

BREAD



7020 Cass Street Omaha, NE 68132 (402)556-6262 www.fumcomaha.org

March 2013

Worship Schedule

Sundays

8:30 & 10:50 a.m., Sanctuary

Taizé Worship

Saturday, March 2

5:00 p.m., Mead Chapel

Pastors:

Jane Florence, Senior

Debra McKnight, Associate

"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 Reconciling Ministry Network working against injustice and discrimination through peace and justice."

BREAD is published once monthly.

Submit your articles by the 15th of each month to Roberta.Coss@fumcomaha.org.

Copies of BREAD are available in the printed version mailed to your home or found around the church building, the electronic version e-mailed to the address you provide, or the electronic version on the church's website.

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Rev. Dr. Jane Florence

Ponderings from Your Pastor...

Our Lenten journey continues throughout the month of March this year with the last week of the month bringing us to Holy Week and the Easter Celebration. Lent is our time of preparation. It is when we give extra devotion to prayer, fasting, almsgiving, and whatever spiritual practices draw you deeper into the awareness of God's presence. Oftentimes intentional practices developed during Lent continue as important spiritual experiences throughout the rest of the year or lifetime.

It is natural for us to shy away from change or challenge to try something new. How appropriate that we take on new spiritual practices during this time when our tradition tells us Jesus was headed towards Jerusalem. Jesus' actions had been a cause for concern to the religious authorities from the beginning of his public ministry. The religious leaders and other people in power were disturbed when crowds gathered around Jesus to hear him teach and experience his healing. They were threatened when he reinterpreted their scriptures and their customs. They feared what would happen if he were allowed to continue, so the gospels are clear in naming the plot to kill Jesus that is woven throughout his story.

Jesus knew his trip to Jerusalem would mean his death. For when humans fear someone or something, our most common reaction is to kill it. Jesus knew the leaders were awaiting an opportunity to silence him. However, he did not quit teaching; he did not shy away from change or challenge.

We are Followers of The Way of Jesus. It is a way of peace and nonviolence. It is a way of courage and resolve. It is a way of intentional living and intentional dying. It is a way of growing awareness of God's presence in, through, and around all.

I pray your Lenten journey is a meaningful time of spiritual awareness and growth. I pray you will be present (and extend an invitation to another) to our Easter Celebration of new life.

Grace and peace, *Jane*



(All services in the Sanctuary unless otherwise listed.)

Holy Thursday, March 28, 7:00 p.m.

Good Friday, March 29, 7:00 p.m.

Easter Vigil, Saturday, March 30, 6:00 p.m.--Urban Abbey

Easter Sunday, March 31, 8:30 & 10:50 a.m.

Staff Extensions & E-mail Addresses:

1002.....	Pastor.....	Jane.Florence@fumcomaha.org
1006.....	Pastor.....	Debra.McKnight@fumcomaha.org
1001.....	Office Administrator.....	Roberta.Coss@fumcomaha.org
1005.....	Youth Coordinator/Membership.....	Becky.Jones@fumcomaha.org
1021.....	Music Ministries Director.....	Mark.Kurtz@fumcomaha.org
1003.....	Finance Manager.....	Ed.Pearce@fumcomaha.org
1010.....	Building Manager.....	Steve.Nehrig@fumcomaha.org
1008.....	Dir of Children's & Comm Programming.....	Barrett.Scroggs@fumcomaha.org
1004.....	Director of Adult Education.....	Mary.Spurgeon@fumcomaha.org
1009.....	Rainbow Factory Preschool Director.....	Linda.Thompson@fumcomaha.org
	Urban Abbey Manager (Jim Dias).....	UrbanAbbey@fumcomaha.org
	Music Associate.....	Marie.Meyers@fumcomaha.org
	Mins w/Cognitively Impaired & Healing Arts.....	Sue.Rood@fumcomaha.org

Office Hours:

Monday-Thursday, 8:30 a.m.-4:00 p.m.
Friday & Sunday, 8:30 a.m.-12:00 noon
Closed Saturday

Faith Community Nurse: Jan Dixon, 402-571-4076
Community Counselor: Becky Herber, 402-354-6891, ext. 21

Urban Abbey website: www.UrbanAbbeyOmaha.com

Welcoming

Attendance for February 2013

	Total Attendance	First Time Visitors
1/27/13.....	354.....	3
2/3/13.....	355.....	4
2/10/13.....	480*.....	3
2/17/13.....	391.....	7
2/24/13.....	245.....	11

*Ash Wednesday services are included—attendance was 148 from both Urban Abbey & FUMC services

Taking a Step towards Accessibility

In the plans for the renovation of the east side of our building, phase three included reopening the accessibility passageway between the “link” (incline along the north wall between the Gathering Place and the Education wing) and the office. For a while that space served as a Conference room, and most recently it housed Becky Jones, Membership Director and Youth Coordinator.

With our commitment to make our facility as accessible to all as possible, and with phase three seeming to be many years off, we decided it would be most appropriate to address any issues of non-access sooner rather than later.

Our staff has worked hard to make this change a reality. Becky Jones is now sharing office space with Barrett Scroggs, Children and Urban Abbey, in the office wing. The doors between the “link” hallway and the office are now open so all can reach the offices easily. This space will also be used during the week for private conversations and staff conferences when privacy and security are important.

Many thanks to Becky, Barrett, Jerry, Steve and Roberta for their efforts in opening our space to all and being adaptive to office partnerships.

The Building Committee continues to work with our architects to incorporate as much of our desires as possible in the plans for renovation. Hopefully, we will have some more detailed plans to share soon regarding the new look for our Crossroads Commons area (the space in and around Cary Hall).

From the Library Shelf...

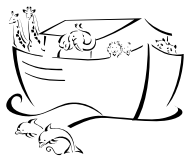
“A Place at the Table” by Bruce Bawer is a passionate call for a peaceable kingdom in which homosexual people are permitted to be what they are—human beings of many parts, only one of which is their sexuality, rather than forced into the narrow stereotypes into which their friends and enemies, alike, seem bent on consigning them.



“The Undiscovered Self” by C.G. Jung is a small uninviting little “old” paperback which still has a big message for today. Jung says, “It is, unfortunately, only too clear that if the individual is not truly regenerated in spirit, society cannot be either, for society is the sum total of individuals in need of redemption.”

You can find these and MANY more books in the Adult Library (room 107) and in the Gathering Place.

Noah’s Ark Library—



This is the children’s library located directly across from Cary Hall in the north education wing.

If you’ve checked out a book or other media that needs to be returned, the blue bin right outside the door can be used for that purpose and is there all the time!

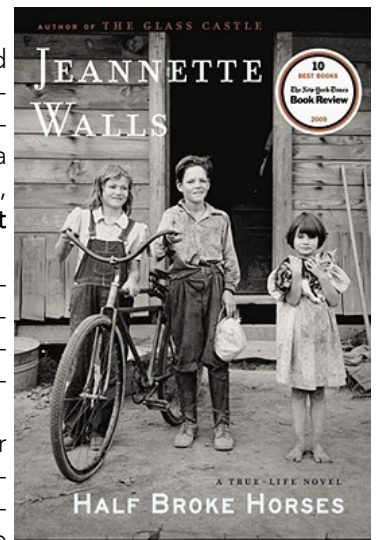
Questions can be answered best by Kathy England at 402-292-1312 or volunteermomke@cox.net.

March 21 Book Review

Luanne Coziahr just read “Half Broke Horses” by Jeannette Walls and really enjoyed it! She will be giving a review of it on Thursday, March 21, in the Parlor at 10:00 a.m.

This is the story of the author’s grandmother’s life during the 1900s. It is about resilience, fortitude and courage.

Please come and hear about this remarkable woman. You will remember Jeannette Walls also wrote “The Glass Castle”. We look forward to seeing you!



Be sure to “Like” us

First United Methodist Church-Omaha

The Kids Zone @ First Church

First United Methodist Church-Omaha Youth

Urban Abbey Omaha

Spirituality



A Solution to the Christian Identity Crisis of our Time



Brian McLaren will appear at **First Church, March 8-10**, as speaker for the Horizons of Faith 2013 lectures. The event is titled, *Why Did Jesus, Moses, the Buddha, and Mohammed Cross the Road? Christian Identity in a Multi-Faith World*.

What would happen if Jesus, Moses, the Buddha and Mohammed bumped into each other as they were running errands? Would Jesus grit his teeth, overcome his internal derision for each of them, smile sweetly and start a smooth, charming process of converting them? If each respectfully declined, would he pick up rocks and hurl them at them? Isn't it more likely that each of them would recognize the Divine Spirit in one another, and spotting a coffee shop across the street, walk over together to have a fabulous conversation with kindred souls?

Join Brian McLaren as he confronts this dilemma for today's Christians and shows us a basis in Christian doctrine for a kinder approach to people of other faiths and no faith, a change in liturgical focus that can strengthen us in benevolence and service, and a focus on missions that can transform our religiously hostile world.

The event begins Friday night, March 8 and continues through Saturday. Mr. McLaren will preach on Sunday morning and speak during Faith Studies@First. Registration is required for Friday night and Saturday.

Event brochures are available around the church building. You may also access the complete brochure and registration form, and find additional information about our presenter, with a link to his web site, on the church web site and at www.HorizonsofFaith.com.

Registration is \$20 for Friday night only and \$65 for Friday night and Saturday. Registrations will be accepted at the door. We look forward to having you join us!

—Mary Spurgeon, Horizons of Faith Committee

Horizons of Faith is a weekend event of progressive Christian education instituted to lend hope, courage, and deeper understanding to the lives of faith seekers.



Taizé Services

Taizé worship is an invitation to listen and to open hearts and minds to the Divine Presence. It is prayer.

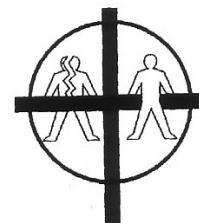
Taizé services are inspired by the Taizé ecumenical monastic community in France in the small village of Burgundy. The community was founded by Brother Roger Schutz during

the Second World War.

Each Taizé service is unique but common characteristics include a period of silence, the use of candles and the meditative weaving together of readings, prayer and music.

Taizé services are held on the first Saturday of each month at 5:00 p.m. in Mead Chapel. All are welcome!

Stephen Ministry Open House Wednesday, March 20, 6:30-8:00 p.m., Parlor



You are invited to an Open House to learn more about the Stephen Ministry program and we hope to enrich your spiritual journey as well.

Stephen Ministers are lay people (not clergy) who go through training to give care to those who are hurting and also to act as assistants to the pastors with visitations to those who are hospitalized or in care facilities.

The Stephen Ministers will share examples of the type of caregiving they provide as taught to us by God to make a difference in the lives of others.

This Open House is not to make a commitment but to learn more about this wonderful program. It will also be a time when those who are inactive Stephen Ministers can learn about how they can become active once again through visitations and/or assisting with training for new Stephen Ministers.



CENTER FOR Faith Studies

Bishop John Shelby Spong April 12-14

The Center for Faith Studies at Countryside Community Church, 8787 Pacific Street, hosts Episcopal Bishop Spong for presentations from his recent book *Eternal Life: Beyond Religion, Beyond Theism, Beyond Heaven and Hell*.

Over the past four decades, Spong has become one of the definitive voices for intelligent and progressive Christianity. At this weekend gathering, he will offer perspectives on whether people living in the 21st century can still believe in eternal life with credibility, proposing a way to envision eternal life that rises out of a contemporary understanding of life and consciousness.

Bishop Spong's schedule includes a patron dinner Friday night, lectures, Q & A, and book-signing on Saturday, and preaching Sunday at both the 9:00 a.m. (Classic) and 11:00 a.m. (Jazz) services at Countryside. Full event brochures are available.

Please contact Director Cyndi Kugler at 402-391-0350, ext. 121 or cyndik@countrysideucc.org.

Supporting

Please remember in prayer
these members of Our Church Family

For Continued Healing: Betty Alderman, Dean Barnett, Judy Bornholdt, Roger Burns, Dick Burroughs, Phyllis Burroughs, Milo Cowdery, Milton Davison, Betty Dorr, Terri Elliot-Mason, Kathy England, Leah Gadzakowski, Ella Gerber, Charlie Gould, Garnet Hafer, Paul Halverson, John Hansen, Gladys Haskett, Audrey Heavrin, Jim Horrocks, Deline Jensen, Diane Jensen, Eileen Johnson, Nan Knicely, Sharisse Kroh, Bev Lobo, Deborah Mabry-Strong, Mildred Mattson, Norm Miller, Bonnie Morehead, Marv Morgan, Suzanne Morgan, Ella Muntz, Cheryl Nelson, Helen Nipper, Elna Peirce, Dorothy Pennington, Arlene Peterson, Victoria Peterson, Dale Seyl, Laura Seyl, Mary Ellen Shuler, Ed Schwenk, Aliyah White, Carol Windrum, Jack Wright

Sympathies to: The family of Lois Naylor (wife of former Senior Pastor Dr. Robert Naylor) who died January 30 in St. Petersburg, FL; Lee & Ross Kaiser on the death of her brother, Lester, February 18; Simon & Bev Lobo on the death of his brother, Msgr. Anthony Lobo, Bishop Emeritus of Islamabad, February 17; Rev. Debra McKnight on the death of her grandmother, Lila McKnight, February 13; Marv & Suzanne Morgan on the death of his brother, Donald, February 13; Sheran Cramer on the death of her step-sister, Patricia Fokken, February 7; Dale & Ruth Bahney on the death of his mother, Ruth Bahney, February 5; Tracey & Matt Payne at the loss of a beloved grandmother; Wade Shelton on the death of his father January 31.

Celebration of the Baptism of: August Michael Helgerson born December 14, 2012 to Lauren & Michael and baptized February 17.

Celebration of the Birth of: Emily Lynn Tiefenthaler Bornholdt on February 1 to Judy Bornholdt and Tara Tiefenthaler and big brother, Adam; Harper Charlotte Dickson on February 5 to Andrew & Liz and big brother, Ben; Olive Viola Morton born January 7 to Elle & Josh Morton and big sister Penelope Jane.

Celebration of these New Members: Carolyn Anderson; Michael, Lauren & August Helgerson; Sara Peterson & Ashley Roberts; Eric, Jennifer & Violet Rome—all joined February 17.

Please let the church office know if you are hospitalized or if there has been a family loss.



Submit your prayer requests to Marylin Stewart at MarylinS@aol.com or call the church office at 402-556-6262 x1001.

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

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



Together, Inc. thanks us for our monthly donation. To find out more about Together, Inc., go to their website at: www.TogetherOmaha.org.

"We thank you for your visits, inquiries, cards, and prayers during the weeks John has been in the hospital and rehab facilities." —John & Marilyn Hansen

"We would like to thank First Methodist Church and Roger Burns for giving and delivering the nice poinsettia to my husband, Larry. It is nice to be remembered by friends, especially at Christmas." —Ronna & Larry Venn (Editor's note: Our apologies to Ronna & Larry as this was inadvertently left out of the February issue.)

Habitat for Humanity (Urban Abbey Community Partner for October) thanks us for the donation of \$1,067 to support the Habitat for Humanity Young Professionals. This will help to make it possible for 34 families to become successful homeowners this year. For more information about Habitat, visit their website at: www.habitatomaha.org.

Epworth Village thanks us for our contribution of \$25 to help support the family-centered services provided by Epworth Village. For more information about Epworth Village, please visit their website at: www.epworthvillage.org.

UMCOR (United Methodist Committee On Relief) thanks us for our donations to help with disaster response in the United States, and Global assistance for Hurricanes 2012, the Global AIDS Fund, and material resources totaling \$2385. To learn more about these programs, go to: www.advancinghope.org.

Faith Studies@First

What's going on in the Kids Zone?

Join us each Sunday morning at 9:35 for Hosanna Choir and other creative activities upstairs in the Kids Zone (room 208). Parents, be sure your child arrives at 9:35 so that we have plenty of time for fun and learning.

Youth Update

Youth Pasta Feed—March 24 after 2nd service

Your Youth will be serving Pasta with meat sauce, salad, bread, dessert and coffee/tea. It's a great time to sit and chat with friends. Good Food. Good Friends. It doesn't get much better! Your free-will donation supports the Youth Program of First United Methodist Church and its Joplin 2013 Mission Trip. Thank you for your support!

Adult Classes

These classes meet Sunday mornings at the church in the room listed at 9:35 unless otherwise noted.

All are welcome to any class.

Boomers +/- —This class will continue to explore the theme, *The Cosmos and Our Faith Journey*. Interspersed will be an introduction to Brian McLaren, the speaker for Horizons of Faith 2013 here March 8-10. This class meets on the **Stage**.

Connections—You know that passage of scripture that is read during each worship service right before the pastor preaches? Have you noticed how she refers back to that passage in her sermon? Have you ever been astonished to discover that those ancient words actually were relevant to your life today? This month, members of Connections will have the opportunity to offer their own reflections on and enter into conversations about those scriptures. Millennial and GenXers mostly make up this group, but anyone is welcome. They meet in the **Parlor**.

FaithLinks—Each week a new, stand-alone topic from a current event or contemporary problem is explored within the context of the Christian Faith. You, your viewpoint, and opinion are welcome to this intergenerational class. Find them in room **111**.

Galileans—March 3 is the second session of a Lenten study with Mary Spurgeon. March 10, the class will join Faith Studies@First presented by Brian McLaren as part of Horizons of Faith 2013. Ivan Richardson will lead a Lenten study on March 17 and 24. On Easter Sunday, the class will not convene, but join us in April! This class meets in room **112**.

Explorers—*Why Did Jesus, Moses, the Buddha, and Mohammed Cross the Road?* by Brian McLaren will continue to be the subject of discussion until March 10 when they will hear Mr. McLaren in person during Faith Stud-

ies@First. On March 17, they will tie up loose ends with a video of Living Hope UMC—a church in Omaha that FUMC is helping to support and an audio tape on Buddhism. March 24 will be the first of a popular three-session presentation on the Book of Mark by the Rev. Mark Kemling. This group will welcome you in room **108**.

Centering Prayer—This prayer time begins with 10 minutes of fellowship, followed by a 20-minute sit in silence, closing with The Lord's Prayer. This sacred time is set aside for you to be present in each moment and to willingly consent for the Divine to work within you, in community with others who are doing the same. This is a contemporary form of an ancient spiritual practice. All are welcome in **Mead Chapel at 9:45 a.m. on Sunday**. Another Centering Prayer time is offered on the **second and fourth Thursdays** monthly at **6:15 p.m.**, also in **Mead Chapel**.

Sophia's Path—Sophia's Path is a group of women (but men are welcome!) meeting weekly to learn, reflect, support one another, and grow together. This group meets **Wednesdays, 9:30-11:30 a.m.** in room **111**. They are currently reading *The Untethered Soul* by Michael Singer. **Childcare is provided in room 105**. Come join them! Questions? Contact Maria Walker mariabwalker@yahoo.com.

Continuing to Live the Questions Class—Led by the Rev. Dr. Jane Florence—topics are on progressive theology and are discussion-based. Questions are welcomed and encouraged. This class meets on the **1st and 3rd Wednesdays** monthly at **6:30 p.m.** in room **113** and continues with a DVD-assisted study titled *Emerging Voices, Emerging Church*. It explores faith, fear, the experience of God, Jesus, power, the Bible, spiritual practice and transformation through the lenses and words of Spong, Crossan, Borg, Rohr, Chittister, and Taylor. Have you ever pondered any of those topics? Give yourself the gift of this time, place and good company in which to explore them further.

Kids Zone Parents Association Spring Extravaganza

The Kids Zone Parents Association is thrilled to announce some exciting Spring-time events:

Palm Sunday Lenten Family Event: Sunday, March 24—Grab a pasta lunch from the Youth Fellowship Meal in Cary Hall and join us in community from 12-12:30 in room 112. From 12:30-2, we'll have activities for kids and families.

Easter Sunday: Sunday, March 31—We'll have our 3rd Annual Easter Egg hunt followed by our Kids Zone Family Breakfast during Faith Studies@First. Parent volunteers are needed for this event. Please sign up via SignUpGenius.



Inspiring

Worship Assistants for March

March 3—Third Sunday in Lent

*Lectionary: Isaiah 55:1-9; Psalm 63:1-8
1 Corinthians 10:1-13; Luke 13:1-9*

Acolytes (10:50 only): Danny Baron & Grayson Dreher

Coffee Server: Steve Ruppert

Greeters:

8:30—Chuck & Mary Haskell (Captain), Kevin & Patty Bain, Ranita Lilyhorn

10:50—Joanne & Roger Burns, Dave England, Ruthie Lees, Kay Peters

Ushers:

8:30—Bruce & Dottie Deines (Head), Rosemary Hroch, Jean Wilmoth

10:50—Kevin Graham (Head), John Freeman, Gary Norton, Judy Torrens

March 10—One Great Hour of Sharing

*Lectionary: Joshua 5:9-12; Psalm 32; 2 Corinthians 5:16-21
Luke 15:1-3, 11b-32*

Acolytes (10:50 only): Abby & Ellie Siebe-Walles

Coffee Servers: Lowen & Ruth Kruse

Scripture Readers:

8:30—Joan Byerhof

10:50—Dave England

Greeters:

8:30—Nancy & Walt Coziahr (Captain), Mako Jacobs, Shirley Ward

10:50—Dave England, Ann Hudson, Nancy Simpson, Jodi & Steve Sindelar

Ushers:

8:30—Bruce & Dottie Deines (Head), Rosemary Hroch, Jean Wilmoth

10:50—Michael Gordon (Head), Paul Gadzikowski, Ken Jones, Shirley Ward

March 17

*Lectionary: Isaiah 43:16-21; Psalm 126; Philippians 3:4b-14
John 12:1-8*

Acolytes (10:50 only): Daniel Graham & Ethan Morton

Coffee Servers: Jack & Liz Boyer

Greeters:

8:30—Marilyn Hansen (Captain), Ranita Lilyhorn, Emogene & John Whitten

10:50—Dave England, Ann Hudson, Judy Torrens, Lucy Wood

Ushers:

8:30—Bruce & Dottie Deines (Head), Rosemary Hroch,

Jean Wilmoth

10:50—Bob Dorr (Head), Paul Ing, Daryl Traster, Shirley Ward

March 24—Palm Sunday

Lectionary: Luke 19:28-40; Psalm 118:1-2, 19-29

Acolytes (10:50 only): Ian Andress & Nyaduoth Pal

Coffee Servers: Carol & Michael LaCroix

Scripture Readers:

8:30—Marilyn Hansen

10:50—Bob Meyers



Greeters:

8:30—Kevin & Patty Bain (Captain), Nancy & Walt Coziahr, Chuck & Mary Haskell

10:50—Barb Bredthauer, Lowen & Ruth Kruse, Judy Nauman

Ushers:

8:30—Bruce & Dottie Deines (Head), Rosemary Hroch, Jean Wilmoth

10:50—Jean Keeney (Head), Jo Ann Cooper, Jim Keeney, Mark Schulze

March 28—Holy Thursday 7:00 p.m., Sanctuary

March 29—Good Friday 7:00 p.m., Sanctuary

March 30—Easter Vigil 6:00 p.m., Urban Abbey

March 31—Easter Sunday

*Lectionary: Acts 10:34-43; Psalm 118:1-2, 14-24
1 Corinthians 15:19-26; John 20:1-18 or Luke 24:1-12*

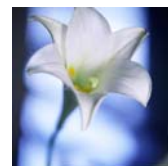
Acolytes (10:50 only): Blake & Grayson Dreher

Coffee Servers: NEEDED

Scripture Readers:

8:30—Mary Bahney

10:50—Ann Hudson



Greeters:

8:30—Emogene & John Whitten (Captain), Alan & Jann Dappen, Carol & Michael LaCroix

10:50—Dave & Kathy England, Ruthie Lees, Kay Peters

Ushers:

8:30—Bruce & Dottie Deines (Head), Rosemary Hroch, Jean Wilmoth

10:50—Bob Dorr (Head), Barb Bredthauer, Paul Ing, Matt Morton, Rosemary Opbroek, Harlan Sayles

Mercy & Justice

The Mercy and Justice team presents a Staged Reading of "Passable" a play by Barrett Scroggs Saturday, March 16, 7:30 in the Sanctuary

Join us for a staged reading of the new play "Passable" which explores transphobia in Omaha, Nebraska.

In 2012 the city of Omaha passed an ordinance making it illegal for businesses to fire a person based on their sexual orientation or gender identity. During the deliberation there was a motion to remove people who are transgender from this protection. In that moment the GLBTQ (Gay, Lesbian, Bisexual, Transgender, and Queer) community was faced with the question: would the "T" remain in GLBTQ? Set during the deliberations of the Equal Omaha City Ordinance, the play is based on interviews with members of the Omaha community.

Following the staged reading we will host a discussion on Transgender issues, the Equal Omaha City Ordinance, and more with local leaders including City Councilman Ben Gray.

Tickets are \$10 at the door. Part of the proceeds will support the work of the River City Gender Alliance.

Yoga Classes Continue

Yoga classes continue at FUMC on Mondays, 9:30-11:00 a.m. and Tuesdays, 6:15-7:45 p.m. in Mead Chapel, now taught by certified instructor Tom Sudduth. Cost is not a fixed amount but by donation only.

Is yoga class for you? Our class members come for many reasons—improvement of physical conditioning, management of stress, maintenance of balance, to lose weight, and perhaps most of all to find and strengthen their spiritual connection.

These are intermediate level classes focusing on the traditional Hatha yoga practices of centering, breathing, asanas, and relaxation. In addition, we explore and discuss yoga philosophy in an **optional** half-hour session after class. Previous experience is desirable but not mandatory.

Please join us! If you have any questions, do not hesitate to call Tom Sudduth, 402-779-8772.

Beginning with the first Monday in March, if you need childcare, please call Barrett Scroggs, 402-556-6262, ext. 1008 *at least one week in advance.*

Mission Cataract USA

On May 16, Midwest Eye Care surgeons will donate their services to provide cataract surgery at no charge to people in need.

Candidates will be screened, by appointment only, to determine those people with cataracts and significant financial need. Eligible candidates will be given a thorough eye exam and up to 25 people will be scheduled for free

cataract surgery at Midwest Eye Surgery Center on Thursday, May 16.

Call the office at 402-552-2020 and speak to Jennifer Anderson, Mission Cataract Coordinator, to schedule an appointment. The deadline for making an appointment is March 18.

This service is not open to people with insurance coverage through Medicare or any private insurance company.

—Health Ministries

Moving For Better Balance Class Begins April 9

Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercise that improves balance and coordination is a Moving for Better Balance Class!! Lack of exercise leads to weakness and increases your chances of falling—1 out of 3 people age 65 and older fall each year.

Ask your doctor or Health Care provider if this class would benefit you. Moving for Better Balance begins Tuesday, April 9 at 3:30 p.m. in Mead Chapel on Tuesdays and Thursdays through July 11. There is no cost to participate. Contact Jan Dixon, Certified Instructor, to enroll—402-571-4076; 2dixons@cox.net. —Health Ministries



We are open for business @ 1026 Jackson Street in the Old Market

www.UrbanAbbeyOmaha.com

Manager: Jim Dias
402-898-7600

UrbanAbbey@fumcomaha.org

Coffee Shop Hours:

Monday-Friday, 6:30 am-10:30 pm

Saturday, 8:00 am-10:30 pm

Sunday, 8:00 am-5:00 pm

Wesley Pub—a gathering for questions not answers, conversation not condemnation. Bring your own beverage, voice and thoughts to our evening of reflection through music, poetry, traditions and scriptures.



Wednesday, March 13, 7:30 pm
"Did Jesus have to die?"

Our community partner for the month of March is United Methodist Ministries—a non-profit organization dedicated to cultivating creative partnerships to eradicate hunger, poverty and racism. They offer a variety of programs and volunteer opportunities that utilize hands-on service and experiential learning to explore the relationship between mercy and justice in the world around us. 10% of all Urban Abbey coffee bar sales and 100% of the bagged "United Methodist Ministries Coffee Blend" sales (coffee comes from small-scale farms where farmers receive a living wage) go to support their work for change. Join us to learn more and support these great organizations with every cup of coffee.



First
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Church



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Summer Camps @ the Kids Zone

Everywhere Fun Fair

If you liked "Operation Overboard" in 2012 or "Shake it Up" in 2011, then you are going to love "Everywhere Fun Fair." Join us as we experience a global celebration with the look and feel of a world's fair. Children will make friends with neighbors around the world and discover that God's love can be found everywhere, including their own neighborhoods. We will explore Music, Drama, Games, Art & More.



PreK-6th Grade

July 15-19

Mon-Fri 9 am - Noon

Only \$25 per student

Acting Out!

Join us for this brand new ACTING camp. We will spend two weeks learning music, acting, and dancing in the exciting musical, We Are United. We will also be learning about ways that we can serve OUT in our community and work together just like the characters in the musical.



Completed 2nd - 6th Grade

June 17-21 & 24-28

Performance: June 28 @ 7:00

Mon-Fri 9 am - 4 pm

Only \$50 per student

Register for both
camps and get a
\$10
Discount.

Registration forms are available online at

www.fumcomaha.org

Questions? Contact:

Barrett Scroggs, Director of Children's Programming

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