

Introduction to Mindfulness Meditation—All are welcome to join Kyle Sorys, Director of Religious Education, in a 7-week course in Mindful Meditation. The lessons will center around different aspects of Mindfulness, and participants will be given individual and group support from Kyle. Please e-mail Kyle.Sorys@fumcomaha.org for more details and how to register online!
The first class begins Sunday, October 29, 12:30 pm, Mead Chapel



CALLING ALL CHILI COOKS!
Annual Youth Chili Cook-Off— It is time to whip out your famous, award-winning chili recipe and sign up to be a chili cook-off contestant! *We need at least 15 more entries!* This meal is a great time to celebrate fall together as a congregation, catch-up with old friends, and meet new faces. We invite all, and hope you will invite others to give to our youth. All funds raised will go to the 2018 Senior High Youth Mission Trip to Texas for flood relief.

Please see Ric Jensen, or e-mail him at JensenRic@aol.com, if you are able to provide chili.
Sunday, November 12, 12:00 pm, the Commons

Save the Date:
Charge Conference
November 5, 2017
7:00 pm
St. Luke's UMC
(11810 Burke Street,
Omaha, Ne 68154)



Our Faith In Action— In October we are collecting peanut butter, jelly, tuna, canned chicken, cake mixes, canned fruit, soup, cereal and beans for Living Hope Pearl Pantry. Gift cards to HyVee are also very welcome!

Church Staff Contact Information

Clergy:

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Music:

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Announcing

October 15, 2017

Spiritual Practices @First

All are welcome to join in at any time—no cost involved~

- ◆ Taizé Worship—1st Saturday monthly, 5:00 pm, Mead Chapel
- ◆ Yoga—Mondays, 9:30 am and Thursdays, 6:15 pm, Mead Chapel
- ◆ Gentle Aerobics—Tuesdays and Thursdays, 9:00 am, room 203
- ◆ Tai Chi—Tuesdays 3:30 pm, Mead Chapel
- ◆ Meditation—Wednesdays, 12:00 pm, Mead Chapel
- ◆ Centering Prayer, Sundays, 9:35 am and 4:00 pm monthly, Mead Chapel
- ◆ Outdoor Labyrinth, Garden & Gazebo—24/7





October Fellowship Meal—

As we experience the struggle in our world, may we find hope in community. Join us for a time of fellowship.
TODAY! Sunday, October 15, 12:00 pm, the Commons

Music Fest 2017—We are truly blessed at First Church to have many talented and dedicated musicians. This is our FIFTH MusicFest! We'll have all kinds of music, from classical to jazz, and all sorts of instruments, from our beautiful pipe organ to flutes, strings, trumpet, and bells of all kinds! No tickets are needed; a suggested donation of \$5-\$10 will be accepted at the door. Bring your family and friends to this uplifting musical experience!!

TODAY! Sunday, October 15, 2:00 pm, the Sanctuary



Focus Groups—

The Family and Children's Council wants your input regarding children's ministry programs at First United Methodist Church-Omaha. **The council will be conducting three focus groups at 9:35 am in room 108 TODAY, Sunday, October 15th and Sunday, October 22nd.** If you are interested in participating in one of the focus groups, please e-mail Paige Toller at ptoller@unomaha.edu *Thank you!*



2017 Red Cross Blood Drive—

Please mark your calendars for our annual Blood Drive on **Sunday, October 22, 8:00 am to 1:30 in the Commons.** One unit of blood has the potential to save up to three lives! Our goal is to have 27 donors. Questions? Contact Ken Rood at kdr43@cox.net. Please visit the registration table in the Commons and sign-up today!

Honor Thy Self—When is the last time you enjoyed extended laughter? We all need it and it is such good medicine. "Forever Laughing" is the subject for the October meeting of our newly-formed Honor Thyself Women's Group. Join us for some "internal jogging." Sue Rood will be our facilitator. Questions: call Ruthie Lees at (402) 991-3168. **Tuesday, October 17, 10:00 am, the Parlor**

Book Review— Ruth Kruse will share a review of the book, *Dark Money*, by Jane Mayer. Please bring a friend and plan to join us for coffee, treats, and the review in the Parlor! **Thursday, October 19, 10:00 am, the Parlor**

Great Omaha PlantPure Pod: May the Forks be with You— Please join us as we welcome a Physician's Committee for Responsible Medicine Food for Life Instructor, Melissa Sherlock, to our meeting. To find out more about our meetings, please visit <http://tiny.cc.mtfbwy>. PlantPure Communities is a nonprofit with a mission to build stronger, healthier, and more sustainable communities. **Sunday, October 29, 1:00-2:30 pm, room 112**



Bringing Forth The Kingdom:

A Conversation about Housing in our Community

Hosted by Clair Memorial UMC and First UMC-Omaha

For registration and more information, check out our website fumcomaha.org/events or pick up a brochure at the front desk.
Saturday, October 21, 8:00 am-12:30 pm the Commons

White Privilege Workshop—Now What? As the white privilege informational study concludes, we are left with the question, "Now what?" All groups who have engaged in the study will come together to discern what actions, if any, can emerge.

Sunday, November 5, 3:00-4:30 pm, the Commons



Table Talk on Racism— A time to offer an opportunity to authentically explore notions of race and racial inclusion. The goal is to think in new ways, build bridges and explore difficult questions such as, "What are we doing collectively to improve race relations individually and as a community?"

How do we support one another to take whatever we are already doing to the next level?" Led by Ajamal-Rashad Byndon, a community consultant with Nebraska Families Collaborative, adjunct professor at UNO and founder of Omaha Table Talk. **Tuesday, November 14, 6:00-8:00 pm, the Commons**

Welcome and Hospitality— We ask all in our faith community to wear your name tag each week to show signs of welcoming and hospitality to all who enter our space.

If you do not have a name tag or need a replacement, please sign up for a new one at the front office or Contact Rosey Higgs at 402-556-6262 x1004 or e-mail Rosey.Higgs@fumcomaha.org

Trunk-or-Treat 2017— Trunk-or-treat brings Halloween to our parking lot where kids can go from car to car and get candy or non-candy treats! The best part of this fun tradition? Decorating your car's trunk to match a specific theme you choose. Spooky or sweet, let your imagination and creativity run wild!

If you, or someone you know, feel inspired to host a trunk this year, please contact Kyle Sorys at by calling 402-556-6262 x1008 or e-mail Kyle.Sorys@fumcomaha.org to reserve a spot.

We also need creative minds and able bodies for the activities portion of this event for the various activity stations located around the property. Please submit your ideas and/or interest in helping to Kyle Sorys.

Sunday, October 29, set up at 4:30 pm, Main event 5:00-6:00 pm



Stay Connected. Check us out online! For up-to-date information on our events, please visit our events page and online public calendar. fumcomaha.org