



## THINK ON THESE THINGS

*Philippians 4:8*

For months I have been planning to be gone July 10-17, as a participant on the Black Votes Matter tour. While I knew it would be difficult, I was anxious to experience the trip and its destinations with Preston Love and be in conversation about matters that are still so vital to our national health. I was anxious to be able to come home and 'unpack' emotionally as well as intellectually. Even with the effects of bus travel on this no longer young

person (when did that happen?), I spent an incredible week and I am now anxious to meet with others who have made the trip and discuss where First can actively ally with our siblings in Christ who still encounter racism and its effects.

What I did **not** anticipate was coming home with covid and having to spend another week away from the office, away from the congregation, away from the community I appreciate so much. I realize how fortunate I was to have avoided it so long, and was glad to experience a mild case, but it still gave me even greater empathy for all those in the past two+ years who have suffered with this virus, with those who have lost so much. By the way, numbers are up with the latest variant and I pray everyone is taking the necessary precautions to stay safe and healthy.

I offer both of those thoughts to this end: the nation and the world endure a lot of epidemics. Some, like covid, are health related and there are tools like vaccines and masks, along with the common sense decisions of hand-washing and physical distancing that can help us avoid or make our way through just a bit easier.

Other epidemics are not so easily avoided or eradicated. Seeing the images, reading the hate-filled speech that prevails for far too long, listening to the stories of men, women, youth, and children who suffered, who endured, who continue to strive for equity and justice, compelled me to realize we, as a white church with privilege, cannot take that for granted in what it calls us to do and be in the world. We excel at mercy. Now is the time to join in a search for justice.

As we begin our fall programming look for more information on how you can be involved. Maybe it will start for you with something as simple as a tour of North Omaha. A book study together. Working at Clair and learning from Pastor Portia. This is our journey, in solidarity with siblings in Christ.

On the journey with you,

*Morita*

## Worship Schedule

### Sundays

8:30 & 10:50 am In-Person  
(10:50 am service streamed)  
[www.facebook.com/fumcomaha](https://www.facebook.com/fumcomaha)

### Taizé Worship

Saturday, August 6  
5:00 pm, Mead Chapel

### Pastor

Rev. Morita Truman

### Associate Pastor

Maddi Baugous

### Receive "Connect"

E-mail Lorraine in the church office,  
[Lorraine.Dalziel@fumcomaha.org](mailto:Lorraine.Dalziel@fumcomaha.org) with  
your address and you will begin receiving  
the newsletter by e-mail or snail mail.  
If you know of someone who would like  
to receive our newsletter, let us know.

### Church Office Hours

8:30 am - 4:00 pm Monday - Thursday  
Closed Friday and Saturday

*"We are a United Methodist congregation of all sexual orientations and gender identities making disciples of Jesus Christ for the transformation of the world. We stand in solidarity with all who work against injustice and discrimination through peace and justice."*



First  
United  
Methodist  
Church

# Inspiring



**Maddi Baugous,**  
Associate Pastor

## The Need for Self-Care

This past month has been a busy one for me! Starting July 1 as the Associate Pastor of First Church has been so amazing! It feels great to have sacramental authority. Then to also celebrate in the Pride Parade with others was such a joy. There have been so many exciting things happening at First, and I'm anticipating continued growth. But with all that has been happening, I also recognize the need for self-care. I'm always an advocate of self care, for people to take time to care for themselves. However, listening to the same advice is the hardest challenge for myself. I overschedule my weeks and volunteer saying "I can do that" even if I don't have

time to spare. And so caring for myself gets pushed to the wayside. When I am not caring for myself, it then leads me to be cranky, whiny, and I forget how to love others around me. I think it is important to recognize we all need to care for ourselves. Now some people might say a bubble bath is self-care, but I've discovered a few things which are truly self-care for me. First, self-care is setting boundaries, saying no when I just don't have the time to do things. Self-care for me is being honest about the time I have and making time for family and friends, instead of focusing 100% of my time on work. Another form of self-care is acknowledging my feelings and addressing them, not ignoring them. When I feel tired or sad, I allow myself to feel those feelings and address it. One of the most challenging parts of self-care for me is asking for help. I want to do everything by myself but sometimes asking someone, "Can you help me with this?" is just as caring as a bubble bath. And so I hope to continue in this month on the journey of self-care, so I can better pastor and care for others. Hope you will join me on the journey.

In loving-kindness,

*Maddi*



**Back-to-School  
Sundae Sunday School**  
Sunday, August 28th  
9:30-10:30am  
in The Commons

Join us as we celebrate back to school with ice cream & activities!

For more information contact  
[fran.sillau@fumcomaha.org](mailto:fran.sillau@fumcomaha.org)



**Heartland Pride  
2022**

First United Methodist Church - Omaha  
**compassion.**  
for all

**GOD LOVES YOU!  
NO EXCEPTIONS**

## MOVIE GROUP

**Tuesday, August 9, 6 pm, via ZOOM!**

**Choose Your Favorite Movie to Discuss**

Send your favorite movie title to Bonnie at the email address below and be prepared to discuss.

Optional dinner before Zoom meeting at local restaurant, email for info.

Email Bonnie Wallace at [bonniewallace59@gmail.com](mailto:bonniewallace59@gmail.com)  
for more info and to receive ZOOM link!

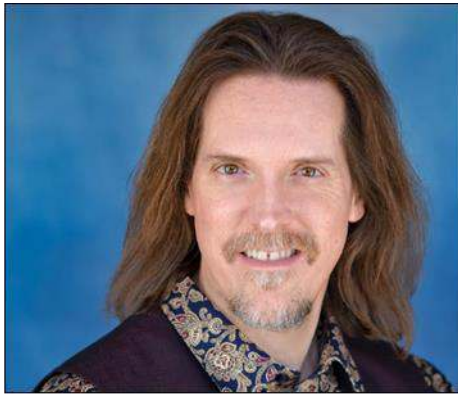
**MOVIE  
NIGHT**



Join us Friday, August 5th at 7:00 PM for a family friendly movie on the Lawn. Snacks start at 7 and the movie will start at dusk.

For more information contact [Cass.Opal@fumcomaha.org](mailto:Cass.Opal@fumcomaha.org)

# Welcoming



Mark Kurtz, Director of Music Ministries

## An Invitation to Choir

Fall is a lovely season—the beautiful colors, the crisp air, and (best of all) the startup of the FUMC choirs! We have an acclaimed music program at First United Methodist Church, with a fun, highly-skilled staff, and if you have been considering being a part of this joyous music making, now is the time to get on board.

**Chancel Choir** sings most Sundays at the 10:50 service and rehearses Wednesday nights from 6:30 to 8:00 in the choir room. The first rehearsal is Wednesday, August 31, and the first Sunday the choir will sing for church is September 10.

The **Handbell Choir** rings about once a month and rehearses Wednesday nights from 5:30 to 6:15 in the choir room. The first rehearsal is Wednesday, August 31. There are currently openings for new ringers – no experience necessary!

If you have questions or would like more information, please contact Mark Kurtz, music director: [mark.kurtz@fumcomaha.org](mailto:mark.kurtz@fumcomaha.org). There is much exciting music planned; this would be a great time to get involved! ~ **Mark**

## Youth Back to School Night and school supply drive

**Tuesday, August 2 | 6 - 8 pm in the Commons**

**Join us for food, games and fellowship as we say farewell to summer and offer a back-to-school blessing.**

School supply donations will be welcomed for those in need. Please bring to FUMC and drop off at the front office, or leave in the donation box in the Gathering Place.

For more info, contact Chris Marshall at 402-660-7932



We've had a wonderful summer spent learning outdoors in the beautiful nature center with our students! Camp Rainbow has facilitated a safe, fun environment for 18 students each week since the end of May! With our learning centers moved outside, there is an abundance of new experiences for our current students and opportunities to socialize with incoming learners for the 2022-23 school year. Camp Rainbow registration begins in FEBRUARY and fills up quickly! Keep an eye out in winter for information to enroll your 2-6 year old for week long camp experiences next summer! Rainbow Factory Fall semester begins August 18. For more information visit <http://www.rainbowfactorypreschool.com/>

Questions? Contact: Allie Skoog at [Alexandria.Skoog@gmail.com](mailto:Alexandria.Skoog@gmail.com)



Please reserve these dates on your calendar if you are interested in volunteering.

Registration instructions will be available prior to each event.

Tuesday, September 20th, 1:00 - 3:30 pm

Tuesday, December 13th, 1:00 - 3:30 pm

If you have any questions, please contact: Bruce Deines ([brucedeines@gmail.com](mailto:brucedeines@gmail.com)) or

Mike Rosenthal ([Mike.Rosenthal577@icloud.com](mailto:Mike.Rosenthal577@icloud.com))



# Challenging

## **Please remember in prayer these members of Our Church Family**

**For Continued Healing:** Dave England, Charlie Harper, Ruth Kruse, Chad McBride, Marvin and Suzanne Morgan, Bud Phillips, Marlys Richardson, Deborah Mabry-Strong, Barb Winfield.

**Sympathies:** Nev Fredrickson, on the death of her husband Gordy; Tim Fickenscher on the death of his father, Allen; and Annette and Colleen Dickman on the death of their nephew, Lucas Bird.

**New Members:** Please welcome to FUMC Omaha, Sara Peterson.

**Submit your prayer requests to:** Lynne Elwood at [lelwood2@gmail.com](mailto:lelwood2@gmail.com) or call the church office at 402-556-6262.

*Please follow these brief guidelines when submitting a request for the Prayer Chain:*

- For yourself: Give a brief statement of the need - illness, grief, crisis.
- For others: Use names without describing the need. Give the first or full name and relationship - friend, brother/sister, spouse/partner, parent, child, etc.
- Get permission from the person to be listed on the Prayer Chain before contacting Lynne or the church.

## **Health, Healing & Spiritual Formation Back to Fall and School**

As we all prepare for a new school year, we are reminded it is not just for families, it includes grandparents, neighbors, and friends. We ask ourselves how we can all support children, youth, college students, and school staff.

Two resources to review include

- [HealthyChildren.org](http://HealthyChildren.org)
- [Boystown.org](http://Boystown.org)

Please visit these websites for more information on first day jitters, selecting a backpack, transportation to and from school (walking, biking, car and bus safety), lunch ideas, bullying, child care, sleep routines, homework, and study habits.

As a reminder, please be extra aware of children walking and riding bikes, school buses, and school zone speed limits. Please make sure sidewalks are clear and unobstructed in your neighborhood. Remind kids (and yourself) about good handwashing practices. Get up to date on current vaccines and observe public health guidelines to prevent disease. We look forward to seeing and supporting children and youth as they return to school and church activities.

### **Help for Refugees**

Kor Ner & Spate Two came to Omaha in July 2019 as refugees from Myanmar. They just bought a house and hope to move in by the end of July. They need some items: Washer and dryer, and a lawn mower. If you have any of these items (in good condition), please contact Kay Peters at 402-507-6283 via call or text.



### **MEMORIAL SERVICE**

**RUTHIE LEES**

**AUGUST 27, 2022**

**11:00 AM**

**THE SANCTUARY**



### **PASTORAL CARE**

In these times, if you are in need of additional support, pastoral care, or there is an emergency, please reach out to:

**Morita Truman** at  
[Morita.Truman@fumcomaha.org](mailto:Morita.Truman@fumcomaha.org)  
or call 402.556.6262 x1002

**Maddi Baugous** at  
[Maddi.Baugous@fumcomaha.org](mailto:Maddi.Baugous@fumcomaha.org)  
or call 402.556.6262 x1006

You can also email  
**Lynne Elwood**  
[lelwood2@gmail.com](mailto:lelwood2@gmail.com)  
to be added to  
our prayer chain.

**We are here for you!**

## **Taizé Worship**

**Saturday, August 6, 5:00pm**

**Mead Chapel | In-Person**

(enter door 9 or 11)

<https://fumcomaha.org/taize-worship/> for more info

**ALL ARE WELCOME**





The Commons

Have you seen the new bins in The Gathering Place and Commons?



The Gathering Place

### Proper use of bins:

#### PAPER

Includes most kinds of paper except tissue, napkins, crepe paper, plastic-coated paper

#### MIXED RECYCLABLES

Includes beverage cans (uncrushed, please), water and other clean plastic (#1,2,3,5) and glass containers. NOTE that most plastic (wrap, film, styrofoam, etc.) is NOT recyclable.

#### LANDFILL

All non-recyclable items, which may also be placed in a waste basket.



United Women in Faith

Invite the congregation to a potluck dinner!!

**Thursday, August 4th**

**6:00 PM**

**The Commons**

Please join us for food and an evening of Cabaret style entertainment by our talented Mark Kurtz & Fran Sillau.

Don't forget to bring a dish and plan to have a wonderful time

Please feel free to bring your own table settings.



## **COMPOST AT FUMC**

We don't accept any bags (plastic or compostable), animal products (except eggshells), or plastics. We do accept plant matter, coffee grounds, limited paper (like coffee filters, or napkins.)

Bring your food waste in a small bucket, like an ice cream container, and dump it into one of the orange buckets by the dumpster on the northeast corner of the FUMC building. Add your compost to a bucket that is not yet full and be sure to put the lid on to keep out the varmints.

What an easy way to lessen the carbon impact we have on the environment!



## **Clair Cares Food Pantry**

### ***Volunteers Needed!***

For Information on Volunteering,  
Contact Judy Prenzler at [prenzler@cox.net](mailto:prenzler@cox.net)

**Next Opportunity for Volunteering:**  
Thursday and Friday before 3rd Saturday of the month  
5544 Ames Ave. | August 18 & 19

Donations of food or money are always welcome. We are in need of nonperishable food items - box cereal, pasta, rice, canned fruits and vegetables, crackers, cookies, peanut butter and jelly, boxed meals, etc.

Please drop off at FUMC, 7020 Cass St., Omaha  
during office hours 8:30 am - 3:00 pm Mon - Thurs  
(food donation container provided outside door #2)



## **LIVING HOPE FOOD PANTRY**

2919 State St, Omaha

**Food Pantry Open**

Monday - Friday

10:00 am - 4:00 pm

**Volunteers needed for all days.**

Please call Living Hope Pantry at 402-614-7452

or contact Ron Alexander

at [rwalexander222@gmail.com](mailto:rwalexander222@gmail.com)

Drop-off Food Donations at FUMC  
(food donation container provided outside door #2)



# Supporting

## Eco Team

First United Methodist Church is dedicated to the cultivation of a more regenerative and resilient world. We strive to make decisions and engage in practices that bring about positive ecological impacts. We are committed to building inclusive, restorative relationships with each other, our community, the natural world, and God. (FUMC Sustainability Master Plan)



### If you don't BIN it, BAG it! Please use Orange Bags

We have become accustomed to recycling our plastic bottles, plastic food containers, cans, and various paper products. Recyclable plastic containers have a **numbered triangle** on them assuring us that they are "recyclable."

In the past, when we saw no numbered triangle, we considered the plastic not recyclable and put it in the trash to go to the landfill. That is no longer true. The softer flexible plastics can now be recycled in designated **Orange Bags**. Doing this will help us cut down on a huge volume of miscellaneous softer plastics that are ending up in our landfills when they could and should be diverted.

All soft and flexible plastics can be placed in the designated **Orange Bags**. The plastics include (but are not limited to) snack bags, candy wrappers, juice pouches, plastic packaging and wrapping for meat products, toothpaste tubes, plastic utensils, Styrofoam cups and take-out containers, and most plastic bags. Other items that are appropriate for this category are packing peanuts, single use coffee pods (without the coffee grounds), plastic straws and stirrers, and condiment packages.

In the Greater Omaha area, the **Orange Bag** program channels these miscellaneous plastics to Firststar Fiber, Inc. They are processed for use as alternative energy, alternative fuel, or converted to durable building materials.

We can purchase **Orange Bags** at most grocery and many hardware stores including Target, HyVee, Bakers, Family Fare, Menards, and Home Depot.

In Omaha, curbside recycling companies allow **Orange Bags** to be placed in our curbside recycling bins. A commercial program is also available for businesses. Contact Firststar Recycling if interested. [Recycling Guide — First Star Recycling](#).

For more information, lists of accepted items, and videos on **Orange Bags** and recycling soft plastics go to [Hefty® EnergyBag® Program | Hefty](#)

Our rivers and oceans are being fouled with plastic which lasts thousands of years. We need to avoid plastic use whenever possible but what we do use must be disposed of properly. Please make sure we are managing our miscellaneous plastics by using the "**Orange Bag**" recycling process. We want to **meet the needs and aspirations of the present without compromising the ability to meet those of the future**. (FUMC Sustainability Master Plan)



# Acting

## Giving

One of the joys of the job Cass Opal, Director of Communication and Membership, engages in on behalf of First UMC is the outreach to the LGBTQIA community in Omaha and beyond. Through events such as Heartland Pride (the parade, as well as the Youth and Adult Pride festivals), Pride nights with Union Omaha (soccer) and the Storm Chasers (baseball), our church has a presence. It's not just Cass though. She invites members of the church and staff to share in the ministry of making sure people know we are Fiercely Inclusive and welcoming of all.



That happens in a variety of ways. We refer to it as “*swag*.” The t-shirts, the cups, rainbow sunglasses, slap bracelets, rainbow flags, information packets, the list goes on. Every item is intended in some way to let each person know they are welcome at First UMC. When we set up our table at these events, or march in a parade, we are sharing the love of God as we understand and live it out through this congregation.

Your gifts to our church budget allow us to share that love through these events and more. You financed the purchase of rainbow sunglasses, but you also financed the sharing of the promise, “You are loved.”

Currently all of this work takes place through the church budget. If you would like to think about a gift that would fund these ministries in perpetuity, you are invited to talk with our church Foundation chair, Bruce Deines, at [bdeines@cox.net](mailto:bdeines@cox.net).

## FUMC Finance News

### FUMC Finance Report

Carol Beaty, FUMC Finance Chair

Here is the FUMC monthly report to the congregation written on July 17, 2022.

**Average monthly pledges needed to meet our budget of \$650,000 in pledge income = \$54,167**

Jan 2022 pledges - \$125,340.33 (some members paid entire year) 19.28% of annual budgeted pledges received

Feb 2022 pledges - \$115,092.97 (some members paid entire year) 36.99% of annual budgeted pledges received

Mar 2022 pledges - \$137,889.67 (some members paid entire year) 58.20% of annual budgeted pledges received

April 2022 pledges - \$43,571 – 64.91% of annual budgeted pledges received

May 2022 pledges - \$36,337 – 70.50% of annual budgeted pledges received

June 2022 pledges - \$26,281– 74.54% of annual budgeted pledges received

As you can see, we are in great shape receiving pledge income this year. This means the average pledges needed to meet our budget going forward is \$27,581 per month.

As of June 30, 2022, our total income is 69.54% of what we budgeted. This includes \$30,490 from Employee Retention Tax Credit (ERTC is a federal Covid program) which we will not need until next year. Our expenses are 44.494% of what we budgeted. We would expect income and expenses to be at 50% at this time of the year. Our income is higher because of prepaid pledges and the ERTC. Our expenses are lower primarily because of some vacant staff positions in the early months of this year.

A copy of the church budget approved by the Church Council in January is available upon request. Please notify Carol Beaty or the church office if you would like a copy.

We give thanks for the culture of generosity at FUMC.

First  
United  
Methodist  
Church



7020 Cass Street  
Omaha, Nebraska 68132-2601

Return Service Requested



◀Take out your pens!▶

Join others in the Gathering Place

Tuesdays 9:30 -11 a.m.

Postcard writing -- Composing Letters to the Editor -- Sign making

If you would like to join others, mark your calendars for Tuesday mornings, 9:30-11 a.m. in the Gathering Place at the church for postcard writing to state and federal leaders, writing to Nebraska friends and relatives urging them to contact their senators, composing letters to the editor and sign making for rallies.

The Salt and Light team will have "talking points," templates and writing materials to help you compose your own message. You are welcome to come for the full 90 minutes or just stop for a few minutes to zip off a postcard or two!

To become more engaged, connect with the ACLU!  
<https://bit.ly/FUMC2022ReproductiveRights>

