0000-0000-0000-000000000001&ceid=>

Nothing To Throw Away. This retreat will offer meditation, practical tools, and shared insight into how zero-waste living expresses the truth that nothing and no one is separate. It will take place on Saturday, April 18, at Pure Land of Iowa in Clive. Hours and details are coming soon. Climate-Informed Clergy Cohort. This unique cohort gives clergy from any faith or denomination an opportunity to consider and act on the many connections between climate and ministry. Participants will spend 10 months together learning from experts, reading books, doing projects, and more. Registration is now open! If you are a member of the clergy, please consider taking part. Others can help to spread the word!

<https://iowafaithandclimate.org/cohorts/?nvep=&hmac=&emci=32a1ebc7-c8f0-f011-8194-000d3a11f903&emdi=ea000000-0000-0000-0000-000000000001&ceid=>

“In the next two decades, we must transition from a world where we use fossil fuels to work against nature and into a world where we partner with nature to power our lives.”

Matt Russell, Iowa Interfaith Power & Light (now Iowa Faith & Climate Network)

NewsLetter  
**DEADLINE**

**April Spirit Deadline is March 20!**

Articles should be emailed to [office@cedarfallsdisciples.org](mailto:office@cedarfallsdisciples.org)