



First Christian Church
Disciples of Christ

430 S. 16th St. Lincoln, NE 68508 402.475.4289

Messenger

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

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Letters for the Congregation

Dear FCC Family,
Thank you so much for the wonderful going away celebration you held for me. It really has been a pleasure being a part of this community for the past 8 years and I will miss seeing and spending time with all of you. Thanks for all your support over the years!

Love, Karl Ahrendsen



A very big THANK YOU to all for the birthday wishes (with singing!), flowers, gifts, and wonderful chocolate cake following worship on July 31.

Mark Miller

Volunteers Needed

Again this year, FCC will be collecting donations for Husker home football game parking in our parking lot. Coffee, cookies and bottles of water are offered to those making donations.



Last year this volunteer ministry raised just over \$1,000 for Faith Giving.

Jim Christ and Monte Dietrick oversee this ministry and are inviting you to join them. At least one more volunteer is needed each home game day. Your time commitment begins 4 hours before kickoff.

Home football games are as follows:
September 3rd vs. North Dakota @ 2:30 pm
September 10th vs. Georgia Southern @ 6:30 pm
September 17th vs. Oklahoma @ 11 am
October 1st vs. Indiana @ 6:30 pm
October 29th vs. Illinois @ TBD
November 5th vs. Minnesota @ TBD
November 19th vs. Wisconsin @ TBD

Thanks to Susan Pallas-Duncan (Sept 3), Wayne Duncan (Sept 10) and Elaine Parman (Sept 17) for signing up to assist with this ministry.

Look at your calendar and then let the church office know which date works for you.

Pastor's Corner

“Insults have broken my heart, so that I am in despair. I looked for pity, but there was none; and for comforters, but I found none.” Psalm 69:20

How often have we yearned for pity from others and, like the Psalmist, have not found it? I know that, when this happens to me I am the first one to show myself the pity I yearn to receive from others. Like pity, self-pity can be destructive. Anything given out too abundantly can lead to problems. I have come to realize that I am the queen of self-pity. As many of you know, I have been dealing with some health challenges lately. The most recent one has been undergoing a third round of oral surgery to deal with my life-long dental issues. I have come to realize that when I am not receiving the pity and support I want from others I give it abundantly to myself. I am not proud of this tendency, but I have come to realize that I must face it in order to deal with it. When mired in a bout of self-pity all I see is the negative. I become painfully aware of the negative things in my life and in the world. Sometimes, I think we as a congregation can also become bogged down by self-pity. When this happens we only see the negative; there are not enough people, money, or resources. While it is important to acknowledge the realities of life, how do we do so without becoming bogged down by negativity?

As I struggle with this issue for myself I came across an article which provided some helpful guidelines for moving out of negativity into a more positive and life affirming perspective. In an article on the Psychology Today website author Amy Morin wrote an article entitled “9 Ways to Get Past Self-Pity: How to stop a downward spiral before it starts.” I found her article helpful personally and, I believe, it could be helpful for us as a community. She began by admitting that we all face difficulties and painful experiences in life. It is important to acknowledge these painful seasons and events, however, it can be self-destructive to move into self-pity. Dealing with adversity in this way can cause more problems. Morin suggested that: “Mentally strong people refuse to allow self-pity to sabotage their goals. Instead, they use life’s inevitable hardships as a way to grow stronger and become better. Here are 9 ways to avoid the trap.” Morin said that mentally strong people:

1. Face Their Feelings-they do not focus on whether their problems are “fair” or whether they suffer more than others.
2. Recognize Warning Signs of the Downward Spiral-they become aware of their negative thinking.

3. Question Their Perceptions-are things really as bad as they seem?
4. Turn Their Negative Thoughts Into Behavioral Experiments-don’t let negative thoughts become self-fulfilled prophecies. Challenge those thoughts by acting as if the positive is true.
5. Reserve Their Resources for Productive Activities- Mentally strong people refuse to waste precious time and energy on their misery. Instead, they devote their finite resources to productive activities that can improve the situation.
6. Practice Gratitude- Self-pity is about thinking, “I deserve better.” Gratitude is about thinking, “I have more than I need.”
7. Help Other People
8. Refuse to Complain
9. Maintain an Optimistic Outlook-nurturing a sense of hope is critical for those of us who are people of faith.

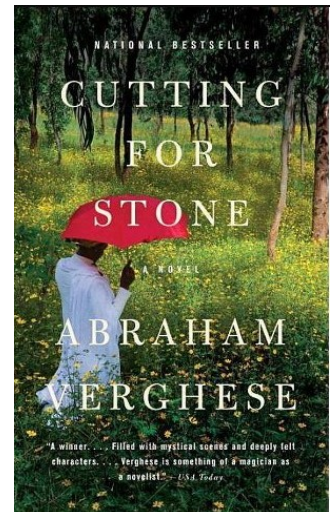
Perhaps you are fortunate enough that you do not deal with this struggle on a personal level. However, I know this is a life-long pattern for me and it will require attention and effort on my part to change it. I can begin changing this tendency today. I think this process can guide us toward a more positive outlook here at FCC as well. I invite us all, personally and as a community, to work on eliminating self-pit and negative thinking. With God’s help and guidance we have the chance to embrace a new way of being that embraces genuine feeling, true perceptions, optimism, gratitude, service and action.

In peace and love, Pastor Karen

Book Club News

Book Club will be meeting August 13, in the church parlor!

**Our book for discussion is:
Cutting for Stone
by Abraham Verghese**



All Church Picnic

August 20th 5:00pm - Bethany Park Open Shelter

Bring food to share and your own table service.
drinks will be provided.

Contact Connie Calver with Questions



Those Serving in August 2022

If for any reason you will be unable to fulfill your requirement, **please find a substitute**. All of these positions need to be filled each morning.

Worship Leader:

August Marcia Foster

Elders:

August 7 Elaine Parman
August 14 Monte Dietrick
August 21 Cecilia Burkhart
August 28 Wayne Duncan

Deacons:

Kristi Bowker, Keaton Bowker, Riley Bowker, Brad Bowker

Communion Prep:

Kristi Bowker, Brad Bowker
Homebound Communion: **August 14th**

Homebound Communion Teams: (August 14th)

Kristi Bowker & Monte Dietrick
Keaton Bowker & Cecilia Burkhart
Brad Bowker & Wayne Duncan
Riley Bowker & Jim Blosser

Hallway Hospitality:

August 7 Mike Carlin
August 14 Geoff Putney
August 21 Vince Ortega
August 28 Rich Calver

Ushers/Greeters:

August 7 Monte Dietrick
August 14 D'Arcy Blosser
August 21 Jim Blosser
August 28 Susan & Wayne Pallas-Duncan

Acolytes:

August 7 Hunter & Edryk Christianson
August 14 Riley Bowker and Evan Foster
August 21 Rebecca & Katrina Swanson
August 28 Christian Swanson & Kyson Effle

THANK YOU for volunteering. Your efforts at First Christian Church is what keeps Sunday worship alive and thriving!

All Hands on Deck

As of June 30th, our expenses have exceeded income by just over \$21,000.

Pledges and Faith Giving are lagging behind where they should be at this time of year. In order to pay our current bills, we are being forced to use our limited cash savings.

Thank you to everyone who is supporting the mission and ministries of First Christian Church through Faith Giving! Let's all pitch in and become an integral part of the mission and ministry of FCC. Faith Giving is necessary to support and sustain the basic operation and ministries of First Christian Church every week. **\$65 a month, or only \$2.50 a day** (the price of a large cup of coffee at Scooters) **per family** is all it takes to meet our 2022 Faith Giving goal.

Our 2022 Faith Giving goal is \$40,000. As of July 31, we have received \$5,696 in faith giving. Please consider a Faith Giving gift to First Christian Church. We look forward to you showing your gratitude for everything FCC means to you.

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

Save the Date!

This year Praisefest will be on September 11th.
More details coming soon.

What I Like about FCC!

In this time of late summer as we contemplate the coming fall season and prepare for renewing and creating ministries, I want to celebrate what I think is an amazing church with amazing people and why I am so proud to be a part of this community of faith.

I love our church because worship is central.
I love our church because it honors the past and prepares for the future.
I love our church because it does ministry outside of its four walls.
I love that our church is highly relational. All are welcome and loved.

Mark Miller

Prayers & Praises August 4, 2022

In Our Church Family:

- Marvin Thurber
- William Deterding
- Vic Burgess
- Jessica Vocasek
- Harold & Donna Baker
- Polly Putney
- Lois Frogge
- Joan Dietrich

Relatives:

- Family and friends of George Bowker, *Brad Bowker's father who passed away last week*
- Family and friends of Doug Wielage, *Jessica Vocasek's uncle who passed away recently*
- Friends and Family of *Vic Burgess*
- Roger Christianson, *with stage 4 cancer, father of Brady Christianson*
- Family and friends of Annie DeLosSantos, *sister of Vince Ortega who passed from cancer recently.*
- Laurie Aufdemberge, *with breast cancer, sister of Kristi Bowker*

Friends:

- Cedric Gibb, *healing prayers, friend of Cec Burkhart*
- Carson Mousel, *grandson of Bob and Eileen Kunz, from Mildred Brockemeyer*
- Dan Principato *recovering from surgery for Dercum's disease, friend of the Vocaseks*
- Family of Barb Kuzma, *with brain tumor, friend of Kristi Bowker*

Our Timothys:

- Bruce Frogge *at Cypress Creek CC in Spring, TX*
- Glenda Dietrich Moore, *Creative Arts Ministry in Lincoln, NE*

In the Nebraska Region:

- Pawnee First Christian Church and Rev. Diane Morgan

Our Global Ministries Missionaries:

- Rachel Pellet serving in Jamaica

Find more information and stories about our Global Ministry partners at

www.globalministries.org



STEPHEN MINISTRY

"Freely you have received, freely give."

Matthew 10:8b

Lincoln First Christian Church Calendar of Events

Sunday, August 7 - Scrip Orders Due

- 9:15 am Summer Choir - Sanctuary
- 9:45 am Worship Team Rehearsal - Sanctuary
- 10:30 am Worship - Sanctuary

Tuesday, August 9

- 9:45 am Handbell Quartet - Sanctuary
- 10:45 am Recorder Rehearsal - Sanctuary

Wednesday, August 10

- 12:00 pm Foundation Meeting - Parlor

Friday, August 12 - Office Closed

Saturday, August 13

- 9:00 am Book Club Meeting - Parlor

Sunday, August 14

- 9:15 am Summer Choir - Sanctuary
- 9:45 am Worship Team Rehearsal - Sanctuary
- 10:30 am Worship - Sanctuary

Tuesday, August 16 - Messenger Deadline

- 9:00 am Staff Meeting
- 9:45 am Handbell Quartet - Sanctuary
- 10:45 am Recorder Rehearsal - Sanctuary

Thursday, August 18 - Messenger Sent

Saturday, August 20

- 5:00 pm All Church Event - Picnic

Sunday, August 21

- 9:15 am Summer Choir - Sanctuary
- 9:45 am Worship Team Rehearsal - Sanctuary
- 10:30 am Worship - Sanctuary
- 6:00 pm Cabinet Meeting - Parlor

August Birthdays

- 10th Phyllis Thurber and Katrina Swanson
- 12th Nick Calver
- 13th Mildred Brockemeyer and Donna Ruhl
- 16th Jared Calver and Sara Lugn
- 21st William Deterding
- 25th Jim Christ
- 31st Keaton Effle

