

August 2015

The Flame



**The Monthly Newsletter
of First Unitarian Church
of Omaha**

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Sunday Services
this Month

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Church Events in
August

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Holland Lecture



Sunday Service is at 10:30am

Photographer: Scott Kemper

August 2

Social Justice

This is the second in a three-part series to explore important social justice issues as they hit very close to our home.

Economic inequity, immigration inequity and racial inequity affect our neighbors within blocks of our church doors.

August 9

"Cup Half-Empty? Truth and Chocolate"

Rev. Sarah Voss

Many of us are afflicted with the Cup Half-Empty Syndrome. This sermon will address how Truth (and chocolate) can help us find a cure, or, at the very least, how it can provide a significant modification of the syndrome.

August 16

Social Justice

This is the last installment in a three-part series to explore important social justice issues as they hit very close to our home.

Economic inequity, immigration inequity and racial inequity affect our neighbors within blocks of our church doors.

August 23

"Come Sing Some Songs with Me"

Have you ever wondered why we don't sing songs from the teal hymnal "Singing the Journey" more often? Well, let's do it! We will explore the themes and highlight multiple songs from the teal hymnal with guidance of the Early Morning Risers.

Worship Associate: Maria Wallace. Musical guests: The Early Morning Risers featuring Stan Harper.

August 30

"Emptiness"

Rev. Frank Rivas

The religious practice of silence is designed to open us to the fullness of life and to the call for justice at our core. From Meister Eckhart (late 13th century theologian):

"What is this darkness? What is its name?

Call it: an aptitude for sensitivity. Call it: a rich sensitivity which will make you whole. Call it: your potential for vulnerability."

Rev.Elations

Monthly Column from our Minister, Rev. Frank Rivas

Wordsworth said it best:

The world is too much with us; day and night,
Tweeter and friending, we lay waste our powers.
Little we see in Nature that is ours.

I changed a word or two, but that's the general idea.

Not just in our time, but across the centuries, people have expressed a need to retreat from iphones and tablets, from household tasks and professional responsibilities, from smelting iron and forging weapons. A 16th century dictionary defines "to retreat" as "to draw in, draw back, leave the extremities."

For many of us, summer offers moments of retreat, moments to put aside our daily responsibilities in order to discover anew an authentic relationship with the world. The ascetic traditions are often misunderstood; in fact, ascetics do not seek suffering, but rather seek the abundance of life within us and around us.

On the first weekend in September, we are planning a church retreat. It's a time to draw in, to draw back, to leave the extremities of life in the 21st century. It's a time to reclaim that in Nature which is ours. It's a time to affirm the abundance that cannot be taken away. We will be silent together, will walk through the woods, will share, will play, will eat together, and will worship together. There will be no meals to prepare, and, to the extent that you can tolerate it, no demanding electronic devices. Much of the time the kids will have programs of their own.

Whether or not this retreat is right for you, may your summer provide moments of retreat. May each of us,

standing on this pleasant lea,
have glimpses that would make [us] less forlorn.

Blessings,
Frank



2015/2016 Church Goals *by Jack Round, president*

Here are goals created by the Board for the current Church year. We encourage and appreciate your input, suggestions, and ideas regarding these goals.

Membership Coordinator – We hired a membership coordinator and have contracted with Lori Emison Clair (the successful membership coordinator from Des Moines who was kind enough to visit us) to provide some level of coaching and/or mentorship. We hope and expect this addition to our staff will positively affect the increasing level of engagement at the Church.

Listening Circles Program – Because Listening Circles, also known as Covenant Groups, enable deeper connections among members of our church community, we encourage anyone and everyone to help expand this program and/or participate in a Listening Circle.

Foyer Improvement Project – The Board has approved the Foyer Improvement Project. There are still design adjustments to be made, and we empowered Dean Christensen and Marie Sedlacek to seek additional design input from anyone interested and proceed to completion with the project. We will be providing opportunities for anyone who wants to also help by contributing financially to the project.

Leadership Development – We'd like to encourage anyone who wants to become a church leader to do so. One way to prepare for this is attend the Midwest Leadership School held annually in July at Beloit College in Beloit, Wisconsin. It is a very intense, 5-day training session for church leaders. The church pays for the training.

Relationship with Second Unitarian Church of Omaha – Last year, the Board approved a motion to build our relationship with Second Unitarian. We intend to follow through with that motion and have a tangible outcome, yet to be identified.

Welcoming Congregation – We will continue to work on becoming a more Welcoming Congregation and may empower a small group within the church to focus on this area.

Diversity – We will continue to work on increasing and appreciating diversity within the church community and may empower a small group within the church to focus on this area.

RE Curriculum – Sheri Conner is focusing on the RE Curriculum for the Church. The RE "Birth to 18 Curriculum" seems to be quite far along and an Adult RE "Concept Map" may be developed that combines ideas which Board members have proposed (Linda Parker has proposed a "Lifespan Learning program," Cy Leise has suggested having a 5-6 week Adult RE series based on the Haidt "foundation" values model, and Dean Christensen has suggested starting an Investment Club series in which experienced investors can help less experienced or beginner investors).

See page 11 for the continuation of this article.

Church Events

Ministry Team Meeting

Saturday, August 1 at 2pm in the Common Room. Church leaders will discuss plans for upcoming projects and events.

The Women's Religious Studies Group

This group is discussing *The Making of Buddhist Modernism* by David McMahan. We meet in the Merritt Lounge from 1pm to 2:30pm most Thursdays. Questions? Contact Marcia Leise at mkleise@cox.net.

Lunch With or Without the Minister

Thursdays at noon in the Common Room. Although the Lunch With the Minister gathering is officially on break for the summer, several of the regular attendees have decided to continue the Thursday lunch discussion group throughout the summer. Rev. Frank will be in attendance when his schedule allows. This is an informal bring-your-own-lunch gathering discussing random topics including community, national, international topics as well as the church. All are welcome — drop in.

Spirit Circle

Sunday, August 2 at 7pm. We will be celebrating Lammas: the beginning of the harvest. We'll be accepting donations for the food bank July 16-31 which will

be collected in the main foyer and blessed during our ritual August 2 at 7pm. Let us all give thanks for our abundance!

CommUnity Night

Friday, August 7 at 5:30pm in the Common Room. CommUnity Nights are a fun, laid-back all-church event! There is always plenty of food and we really want you to join us! **Parents of Toddlers:** bring your little ones. We will have a paid babysitter on duty. Questions? Contact Jan at dre@firstuomaha.org.

Second Saturday Playdate

Saturday, August 8 at 10am in the nursery. You and your toddler/young child are invited to join us on the second Saturday of each month for a play date in the nursery. (If it's nice we can relocate to a nearby playground as well.) Please RSVP to Liz Sagert at esheftersagert@gmail.com.

Somatic Salon: Film Discussion

Thursdays: August 6, 13, and 27 at 6:30pm. The Thursday, August 6 movie is: *The Answer Man*. See more information about the film here: <http://www.imdb.com/title/tt1187041/>.

See page 16 for more information about the meetings.

UU & You Class

Sunday, August 16 at 11:45am in the Whitney Young Room.

Unitarian Universalism and You classes provide an introduction to Unitarian Universalism and our church, along with an opportunity to share our religious journeys. Visitors, newcomers, and the just curious are cordially invited. A light lunch will be served to bolster the always interesting conversation. The class lasts about an hour and 30 minutes so ending time will be about 1:15, although those interested in a brief tour of the church may be a little later. If you need childcare please let us know by the Monday before. RSVPs or questions can be addressed to uuclass@firstuomaha.org or call Jaime Alexander at 402-657-9386.

The Women's Religious Study Covenant Group

Thursday, August 20 at 1pm in the Merritt Lounge. Rae Barry will lead the discussion on "After Death" from our book, *Soul To Soul*. Before attending, you will need to sign a covenant statement. Please contact Evelyn Whitehill at 712-366-2748 or ewhitehill@cox.net.

Church Events Continued...

Young Adults Summer Outings

Join the YA for Summer Music in the Park Wednesday evenings from 6:30 to 8pm at Bayliss Park in Council Bluffs. Bring a lawn chair or blanket and snacks! Below is a schedule of the events:

August 5: Camille Metoyer Moten Band (Vocal Variety)

August 12: Thompson Music Brass (Classical Pops)

August 19: The Brits (British Invasion)

August 26: USAF Vortex (Pop and Country)

September 2: Sabor (Latin Sounds)

Please contact Nellie with any questions about these events at ladycheno@gmail.com.

Movie Events

Hey Movie Enthusiasts (and friends of movie enthusiasts): Film Streams/Ruth Sokolof Theater will be showing great movies this summer. Times and carpooling will be announced in the enews and on Facebook.

Get your tickets online at www.filmstreams.org.

Here are the dates:

Willow: August 2;

The Sound of Music: August 20;

Pee Wee's Big Adventure:

September 12; Teenage Mutant

Ninja Turtles (1990): September 24.

Book Club

Monday, August 31 at 7pm in the Merritt Lounge. We will discuss what everyone has been reading over the summer. This has always been an enjoyable discussion. Questions? Contact Dave Richardson at drichardson@westside66.org.

Choir

Choir rehearsals resume on Wednesday, August 19 at 7pm. Of course, I'm eagerly looking forward to getting started. This is the best time for anyone contemplating joining the choir to jump in. It's fun.

—Bob McMeen, Choir Director
bobmcmeen@gmail.com

Outside Opportunity: Heartland Humanist Conference

August 14-16, UNO.

The Omaha Metro Area Humanist Association is planning a major regional conference. The theme of the conference is "Learning, Living, Loving: The Humanist Experience" and will include many interesting speakers including our own minister emeritus, Ron Knapp, who will speak on "Humanism, Naturalism, and the Human Condition." Early bird registration for the conference is only \$40. At the end of July it

will be \$50. This includes a catered picnic in the park on Sunday. For more information and to register, please go to www.heartlandhumanist.org.

Outside Opportunity: Retiree Group at 2nd Unitarian Church

Tuesday, August 11 at 1pm at Second Unitarian Church. Why was the repeal of the death penalty a good decision for Nebraska? Join us to learn reasons for abolishing the death penalty and about smart alternatives that better protect public safety. The forum will be presented by a representative of Nebraskans for Public Safety, a statewide coalition of individuals and groups with diverse backgrounds and interests that has been formed to oppose the effort to reinstate Nebraska's death penalty. All are invited to attend—regardless of retirement status.

Church Events Coming Up in September

Italian Bachelor Cooking Sessions

Thursday, Sept. 10; Thursday, Sept. 17; Thursday, Sept. 24; Thursday, Oct. 1; Tuesday, Oct. 6 (note the change of day for this week only); Thursday, Oct. 15. Cooking sessions on Italian and Mediterranean cooking and eating from Marco, member of Second Unitarian Church, a 65-year-old Italian bachelor who learned to cook watching his mother in the kitchen. You will create antipasti, pasta, soups, skillet meals, and delicious fruit plates. Space is limited and it's first come, first served. We will meet in the Common Room and kitchen from 6:30pm to 8:30pm. Contact admin@firstuomaha.org to reserve your spot.

Women's Alliance

Women, and those who identify as women, of First and Second Unitarian Church are invited to the September Women's Alliance meeting. Women's Alliance meets the second Monday of every month, starting in September. Our first meeting for the 2015/2016 year will be **September 14 from 6:30-9pm in the Common Room**. The speaker and dinner arrangements will be announced in an email, on a Facebook event page, and in the order of service. There are multiple ways to RSVP: 1. Click "going" on the event page on Facebook; 2. Email wa@firstuomaha.org; 3. Call Kathi Oliver at 402-214-2718 (please leave a message). Please include a meal preference when you RSVP: herbivore (vegetarian) or carnivore (meat-eater). We ask for \$15 the day of the event. A percentage of the \$15 goes towards the Merritt Education Fund, which is a fund setup to help all men and women of First Unitarian Church towards programs to help further their education. Information regarding this fund is located in the office. If this will be your first time joining us, please, be our guest!

Exploring Humanistic Perspectives in Literature: Beethoven

September 22 at 7pm in the Common Room

Beginning with a magnificent film with the Egmont Overture on the soundtrack, the program will continue with selections from Romaine Rolland, Edna St. Vincent Millay, Rita Dove, along with more music from Beethoven. All are invited to attend. We do not meet in August.

YRUU Rummage & Book Sale—Saturday, September 26, 8am to 3pm, in the Common Room

Please join us for this event! Help the youth group fundraise for its new program, IncluCity. The IncluCity program works to reduce acts of school violence and bullying by challenging the assumptions, attitudes and beliefs around issues of difference (appearance, gender, race, faith, sexual orientation, ability, etc.). See page 11 for more information. Drop off your items to donate to the sale that week, any time between 9am and 3pm, or drop off your items on Friday, Sept. 25 (preferred as that is the date the youth group will be setting up the sale). **Please come shop on September 26!**

First Unitarian Church of Omaha

September 5 to September 6, 2015

Family Labor Day Weekend Retreat



Registration form for Church Family Retreat

Name: _____

Phone number: _____

Email address: _____

___ 1 person attending: \$138

___ 2 people attending: \$111/person

___ 3 people attending: \$99/person

___ 4 people attending: \$89/person

___ 5 or more people attending: \$78/person

\$ _____ Total

(Please note: kids 5 and under are free)

Please list the names of those in your party:

If you require financial assistance please let us know how much you need so we can make sure you are able to attend.

Please place this form in an envelope and send to the church office.

Please make your check payable to First Unitarian Church. Payments and RSVPs are due by Friday, August 21. Space reservations are first come, first served. Thank you!

Highlights

We will gather at Swanson Lodge of the Carol Joy Holling Camp, close to Mahoney State Park.

We will share games, hikes, meals, and worship. In addition, adult activities will include spiritual practices like sitting meditation and yoga (children also welcome); children's activities will include spiritual practices like walking meditation and art projects (adults also welcome). Four meals (Saturday lunch and dinner; Sunday breakfast and lunch) as well as snacks are included in the price. Family can leave immediately after lunch on Sunday, or enjoy the camp for another couple of hours before returning home. Please join us! **Fill out the form to the left and return it to the church office.**

Religious Education

by Jan Wilson

Some of us were having a conversation at coffee hour about framing compositions with a camera viewfinder. I've noticed that after I have spent some time painting a canvas my skill at taking pictures improves. That is to say my ability to frame improves. That requires placing the viewfinder at a place where the ugly stuff is cut out and the good stuff remains. The good stuff has to be balanced and yet a little off kilter to lend some visual excitement. Most of the time, something pretty awful can be framed to be unexpectedly beautiful.

My sister was ill for some time in her 20s. She decided, after her recovery, to reward herself with a solo trip to Hawaii. She arrived at her hotel at night, and tucked herself into the covers to sleep. Unable to sleep, she focused on the bad luck of being so near the hotel air conditioner units that the sound kept her awake. At daybreak she looked out at the ocean view before her. It had been the pounding of the surf that had kept her awake. Isn't that the perfect example of framing? How many times am I annoyed at something or someone, which other people would value very highly? How often do I skip an appreciation of something wonderful? What are the signs and clues I'm misinterpreting? I'm pretty sure I could move my viewfinder a little and frame gifts rather than annoyances.

See you around church,
Jan

Class to Begin in September

Italian Bachelor Cooking Sessions at First U

Soul Full Thursday kicks off its 2015 Fall season by offering cooking sessions on Italian and Mediterranean cooking and eating from Marco, member of Second Unitarian Church, a 65-year-old Italian bachelor who learned to cook watching his mother in the kitchen. In these six sessions you will create antipasti, pasta, soups, skillet meals, and delicious fruit entries. Space is limited. RSVPs are required. We will meet in the Common Room and kitchen from 6:30pm to 8:30pm.

Dates:

Thursday, Sept. 10

Thursday, Sept. 17

Thursday, Sept. 24

Thursday, Oct. 1

Tuesday, Oct. 6 (note the change of day for this week only)

Thursday, Oct. 15

Contact admin@firstuomaha.org to reserve your spot today!

IGNITING GROWTH AT FIRST UNITARIAN!

We are very pleased to announce that our Search Team, Frank Rivas, Jaime Alexander, Catharine Dixon and Jackie Anderegg, has selected a Membership Coordinator. Her name is Carrie Helmberger and she will be starting her part-time position August 1. She'll be working 15 hours a week and join the ranks of a remarkably competent staff. She will be administrating and supporting a variety of membership functions and will help us with our determination to foster growth, not only in our number of members, but growth in deepening our levels of involvement with each other, with our visitors, and with promoting leadership and engagement with new members.

The intent of this position is:

- To make membership understandable and attractive to our visitors.
- To ease the process for new members to be involved in the social, volunteer and leadership positions that appeal to them.
- To establish a system of connections with existing members who are becoming disengaged, to both encourage retention and foster growth in our church.
- To provide a continuity of leadership for Membership Team functions as volunteer membership and leadership changes.

Carrie is employed full-time at the University of Nebraska Medical Center as a Fellowship Coordinator and has been employed part-time as a concierge at a nursing home facility. She graduated from Creighton University and also received a Master of Fine Arts in Creative Writing from the University of Nebraska. She is enthusiastic about joining us and has met and exceeded our criteria for this position. We had a surprising number of highly qualified applicants, some of whom greatly exceeded our criteria, so we needed to be detailed and specific about what we needed as a beginning, part-time position. We hope you take the opportunity to meet her and to volunteer to help with what is beginning to happen here! We think she is wonderful. Stay tuned.

Jacqueline Anderegg, President Elect

Carrie writes about herself:

I was born and raised in Omaha and love the community very much. I received an MFA in Creative Writing from the University of Nebraska in 2008. I write poetry, make art, and love to find the beauty in everyday life. I cannot wait to get to know you and see what makes you happy, too!



**Carrie Helmberger,
Membership Coordinator**

Continued from Page 4 Church President's Article on 2015/2016 Goals

Technology – Troy Jensen has done a wonderful job designing, testing, and refining the streaming of services project. We would like to institutionalize the streaming of services project this year.

Expand the Unitarian Universalist presence in Omaha

We are going to research, gather information, have discussions about, and ask for ideas and suggestions regarding expanding the Unitarian Universalist presence in Omaha. We feel any potential initiative would have the highest chance for success if it were to emerge from both Unitarian churches in Omaha.

To reach Jack Round, Church President, email him at president@firstuomaha.org.

YRUU Youth Group to participate in 2015-16 IncluCity Program

The YRUU Youth Group is excited to announce its participation in the 2015-16 IncluCity Program through Inclusive Communities Omaha. The program works to reduce acts of school violence and bullying by challenging the assumptions, attitudes and beliefs around issues of difference (appearance, gender, race, faith, sexual orientation, ability, etc.) and includes a full-day workshop for youth and adults, a year-long internship program for two youth that will focus on putting the tenets of the Inclusive Communities program into action, and a 4-day Intensive Residential Program that will be held in Ashland in January. This is a wonderful opportunity for our youth to learn skills to confront and challenge prejudice, bias and stereotypes and discover new ways to become allies for one another. The program has a significant cost and will require fundraising efforts by our group over the next six months. If community members have questions about the program or are interested in donating towards defraying the program costs, they can contact Ben Wallace or Shawne Coonfare via email at omahayruu@gmail.com or call Ben at 402-680-6226. Please shop our Rummage Sale on Sept. 26. See page 7 for more details.

Pagans and Friends in Recovery Group Begins in August

"Pagans and Friends in Recovery" is an Overeaters Anonymous-inspired group that follows the 12 Steps and Traditions as originally outlined in the Alcoholics Anonymous program, substituting "food" for "alcohol" and "overeater" for "alcoholic." Compulsive overeaters, food addicts, and people with eating disorders are all welcome. We meet in the Whitney Young room (downstairs classroom) at First Unitarian Church of Omaha, every Sunday at 2pm. There is no entry cost to attend, though we do pass around a donation basket in keeping with the seventh tradition. You can contact Cassi at 402-709-4436 via call or text message for further information.

Remembering Katherine Bester McClure

By Dixie Lemon

I never knew Katherine Bester McClure. She had left the area before I became involved with First Unitarian Church in the early 1960s. She moved to Chicago and during the next 50 some years, although she wasn't in contact with the church, she continued to read the monthly bulletins and keep up with the news. I know that because when we started up the Sarah Joslyn Society she wrote me a letter saying she was leaving a bequest to the church and wanted to be included in the SJS. I sent her a welcoming letter and a commemorative slate. In the next decade we sent her invitations to the annual luncheons, but never heard back. She died this past year and when the dust settled we were sent a notice from her lawyers that she had left us a very generous bequest, \$165,000 to be exact.

That represents a lot of fond memories. In all those years, with no reinforcement from church friends, she maintained a warmth and a desire to support the church which she had known as a girl.

There was something in the

church which called to her and which she recognized and wanted to honor. We will reciprocate at the annual Sarah Joslyn meeting in October by drinking a toast to her at that time. Won't you make sure you are there?

Contact me, Dixie Lemon, at 402-393-2882 to become part of the Sarah Joslyn Society.

Link to Katherine McClure's obituary can be found here:

http://www.omaha.com/obits/katherine-bester-mcclure/article_291c007b-6cbf-59dc-aaf2-89e8436a95f9.html?mode=jqm



Hope in Action-- Call for Help

Due to changes in the bus routes, Terri Lynn Brewer, church member, no longer has the option of taking a Metro bus to church on Sunday. The Hope in Action team would like to offer church members an opportunity to give Terri Lynn a ride to Sunday church services. Terri Lynn lives in northwest Omaha, near the intersection of 72nd Street and Crown Point Ave. Please use the Signup Genius link if you are able to give Terri Lynn a ride to church on a particular Sunday. Thank you! Link:

<http://www.signupgenius.com/go/10c0c4fa4af2fab9-terri>.

For more information about Hope in Action, please see page 14.

New Members

By Ellen Shurson

We welcome new members Donna Tubach Davis and Steve Davis who joined our church on June 7th.

Donna tells us that she spent most of her early years in Falls City area with her parents and two older brothers. She attended a one-room country school for grade school, Falls City High School, Midland Lutheran University, and the University of Nebraska, School of Social Work, which was in Lincoln at the time, where she received her Master's Degree in Social Work.

Donna married in 1964 and had one child, Heather, born in 1969. Becoming a mother has been the most meaningful experience in her life. She has three grandchildren and three step-grandchildren. She worked at the State Department of Health and Human Services, and Immanuel Lutheran Social Services (now Lutheran Family Services), but the majority of her career was with the Child Saving Institute where she worked for 33 years. Twenty-four of those years she served as the Chief Executive Officer, retiring in 2004.

Donna says that she was raised Lutheran, LCA, was confirmed in an Evangelical United Brethren Church, then was a United Methodist for a time, and most recently was a member of the North Side Christian Church, Disciples of Christ. But she goes to say that she has been a Unitarian in thought and belief since young adulthood. Stephen was a member at Trinity Cathedral for many years.

Donna and Stephen were married in 1987, and their combined family includes four daughters and six grandchildren.

Steve was born in Omaha and educated in public and state schools. He was drafted into the infantry. He attended Creighton Law School and tried law suits for the first 20 years of his career. Then he became a "recovering lawyer" for the last 20 years as a general jurisdiction judge.

Both Donna and Steve enjoy reading and attending to family and friends. Stephen also plays the guitar and likes flying planes with Jaime Alexander.

We welcome Donna and Stephen and look forward to getting to know them.

If you're interested in joining the church, please attend our UU & You class. The next one is scheduled for August 16 after the Sunday service. See page 5 for more information.



What is Hope in Action?

Our church believes in community, and that is what Hope in Action, a sub-team of the Caring Team, is all about. Any one of us might need assistance, and we want to make it easier for you to ask for support and easier for you to offer support when others are in need.



WHO IS SERVED?

Church members, friends, regular attendees and their spouses are eligible for assistance from Hope in Action.

WHO CAN HELP?

Everyone! Hope in Action is an opportunity for everyone in our church community to support each other by sharing knowledge, skills and resources.

Hope in Action will use church communications, including the enews, to let our church community know when help is needed to respond to a request for support. And we will report back to the church community about how we were able to respond. All communication will be done in a manner that maintains the degree of confidential-

ity requested by the person seeking assistance.

WHAT SUPPORT CAN BE EXPECTED?

Hope in Action is there when people are dealing with a medical problem, need transportation or help around the house, can use assistance with referrals to social service agencies or just need someone to talk to about the ups and downs of life. Our response will vary depending on the type of support that is needed in our church community and what resources we have available.

Although Hope in Action is not able to respond to emergencies, short-term financial assistance may be available for lodging, food, clothing, medication, transportation and utilities. Financial disbursements are not made directly to the person making the request for assistance.

HOW TO ASK FOR SUPPORT

Requests for assistance must be made directly by the person needing help. Hope in Action does not respond to any anonymous or third-party requests for assistance.

Here are the ways you can ask for support from Hope in Action. You may send an email to hopeinaction@firstuomaha.org or use the Hope in Action link on the church website. You may call the church office and press ext. 105 to leave a telephone message for Hope in Action. Or, you may simply complete a Caring Card located in the church pews and place it in the box

in the church foyer.

WHO DECIDES WHAT SUPPORT WILL BE OFFERED?

Hope in Action will use a team approach, so at least three members of Hope in Action must participate in determining the nature of the response. See page 12 for a chance to help.

What is Community Meals?

Community Meals is an outreach to people in need in our church's neighborhood. Every Saturday members of various "First" churches and others take turns providing a hot meal and groceries to those in need at First Baptist Church (our neighbor just one block east of our church). First Unitarian Church has been part of this effort for several years. Four times a year our church "caters" and serves the meal and distributes the groceries provided by Trader Joe's. There are First Unitarian Church members who work at the site on a weekly basis and additional help is always welcome. Our next Community Meals opportunity will be Saturday, October 31 at First Baptist Church. Watch this space for more information or email dianewithem@gmail.com.

Parking Garage Info at First Unitarian

If you are able to park in the MidTown Crossing Garage to the west of our parking lot, it would leave our small parking lot for visitors and those who need to park closer to the building.

Here's the drill: Use any entrance to get in. Punch the button and take the ticket. Use only one exit to get out—on Farnam St. (north-side, middle-level, only one with an attendant.) Give him/her your ticket. 3 hours are free. If you're at church more than 3 hours, run your ticket through the machine that is downstairs in the Common Room for free parking or pay \$1/hour. Thank you for your help!

Note: Please do NOT move the machine. If you have any questions or concerns, contact the church office at admin@firstuuomaha.org.

Share the Plate— Siena/Francis House

Each month one-half of the loose currency collected in the offering plate is donated to a local cause that advances important principles of Unitarianism. This month's recipient is the Siena Francis House. Founded in 1975, the Siena/Francis House is Nebraska's largest shelter and is located in three facilities at 17th & Nicholas streets in downtown Omaha. The Siena/Francis House provides emergency overnight shelter to men, women, and women with children. The Siena/Francis House also provides food to the homeless through a Meal Provider Program, clothing, and case management outreach services through the day services program. Go here for more information: www.sienafrancis.org.



“WHAT? You shop
AMAZON
and don't support
First Unitarian?”

It's easy!! Visit
www.firstuuomaha.org and
click the **AMAZON** logo

OR

Visit www.smile.amazon.com,
update **CHARITY** information
to **FIRST UNITARIAN OF
OMAHA**.

Support First Unitarian Church
with **EVERY** purchase
you make!

Holland Lecture Series Speaker Dale Ho Presents "In Defense of Democracy: Voting Rights 50 Years after Selma"

In March of this year, Dale Ho, director of the ACLU's Voting Rights Project, joined 80,000 other Americans in Selma, Alabama to commemorate the marchers whose bravery led to the Voting Rights Act of 1965. Here are Mr. Ho's thoughts on the importance of that day:

<https://www.aclu.org/blog/remembering-sacrifices-selma-fulfilling-its-promise>.

Dale Ho supervises the ACLU's voting rights litigation nationwide, with active cases in over a dozen states in every region of the country. He defends our most fundamental right by combating voter suppression and by opening opportunities for participation for the historically disenfranchised.

Prior to joining the ACLU, Mr. Ho, a graduate of Princeton and Yale Law School, was assistant counsel at the NAACP Legal Defense fund.

As the 2016 elections approach, come and hear about the state of voting rights, redistricting and the continuing effort to block voter registration.

SAVE THE DATE: Thursday, September 24 7:30 PM Holland Performing Arts Center

FREE tickets for this reserved seating event will be available Monday, August 24 at Ticket Omaha. Please put this lecture on your calendar and on the calendar of your friends! The highly regarded Holland Lecture Series is now in its 11th year of presenting internationally recognized thought-provoking speakers. To help you introduce friends and neighbors to the series, each caller may request up to six free tickets for the lecture.



A Somatic Salon; Film Preview and Discussion

Thursdays, August 6, 13, and 27 in the Common Room at 6:30pm

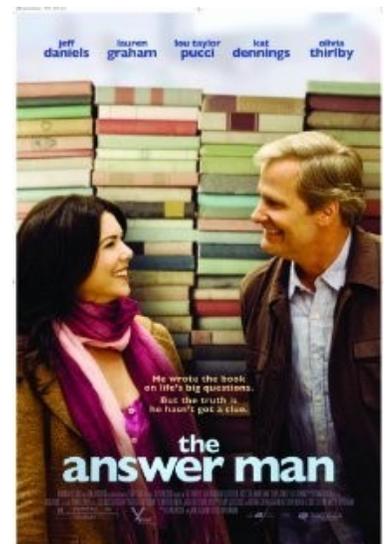
The film will be previewed and an open discussion will follow through the lens of Somatics, the "experienced body" and Gestalt Therapy Principles. No subject knowledge required.

Join us as we explore these perspectives and others. Admission is free and everyone is welcome.

The Thursday, August 6 movie is: *The Answer Man*. See more information about the film here: <http://www.imdb.com/title/tt1187041/>.

The other movies will be announced in the weekly enews.

Questions? Contact Vickie Hawks Love at vhlbodymind@gmail.com or 402-885-6855.



Halloween Heads-Up: Heart & Hand Auction--October 23rd!

It seems far off to think of fall activities in the heat of summer, but mark your calendars *now* to attend the **Halloween Heart & Hand Auction: Friday, October 23 6-10pm!** This is our major annual FUNdraiser for the church operating budget and a great party. Generous donors, enthusiastic buyers, and a big crew of volunteers will guarantee another successful Auction. Luckily, the preparation is part of the fun! Physical items are welcomed, but the “heart & hand” title reflects the emphasis on donating “seats” at social events you host or sharing your skills and hobbies. Often, several people team together to offer a party or dinner. Auction events have become an important part of our church calendar, helping build friendships and our church community.

Start now to ponder what you might donate! In September, the familiar Auction Table will appear in the Common Room, the website will go active, and serious pestering will begin for donations. Donna Neff and Kathi Oliver, FUNdraising co-chairs, are the go-to gals for all things Auction. This summer, we need help inviting local organizations and businesses to support the Auction. If that is something you are willing to do, please contact us!

So, put a big “X” on your calendar for **Friday, Oct. 23** and get involved in this important event. Contact Donna or Kathi with ideas, questions and to volunteer (auction@firsttuomaha.org) and stay tuned for fall fun.



See page 7 for more details.

Minister

Frank Rivas

minister@firstuomaha.org**Director of Religious****Education**

Jan Wilson

dre@firstuomaha.org**Church Administrator**

Catharine Dixon

admin@firstuomaha.org**Organist**

Pat Will

Choir Director

Bob McMeen

Nursery Manager

Jolene Dalton

Custodian

Bobby Medrano

Early Service Pianist

Stan Harper

Choir Accompanists

Reuline Nightingale

Keith Hart

Minister Emeritus

Ronald Knapp

Nominating Committee

Mary Thomas, Kim

Callaghan, Molly Dewell,

Joe Schaaf, Nadine Keith,

Dave Olson

Board meetings are held the 2nd Tuesday of each month and are open to all members.

THE FLAME

Deadlines are the 15th of each month. Word limit: 200. Send your submissions to

admin@firstuomaha.org.Editor/Designer: Cat DixonProofers: Lana Hammel,

Scott Kemper

Flame Mailing Team:

Debbie Hunsberger,

Shelton Hendricks, Howard

Bolton, Kim Callaghan,

Evelyn Whitehill

Meet Our Leaders

Board Members

Jack Round (President), Jackie Anderegg (President-Elect), Sheri Conner (Secretary), Cy Leise, Kabin Thomas, Dean Christensen, Jack Heidel, Linda Parker

board@firstuomaha.org

Trustees of the Capital Trust

Tim Duggan (2016), Steve Hutchinson (2017), Evelyn Whitehill (2018)

Committee on Ministry

Jaime Alexander, Katrina Schmidt, Marie Sedlacek, Alan Vovolka

Ministry Team Council

Rev. Frank Rivas, Barb Herring, Amy Barlow, Jackie Anderegg

mtc@firstuomaha.org

Ministry Teams and Team Leaders

Archives - Dave Richardson

Caring - Katrina Schmidt

Chalice Guild - Kay Lynn Goldner

Community Meals - Diane Withem

Fellowship - Judith Wright, Nadine Keith & Nellie Chenoweth

Finance - Walt Jesteadt

Fundraising - Donna Neff & Kathi Oliver

Governance - Alex Nather

Hope in Action - Kim Dunovan

Hospitality Teams - Kim Callaghan

House and Grounds - Dave Rosser

Membership - Beth Conover

Office - Carolyn McNamara

Omaha Together One Community - Laurie Gift

Partner Church - Janet West

Religious Education - Sheri Conner

Women's Alliance - Nellie Chenoweth

Worship Arts Team - Megan Gustafson

Young Adult Group - Maria Wallace

YRUU - Ben Wallace & Shawne Coonfare

Ministry Team Meeting

Saturday, August 1 at 2pm in the Common Room

See page 5 for details.

Spirit Circle

Sunday, August 2 at 7pm in the Common Room

See page 5 for more information.

A Somatic Salon: Film Preview and Discussion

Thursdays, August 6, 13 and 27

See page 16 for details.

CommUUnity Night

Friday, August 7 at 5:30pm in the Common Room

See page 5 for details.

Second Saturday Playdate

Saturday, August 8 at 10am in the nursery

See page 5 for more information.

Private Wedding

Saturday, August 8 at 4:30pm

Board Meeting

Tuesday, August 11 at 7pm in the Common Room

Flame Deadline

Submit your newsletter articles to admin@firstuuomaha.org by August 15 at noon.

Private Wedding

Saturday, August 15 at 4pm

UU & You Class

Sunday, August 16 at 11:45am in the Whitney Young Room

See page 5 for details.

Choir Rehearsal

Wednesday, August 19 at 7pm in the Sanctuary

See page 6 for details.

Church Events

Women's Studies Covenant Group

Thursday, August 20 at 1pm in the Merritt Lounge

See page 5 for more information.

Private Wedding

Saturday, August 22 at 3pm

RE Council Meeting

Sunday, August 23 at 11:45am in Jan's office

Choir Rehearsal

Wednesday, August 26 at 7pm in the Sanctuary

Private Wedding

Saturday, August 29 at 3pm

Book Club

Monday, August 31 at 7pm in the Merritt Lounge

See page 6 for more information.

Recurring...

Lunch with or without the Minister

Thursdays at noon in the Common Room

See page 5 for details.

Pagans and Friends in Recovery Group

Sundays at 2pm in the Whitney Young Classroom

See page 11 for details.

Women's Religious Studies Group

Meets most Thursdays at 1pm in the Merritt Lounge

See page 5 for information.

Bridge Group

Meets the 2nd and 4th Sundays of each month after the service



Kids in RE painting with bubble wrap boots. (Photographer: Jan Wilson)

Looking ahead...

Labor Day Family Retreat

Sept. 5-6, offsite

See page 8 for information.

Women's Alliance

Monday, September 14 at 6:30pm

See page 7 for details.

Holland Lecture

Thursday, September 24 at the Holland Performing Arts Center

See page 16 for details.

YRUU Rummage & Book Sale

Saturday, September 26, 8am-3pm

See page 7 for details.

We affirm and promote seven principles:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

The living tradition we share draws from many sources:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront the powers and structures of evil with justice, compassion and the transforming power of love;
- Wisdom from the world's religion which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.



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