

"As you forget self in service to others, you will find that, without seeking it, your own cup of happiness will be full." ~ Paramahansa Yogananda

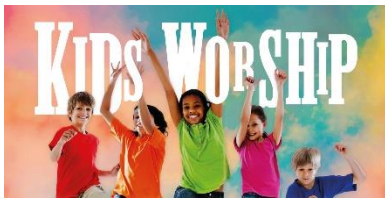
"Those who are happiest are those who do the most for others." ~ Booker T. Washington

"I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy." ~ Khalil Gibran



**Sunday 07/20/25 "Many Ways to Serve -- Or, a funny thing happened on the way....!"
Colossians 1:15-18 and Luke 10:38-42**

Special Announcements



Sunday 7/20 there will be a Planning Meeting for the Kids Led Service on 8/10. Meet in Sanctuary immediately following the service.



Sunday 7/20 New Members Class at 1:00pm in Board Room

Contact Pastor Rich to confirm at: richdhendricks@msn.com.

Message from Humility Homes:



Please Spread the Word: Disaster Assistance Available for Scott County Residents

Following the severe weather on July 10, Governor Reynolds has issued a Disaster Proclamation for Scott County, activating critical recovery support programs:

Iowa Individual Assistance Grant Program

Eligible households (up to 200% of the federal poverty level) may receive up to \$7,000 for:


- * Home or vehicle repairs
- * Replacement of food or personal property
- * Temporary housing expenses


 Apply within 45 days at: <https://homelandsecurity.iowa.gov>

Disaster Case Advocacy Program

Open to everyone, regardless of income. Disaster advocates help create recovery plans and connect residents with services.

More info: <https://www.iowacommunityaction.org>

 The Quad Cities Disaster Recovery Fund has also been activated to support local recovery efforts.

Please share with anyone who may need this information. Stay safe, Quad Cities! 



Saturday, July 19th @ 5-6pm Community Meal: Tacos with A Side of Art.

We are excited to share that the July Community Meal will include an Artist Reception featuring local artist Tabitha DeFrieze. We will serve beef, chicken and vegan tacos with a variety of toppings. Desserts, coffee, water and lemonade also. Please invite family, friends and anyone who could benefit from a free meal with a side of art. Contact the church with any questions at 563-324-8281. You can also message the hosts.



Save the Date!!

Sunday August 31st @ 1pm Annual MCCQC Picnic @ Fejervary Park in Davenport

Following church service we will head to Fejervary Park, Shelter #1 located by the playground. Hot dogs, burgers, buns, and condiments provided. Bring outdoor games if you have them and a side dish or dessert to share if you are able.

Contact 563-324-8281 with any questions.



Plastic Free ECO Challenge for Month of July Sponsored by the Davenport Metrocom NAACP Environmental Climate Justice Committee

What changes are you making during the month of July? Don't forget to email them to Jennifer (see below).

Did you know that 40% of plastics consumed are single use and seem convenient yet they end up discarded in landfills or littered around parks, beaches, lakes and roadsides. **MEET THE CHALLENGE!!** Once per week we will all email how we substitute eco-friendly items rather than using single use plastic items. Jennifer is reaching out to the NAACP committee to determine the correct email. In the meantime, send to Jennifer at jennarobb0430@yahoo.com and she will keep track of your participation. At the end of the month, those individuals or groups who have competed all weekly challenges will receive a reusable straw with a cleaning brush and will be mentioned on the Davenport Metrocom NAACP website and Facebook page. **Here are some plastic items to replace:** all plastic/Styrofoam cups and the lids, plastic glasses, grocery bags, produce bags, plastic plates & cutlery, coffee stirrers, straws, cotton buds with plastic sticks (Q-tips), plastic and Styrofoam to-go containers and anything else you can think of. We do much of this already at church. Can we challenge ourselves to continue these eco-friendly practices in our own homes...at work...in public places?



Children's Story Time with Mona Ritemon

Children between the ages of 3 - 10 are invited to story time with Mona Ritemon every other Sunday. Children will be released after our opening hymn. **The next Story Time will be on July 27th.**



We strive to be green! Please use our recycling bin for **CLEAN** paper, bottles and cans.

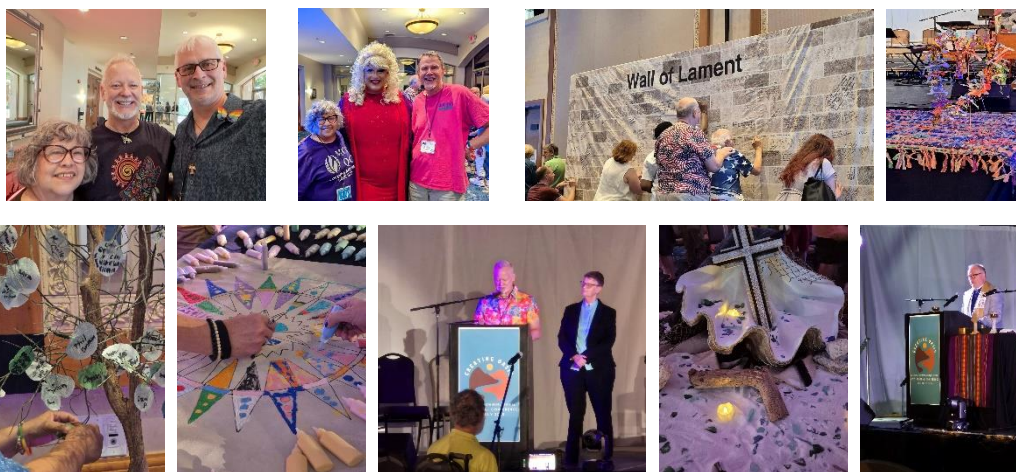


Interfaith Climate Care QC group meets every 4th Tuesday at noon (bring a sack lunch) at St. Paul Lutheran Church 2136 N Brady St, Davenport- anyone is welcome to join!

The next meeting is on July 22nd. Go to this link to receive the monthly newsletter.
interfaithcreationcare@gmail.com

2025 UFMCC General Conference “Creating Oasis” Photos





***Conversations in Faith, Exploring the questions you're afraid to ask* is a new podcast being produced by Our Lady of The Prairie Retreat, and sponsored by St. Ambrose University, The Catholic Messenger and The Congregation of the Humility of Mary.**

Each podcast, to be released September 5th and then the first Friday of every month thereafter, will feature two representatives of different faiths who will explore questions submitted by you – questions you have been pondering but are uncomfortable asking. To submit questions, email them to conversationquestions@chmiowa.org

Questions may be submitted for a particular faith or can be general questions to be answered by any faith.

This Interfaith podcast will offer perspectives from the intersection of faith and spirituality. It will feature regular people answering questions FROM their faith perspectives, not FOR their faiths.

Podcasts will be uploaded to popular podcast platforms such as Spotify, Soundcloud, Apple, Amazon, etc. Go to those sites and "favorite," or "like" the podcast, ***Conversations in Faith, Exploring the questions you're afraid to ask*** and you will be directed to this podcast favorite each time you log in.

The conversations will be moderated by Barb Arland-Fye. The upcoming schedule:

September 5: Islam and Jewish

October 3: Methodist and The Church of Jesus Christ of Latter-day Saints

November 7: Buddhist and Metropolitan Community Church



Recurring Events (All are at MCCQC unless indicated otherwise)

Banned Book Club- every Wednesday at 6:30pm

Bible Study – every Friday at 10am

Board Meeting – 4th Sunday at 12:30pm-2:00pm

Community Meal – 3rd Saturday at 5-6pm (7/19 Tacos and Artist Reception)

Dining Out – 2nd Tuesday at 6pm (8/12 TBD)

Game Night- 4th Saturday at 6pm in Social Hall. (7/26 bring a snack to share if able)

Let's Write & Create Studio – every Thursday from 6-8 pm

Recognition Sunday – 1st Sunday during service with potluck following

Sisters of Sobriety AA – every Saturday at 10am

Scheduled Events



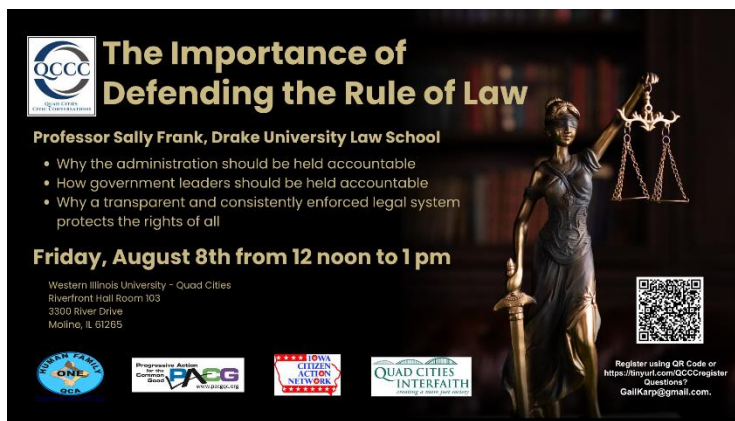
Tuesday Aug 5th @ 6pm MCCQC Green Team Mtg in the MCC QC Social Hall

Consider joining the GREEN TEAM at MCC QC for creation care ideas.

Friday Aug 8th Noon to 1pm *The Importance of Defending the Rule of Law* at Western Illinois University QC Campus, Riverfront Hall in Room 103, 3300 River Dr Moline

Please register for the event using the QR Code below or by going to:

<https://tinyurl.com/QCCCregister>



The Importance of Defending the Rule of Law

Professor Sally Frank, Drake University Law School

- Why the administration should be held accountable
- How government leaders should be held accountable
- Why a transparent and consistently enforced legal system protects the rights of all

Friday, August 8th from 12 noon to 1 pm

Western Illinois University - Quad Cities
Riverfront Hall Room 103
3300 River Drive
Moline, IL 61265

Register using QR Code or
<https://tinyurl.com/QCCCregister>
Questions?
GailKarp@gmail.com



Tuesday, August 19th at 7pm *Native Plants & Landscaping Educational Workshop* at MCCQC.

If you have thought about making changes to your yards and are thinking of native plants, this workshop is for you. Paul Closser will discuss the basics of getting started with the process and the advantages. There could be additional sessions in the future if there is enough interest. Future sessions will go more into depth and at some point could include seed gathering and/or seed exchanges.



Saturday August 23rd Twilight Riverboat Sightseeing Cruise LeClaire. Boat departs at 4pm

The cost for the 1 ½ hour cruise is \$22 per adult and you will need to book tickets in advance online or call Toll Free (800) 331-1467. There is no box office in site and tickets sell fast. We encourage you to carpool, if possible, to make parking easier. Questions? See Patricia Bird.

[Sightseeing Cruise - Mississippi River Cruises on the Riverboat Twilight](#)



Save the date Sunday Sept 14th 4-5pm Environmental Vegetarian Potluck by QC Creation Care Coalition Fejervary Park Shelter #1 (details to follow)



Sunday October 5th QC CROP Hunger Walk 1-2pm registration/check-in. The walk begins at 2:15pm at the Caxton Building/Bethany for Children & Families 1701 River Drive in Moline

We're participating in the 2025 CROP Hunger Walk to support CWS and help families who are struggling with hunger. We're asking you to join us - with your steps and/or your donations - to provide more meals for the growing number of people in our community who need them, and greater food security in communities around the world. The route begins there and heads east on the sidewalk along River Dr. to the base of the I-74 bridge. You will step onto the pedestrian path and cross the bridge to Bettendorf, where you will turn and head back to the Caxton Building.

Please plan to bring jars of peanut butter and jelly to the walk. We collected 300+ jars last year and distributed them to churches that operate food banks. Please avoid glass jars if possible. Join our team and/or donate at:

[2025 CROP Hunger Walk - Metropolitan Community Church Quad Cities](#)

Check out our page on Facebook for pictures and updates. [Facebook](#)



**Metropolitan Community Church of the Quad Cities. A progressive Christian community
Where *YOU* and *YOUR* spiritual journey are always *WELCOME***

2930 W. Locust, Davenport IA 52804 - Phone: 563.324.8281 Pastor Rich 563.940.9630

Service at 11am on Sundays.

Regular Office Hours: Monday 9-5; Wednesday Noon-5pm; Thursday 9-11

Pastor Rich available by appointment or stop by on Wednesdays from Noon – 2pm



PRAYERS OF THE COMMUNITY

Please add/update prayer requests via email: richdhendricks@msn.com or call 563-324-8281

Greg Kennedy health concerns

Kevin's brother Craig with mental health concern

Bob R prays for better health

Mark L prays for Mark K

Prayers for Marsha VZ son-in-law Larry as he recovers from stroke

Prayers for those struggling with depression

Prayers for Kathie and Debbie

Prayers for Dave Hendershot with cancer

Prayers for trans service members

Prayers for Zash

Prayers for Bebe, Marvin and Princess Stephanie (furry family member)

Marsha S prays for Teddy, Jayson and Family

Angel P asks for prayers for friend Kelly

Dale Gimm recovering from gall bladder surgery

Prayers of comfort for Angel Pawlik facing the loss of her mother, Peggy Cole, who is in hospice.

Prayers for Preston G for mental health

Loretta offers prayers of thanks for her friends, Diane and Kevin and his recovery from surgery

Marsha S prayers for Mery & Mel Jayson and family

Cyndi asks for prayers for her son who is in the Army; for her children and grandchildren

Prayers for continued healing for Russ and Larry

Prayers for the trans community

Prayers for peace

Continuing health issues: Sharon Rash, Mary Geneseo, RoxAnn Kowalski, Rich Voltz, Heather York, Jen Jarvis, Terri Patterson, Anna Hitchcock, Connie Hildebranski, Larry Hansen, Christine Jackson, Walt Youngman, David Ramsey, Deb & Sue Calsyn-Polsen, Greg Starjohann and partner Roger, Larry Best and Russ Wood, Cliff Shade, Kevin Detra, Margaret Ristau, Donna Kuhl, Dixie Carter, Marvin Brown

BY THE NUMBERS

MCC QC & those touched by our ministries thank you for your regular giving – THANK YOU!

Use your Online Bill Pay feature at your bank, drop off in mailbox or mail checks to

2930 W Locust, Davenport, IA 52804

DATE	ATTENDANCE	OFFERING
June 22 nd	58 (virtual 279)	1665.00
June 29 th	56 (virtual 378)	1182.00
July 6 th	73 (virtual 306)	839.00
July 13 th	60 (virtual 320)	1790.00
	General Fund Checking Balance	4005.47

Weekly Inspiration



I'M B-A-A-A-A-C-K !!! by Pastor Rich

There was a lot going on at our General Conference Transformational Weekend. I had the privilege of sitting in as a guest panelist during "REVM" intensive for persons seeking ordination as MCC clergy. There were ten individuals in the class, and I got to know about half of them - some very talented, young new clergy coming!

It was wonderful to have our first in-person meeting of the Council of Elders. I am so honored to be serving with these folks -- all of whom, I must say, have a wonderfully robust sense of humor. I don't know how people who don't laugh regularly manage to get through the day. We laughed and we cried a bit - saddened that Rev. Elder Elaine Seralegui Carabello from Cuba was denied a visa to travel and that Rev. Elder Aaron Miller has been falsely accused of providing trans medical assistance to a minor without parental consent; so, we were two less, but both were able to participate on-line with us.

And then there were the worship services, workshops and wonderful conversations with friends new and old.

One thing I will say that I learned is that MCC QC is a fantastic community of faith that is doing all the right things. We are far from perfect, but we are in many ways a model example of possibilities for ministry.

As scripture says, "it does not yet appear what we shall be," but in God's love we will be like Jesus.

Love,

Rich

Love God ~ Love One Another; everything else is window dressing ~ Love, Rich

Rev. Rich Hendricks

Metro Community Church Quad Cities 2930 W Locust Davenport, IA 52804 563.324.8281