



# First Christian Church

## Disciples of Christ

love all . live spiritually . rejoice in hope . show hospitality

# Messenger

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## FINANCE NOTES

### April Updates

As of the end of March, the church is running at a slight surplus - this is fantastic news! We've had some more energy bills come in that total just over \$3,000. Having enough to pay these in a timely fashion is good for everyone!

Faith giving as of April 19th, 2020 is up to \$2,525.00! Thank you so much to all who have given. As we go through the next few months without worship, please remember to stay current with your pledge. It will benefit everyone when we are able to worship together again.

Thanks again to everyone,  
**The Finance Team**



### Update from the Executive Committee

The executive committee met Thursday, April 16th and discussed two topics. The first was the payroll protection program. We are investigating what options may be available for the church. The second was the use of the building. The committee agreed that the building should remain closed to all except for church business and maintenance. The committee also asks that you let the office know when you're in the building for those purposes.

### Staff Meeting Updates

Pastor Karen, music director Mark Miller, and church administrator Kelly Tyrrell continue to meet every other Tuesday to discuss matters of worship and administration of the church. This week it was decided that, barring a change of plans from the State and City government, the Weekly Worship Bulletins and Videos will continue through Sunday, May 24, 2020. New office hours are also included in this Messenger. The FCC office will be open on Tuesdays and Wednesdays throughout the month of May, or until further notice.

## FCC Social Media!

Each week FCC is posting new pictures, videos, and links to great worship music. Look for First Christian Church on Instagram, Facebook, and YouTube for new content every week. Get connected!



## Pastor's Corner

**“Love people, hold them in your heart.”  
Susana Talan**

One of the gifts I bought for myself this past Christmas was a daily “Gratitude” calendar. I saw it in the calendar store as I was shopping for others and it, almost literally, jumped off the shelf at me. In my desire to nurture more gratitude in my life, I knew this would be a tremendous help to me. In these days of COVID-19, it seems even more important to nurture gratitude in our lives. It surprises me almost daily how timely many of the quotes seem to be.

In the above quote, for Monday 20 April, we are invited to love people in our hearts. In these days of “physically distancing” holding those we love in our hearts is even more critical than usual. I have come to prefer the phrase “physical distancing” because I think it is more accurate than “social distancing.” Our quote above reminds us of how critically important it is that we “socially connect.” It has been so heartwarming to me to see how well this congregation here at FCC connects with one another. I know many of you have gone that extra mile to reach out; as Elders, Stephen Ministers, Deacons and as part of the Body of Christ. People have been connecting by Zoom, on the phone, and through cards and notes. I have been so grateful for the many calls and notes I have received from many of you. Loving one another by holding each other in our hearts has been truly amazing.

One of the challenges, however, is holding ourselves lovingly in our hearts, as well. In looking out for one another, it is sometimes easy to forget to care of ourselves. Recently, I have been thinking about the difference between “self-care” and “self-indulgence.” Sometimes it is easy to mistake one for the other, particularly in these anxious and unsettling times. I’m sure hoping I don’t put on the COVID-19 pounds; working from home so much means the refrigerator regularly calls to me. It’s easy to get sucked into unhealthy and self-indulgent behaviors.

One component of self-care is being gentle with ourselves and realizing that things may get out of whack. We need to be sure to get enough sleep, exercise as best we can, and eat (somewhat) healthy. Another component of self-care is understanding the dynamics of what is happening to us. During one of our weekly Regional Zoom meetings, Regional Minister Chris Morton shared some helpful information about the emotional/psychological phases of a disaster. I found this information very helpful as I make my way through these challenging times.

After the warning and impact there is an upward phase in which we recognize and celebrate the heroic efforts of so many. We have acknowledged and thanked those on the front line, like hospital and emergency response personnel. Following this kind of “honeymoon/community cohesion” period there is a marked decline they label “disillusionment.” As I looked at this graph (see page 4 of the Messenger), I had a sense of recognition. This period of disillusionment is marked by fatigue, fuzzy thinking, frustration with self and others, impatience, discouragement, and perhaps some depression. As I mentioned in my last Pastor’s Corner, the grief we experience throughout this event can trigger older experiences of grief and loss. Our sense of isolation may intensify, and we may struggle more with loneliness. I think an important part of self-care is recognizing this part of our shared journey. Hopefully, your shared sense of awareness will help you deal with all this too.

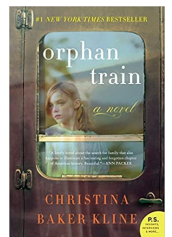
Perhaps the best thing about all this is the realization that we are not alone. We will all pass through these very experiences, so it’s important that we care for ourselves and one another. If you are struggling, please reach out. Call me or the church office. There are also a number of resources offered by the city and state. And, of course, remember that God makes this journey with us, we are not alone. As we all spend time in prayer, may we be keenly aware that God holds us in God’s heart as we hold one another.

I hold you all in my heart,

*Pastor Karen*



### Book Club News



Book Club will meet again **Saturday, April 25, 9:30 am** will be meeting via ZOOM. The ZOOM link is:

Our book for discussion is:  
**Orphan Train by Christina Baker Kline**

This will be a little new for everyone. Question? Call Kristi Bowker.

*Anyone is welcome to join in our discussions at any time. We usually meet on Saturday mornings, but check the FCC Calendar of Events for specific dates and times.*

## April Act of Kindness

Our April 2020 Act of Kindness (AOK) will be remotely collecting monetary donations for the Nebraska Disciples of Christ Region. Since the offering collected at the Maundy Thursday DOC Service would have gone to the Region, this is a way for FCC to make good on this promise.

Last fall when the Executive Committee, the Finance Team, and the Outreach Team agreed to suspend our quarterly funds to the Disciples Mission Fund (DMF), all local designated Outreach recipients, and Global recipients due to our lack of budget, our Region was among that group in two ways. The Nebraska Region receives a percentage of the Disciples Mission Fund and was one of the six local designated recipients. In 2018, the Region received \$1,112.75 from First Christian Church Outreach funds. This loss of revenue combined with the decrease in DMF allocations has greatly affected our Region and the support it provides to a variety of ministries in our state.

Please consider making a donation by mailing a check to the church payable to FCC with April AOK on the memo line. Or if you use AutoPay, put April AOK in the subject line when you email your request to the FCC office. If you are enrolled in AutoPay, your donation request email will be considered your FCCheck payment authorization.

Please be kind to yourself, your family, your friends, and your neighbors as we face this unknown virus in our community, state, nation, and world.

Your Outreach Team,  
Kathy Harris, Gary Larsen, Tom Mason,  
and Elaine Parman



Dear Members and Friends,  
We trust and pray that you, your family and co-workers are enduring the Covid-19 pandemic in good health and safety. These are times of uncertainty. Life as we know it has been abruptly changed.

Without a doubt, we have been changed through the 2020 Experience. It has been "Real!" as we have learned to be church together in new ways and have grown in relationship and love. **Understanding the times we are living amid COVID-19, we are saddened to communicate that the 2020 Experience, "It's Real" will not take place as originally scheduled in July of 2020.** The ministries of the National Convocation, NAPAD and the Obra Hispana will enter into a time of discernment regarding the future of this experience. We are grateful to those persons registered, our program participants, sponsors, vendors, volunteers, the Local Arrangements Committee, the Christian Church in the Southwest and our respective Boards of Trustees. Your support and leadership has laid the foundation for a new understanding of who we are as Church. For this we are grateful and we look forward to sharing stories about how we have been changed through this Experience.

We do encourage you to stay safe. We pray for an end to the Covid-19 pandemic and a beginning to the world's healing and recovery. Then we will truly have a cause for rejoicing.

Therefore, we look forward to seeing what the Lord has prepared for us all. Keep the faith in our faithful God. "God is our refuge and strength, a very present help in trouble." (Psalm 46: 1)

Let us remember the scriptural foundation that brought us together and continues to call us together: "After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. They cried out in a loud voice, saying, 'Salvation belongs to our God who is seated on the throne, and to the Lamb!'" (Rev. 7:9-10) It's Real!

Sincerely yours,

Rev. Dr. Timothy James, Rev. Lori  
Tapia, Rev. Chung Seong Kim



**Coming in August – Kamp  
Kaleo Rummage Sale**  
First Christian Church  
Lincoln, NE

### Questions?

Contact D'Arcy Blosser  
or Gwen Belden

## New April Office Hours

In an effort to comply with the State of Nebraska “Work-at-Home” recommendations, we will be changing the FCC Office Hours. If you need something from the office, please call first to see if the church administrator is in. The office **WILL BE OPEN** from 8:30 am to 2:30 pm on the following days:

Mon. April 20  
 Tues. April 21  
 Wed. April 22  
 Tues. April 28  
 Wed. April 29  
 Tues. May 5  
 Wed. May 6  
 Tues. May 12  
 Wed. May 13  
 Tues. May 19  
 Wed. May 20  
 Tues. May 26  
 Wed. May 27

Emails and voicemails **WILL** be checked regularly. In addition to complying with state regulations, these new hours will save the church essential funds which may be needed by the end of this pandemic.

If you have any questions, please contact Kelly T. in the church office, (402) 475-4289 or [info@fcclincoln.org](mailto:info@fcclincoln.org).

## Prayers & Praises April 23, 2020

In the Nebraska Region:

- Grand Island FCC and Rev. Julie Western
- Hastings FCC and Rev. Dustin Bower

Our Global Ministries Missionaries:

- Fritz-Gerald Joseph serving in Morocco
- Kaitlin Thompson serving in Dominican Republic



Find more information and stories about our Global Ministry partners at [www.globalministries.org](http://www.globalministries.org)



### STEPHEN MINISTRY

“Encourage one another and build each other up, just as in fact you are doing.”

1 Thessalonians 5:11

*Below is a re-creation of the “Emotional Phases of a Disaster: Collective Reactions” graph that Pastor Karen has discussed in her Pastor’s Corner. This information was provided by the Regional Office of the DOC. If you would like more information, contact the FCC Office at [info@fcclincoln.org](mailto:info@fcclincoln.org).*

### EMOTIONAL PHASES OF A DISASTER: COLLECTIVE REACTIONS

