



# First Christian Church

## Disciples of Christ

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

# Messenger

430 S. 16<sup>th</sup> St.

Lincoln, NE 68508

402.475.4289

[www.fcclincoln.org](http://www.fcclincoln.org)



**Rev. Dr. Karen Moritz**, Pastor  
**Kelly Tyrrell**, Church Administrator  
**Mark W. Miller**, Director of Music Ministries

**Sara Lugn**, Stephen Ministry Leader  
[www.fcclincoln.org](http://www.fcclincoln.org)  
[info@fcclincoln.org](mailto:info@fcclincoln.org)

**Volume 71, No. 9**  
**May 6, 2021**

## Moving Forward

Now that we are back to in-person worship at FCC, we would like to ask about some of our offerings. Are you still using the paper Weekly Worship Bulletin? Are you engaging with Virtual Coffee Fellowship? These and other offerings take time and effort for the staff to create each week, and as we add more elements to in-person worship, our time is valuable. We want to make sure we are offering you the most meaningful worship possible. Any feedback is welcome! Please email the church office at [info@fcclincoln.org](mailto:info@fcclincoln.org), call in at (402) 475-4289, or contact Pastor Karen directly.



## Congregational Singing Is Coming Back

I am guessing we have all missed singing on Sunday mornings. I know I have. Well, the wait is over! At our Worship Team meeting, we decided the time was right to return to singing as a congregation. Pentecost Sunday, May 23rd, seemed like the perfect Sunday to reinstate this dearly missed part of our weekly worship service. We want to continue to be safe, so we will wear our masks when we sing. We hope you will come celebrate the Church's Birthday by lifting your voices to make a joyful noise unto the Lord! We also encourage you to wear red on Pentecost.

## Sympathies

Our condolences go out to Kara Madison upon the recent passing of her father.

Our sympathy also goes to the Dockhorn family upon the passing of Rick's father.

Both family's addresses can be found in the FCC Directory if you wish to send a card. We are sure they would appreciate love and prayers from their FCC Family.

## **Don't Forget SCRIP**

See Donna after worship or send an email if you are interested in SCRIP. We have several cards on hand. Remember, SCRIP is a win-win for local businesses and First Christian Church.

I want to thank the gracious and anonymous soul for the lovely book by W. Phillip Keller entitled *A Shepherd Looks at Psalm 23*. Thank you for your kind words and the thoughtful gift.

With heartfelt thanks,  
*Pastor Karen*

**If you have had any problems with online worship, please let us know in the FCC Office at 402-475-4289**

## Pastor's Corner

**“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”  
Matthew 11:28**

**“Bear one another’s burdens, and in this way you will fulfil the law of Christ.” Galatians 6:2**

May is Mental Health Awareness month. While this awareness is always important, it seems particularly important these days. We have all had a number of challenges this past year with the pandemic and strife in our communities, nation, and world. As the church we are called to stand with one another in challenging times. We are also called to share one another’s burdens. We do this incredibly well when it comes to physical challenges, but it is often more challenging to share the burdens we face when they are mental or spiritual ones. As one who has struggled with clinical depression I am keenly aware of how important mental health and well-being are for us as individuals and as members of faith communities.

This was really brought home for me this past weekend. On Saturday May 1st, Elaine Parman and I participated in a training event entitled “Adult Mental Health First Aid.” The introduction to our Participant Processing Guide said:

When you use the skills learned in Mental Health First Aid (MHFA) you are the first line of support for a person in need. You are there to help them feel less stressed and you can be a vital resource in helping them seek further assistance. Your body language, what you say, and how well you listen can have a powerful impact. The quality and type of support you offer through listening can enhance coping and self-esteem. With an accurate view of mental health challenges and using a strengths-based holistic perspective you can help others. You can also be an advocate, empower your community, and improve self-care. As a Mental Health First Aider you can be the one to make a difference in the life of someone with a mental health challenge. Your actions can be a first step in someone’s recovery journey.

Our trainer Teri Effle (the name may sound familiar to many of us) reminded us of the statistic that 1 in 5 people will face a mental health challenge at

some point during their life. I suspect this number may grow as we continue to move through this time of pandemic and protests. Elaine and I took this training as an outgrowth to our previous training with Faith Partners. As a part of this training we learned an important acronym to help us as we strive to help others. This acronym is ALGEE.

**A** stands for Assess

**L** stands for Listen

**G** stands for Give reassurance, encouragement and information

**E** stands for Encourage referral to someone who can help

**E** stands for Encourage self-help and support from others as appropriate

I think ALGEE can be a helpful guide for us all. The foci are on listening and encouragement. Even in the best of times, we all need to listen and encourage one another. All of us also need times when we are listened to and encouraged as well.

If you would like to learn more about this training please feel free to contact me or Elaine. You can also find resources on the National Benevolent Association site at: <https://www.nbacares.org/care-resources/mental-health-awareness-month>. During this month of Mental Health Awareness may we be empowered to give our burdens to Christ and to share our burdens with one another knowing that we need not carry them alone.

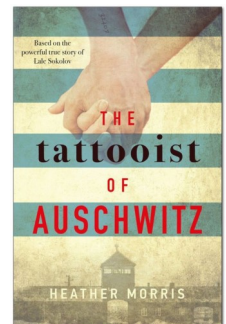
With hope and joy,  
*Pastor Karen*

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## Book Club News

Book Club will meet again Saturday June 12th at 9:30 am at Cheryl Judds’ home. See email for more information!

Our book for discussion is:  
***The Tattooist of Auschwitz***  
by Heather Morris



Some of the upcoming titles to be discussed include:

*The Fountains of Silence* by Ruth Sepety

*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, or change of location.*



*This I Know: Finance Notes*

**“And we know that for those who love God all things work together for good.”  
Romans 8:28**

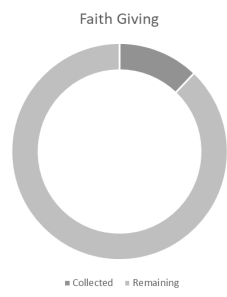
**The Donate Button** - an easy and convenient way to fund and support the mission and ministries of First Christian Church. To date, the donate button has generated over \$1,300 in contributions - Thank you!

While the donate button is an excellent way for online visitors and interested persons to support FCC, it does incur fees. We encourage members to use FCC AutoPay. **100%** of your FCC AutoPay donation goes to support the ministry and mission of First Christian.

**FCC AutoPay** - an easy, convenient, and secure way to electronically transfer funds from your checking/savings account directly to the church with **NO** fees. Enrolling is easy - enrollment forms are available in the Narthex, FCC office, or emailed to you upon request. AutoPay contributions can be made by using the green FCCheck forms (located in the pews), emailing the FCC office, or they can be scheduled by contacting Donna Ruhl or Susan Pallas-Duncan.

**Faith Giving is necessary to support and sustain the basic operation and ministries of First Christian Church every week.** A monthly average of **\$65 per family** is all it takes to meet our 2021 Faith Giving goal. As of April 30, we have received \$5,844 in Faith Giving.

Dark Grey: Received  
Light Grey: Remaining



May the Spirit of God be with you,  
*Finance Team*

***Those Serving in May***

If for any reason you will be unable to fulfill your requirement, please find a substitute and alert the FCC Office. We can also help find substitutes if necessary.

**Worship Leader**

- 5/9 Leigh Lestina
- 5/16 Jessica Effle
- 5/23 Jessica Effle
- 5/30 Wayne Duncan

**Elders**

- 5/9 Cecilia Burkhart
- 5/16 Doug Effle
- 5/23 Monte Dietrick
- 5/30 Jim Blosser

**Hallway Hospitality**

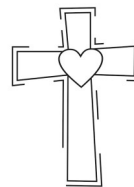
- 5/9 Mike Carlin
- 5/16 Geoff Putney
- 5/23 Jim Christ
- 5/30 Rich Calver

**Ushers/Greeters**

- 5/9 Monte Dietrick
- 5/16 Wayne & Susan Pallas-Duncan
- 5/23 Elaine Parman
- 5/30 John & Lindsay Swanson


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**Daily Devotions**



Are you interested in receiving a daily devotion by email? For the past couple years, I have been sending a daily devotion, from a variety of authors, to the Elders, Stephen Ministers, and other friends. I would be happy to add you to my late night email. If you are interested, please email me or let Kelly, our Church Administrator know, and I will be happy to add you to my email. If at any time you decide you no longer wish to receive it, just let me know.

*Sara Lugh*



**STEPHEN MINISTRY**

“Dear friends, since God so loved us, we also ought to love one another.”

**1 John 4:11**

# Prayers & Praises May 6, 2021

In the Nebraska Region:

- Havelock Christian Church and Rev. Rob Welch
- Humboldt Christian Church and Rev. Howard Blecha

Our Global Ministries Missionaries:

- Karen Campbell-Nelson serving in Indonesia

Find more information and stories about our Global Ministry partners at

[www.globalministries.org](http://www.globalministries.org)



## From the National Benevolent Association

As the health and social service general ministry of the Christian Church (Disciples of Christ), the NBA takes seriously its call to create communities of compassion and care through dialogue and action centered on issues related to mental health. With hopes to support the prioritization of mental health and wellness in the life of the church, the **Mental Health and Wellness Initiative** aims to establish the necessary awareness and understanding required to counter stigma and change the landscape of conversation regarding mental illness and disorders within the church.

### Our Work

The Mental Health and Wellness Initiative has five main vision areas to do this work:

1. **Cultivate welcoming, educated, and inclusive congregations** by countering stigma of mental illness and raising awareness of mental health maintenance and recovery
2. **Provide resources and educational support** for Disciples congregations, clergy, seminarians, and community members
3. **Collaborate and connect** with existing ministries, social service agencies, organizations, and initiatives promoting mental health maintenance and recovery
4. **Encourage the sustainability and innovation** of mental health ministries in congregations, regions, and the general Disciples community
5. **Support clergy mental health and wellness** by providing spiritual and wellness care related to disaster and social justice crisis

## Lincoln First Christian Church Calendar of Events

Thursday, May 6- Messengers Mailed

Sunday, May 9

10:30 am Worship - Sanctuary  
12:00 pm Virtual Coffee Fellowship - Zoom

Tuesday, May 11

11:00 am Recorder Consort Rehearsal  
Sanctuary

Wednesday, May 12

12:00 pm Spiritual Gifts Study - Library

Saturday, May 15

3:00 pm Bell Tree Rehearsal - Sanctuary

Sunday, May 16

10:30 am Worship - Sanctuary  
12:00 pm Virtual Coffee Fellowship - ZOOM  
6:00 pm Board Meeting - Parlor

Monday, May 17

12:00 pm Messenger Deadline

Tuesday, May 18

9:00 am Staff Meeting - Conference Room  
11:00 am Recorder Consort Rehearsal  
Sanctuary

Wednesday, May 19

12:00 pm Spiritual Gifts Study - Library

Thursday, May 20 - Messengers Mailed



Sanctuary Flowers \$45

Call the FCC Office at  
402-475-4289 or email  
to [info@fcclincoln.org](mailto:info@fcclincoln.org)