

### Prayers:

**Celia Horobik**, on the death of her grandfather, **Tom Horobik**; **Evelyn Dimon**, recovering from back surgery at Brookestone Meadows; **Katy Young's** father, **Doug**, recently hospitalized; **Margaret Wilmeth**, who has been ill; **Scott Frenk**, now in hospice; **Kendra DelaCadena**, recovering from a dog bite; **Dona Koll**, now at Good Samaritan Society; **Val Himes**, recovering from surgery.

### Joys:

**Emily Weston & Mike Martinez**, married here last weekend.

### Celebrations

Your support of First Central's ministry is changing lives:

- First Central serves dinner for just 2 hours at Siena Francis Shelter the 3rd Friday of every month. Last Friday night, we had 14 First Central members serve 296 meals. We receive many "thank yous" from those who receive the dinners. If you'd like to join us, please get in touch with **Kathy or Gary McConnell**.

### Fireworks!

Field Club Fireworks are back! Join your church family on Tuesday, **July 5<sup>th</sup>**, in the **Switzer's** front yard, just across the street from Field Club, at 1333 S. 36<sup>th</sup> St., anytime after 7:30 p.m. Bring bug spray, blankets/chairs, snacks and drinks.

### Health Team

The Health Team is alive and revitalizing. While First Central no longer has a paid Parish Nurse position,

we do have an exciting parish ministry. We really want to tell you about who we are, what we can do for you, and how you can help us offer what you need. Please bring your donuts and coffee to Memorial Hall after church on Sunday, **June 26<sup>th</sup>**, and see what we are all about.

### Super Sale Follow-up

**Gary McConnell**

The results of the Super Sales Day are: \$1050 for plants, \$429 for books, \$200 for art, and \$296 for Thrift Shop merchandise. The sales of plants and books are less than previous years because the inventory for sale was lower than previous years. The Thrift Shop sales were a lot higher than most Saturdays because of additional customers coming for plants and books.

### Geraniums Are Here!

First Central will again be selling beautiful geraniums (over 700!) donated by the kind folks at Sun Valley Gardens, beginning Wednesday, **June 22** during regular Evergreen Thrift Shop hours. Prices will be the same as last year - \$3 for small pots and \$5 for large pots. Come and get 'em!

Thanks to a group of fantastic volunteers for picking up all the flowers: the **Beraneks, Pfeifers, Steffens, McConnells**, and **Jeannie Bates** who arrived with pick-ups, cars and the church van.





## Hiking Lost Lake in a Hail Storm     *Scott Jones*

(from Scott's blog)

Okay, the hail part goes like this.

As we came along the final stretch of our hike around Lost Lake, a little girl, walking with her family, said to us excitedly, "Did you get hailed on?"

We had not. Apparently it did hail. We had ten or fifteen minutes before heard ominous rushing winds, so maybe that was actually hail in the near distance, but fortunately not falling on us.

That does not preclude that the story will now be that we, my Episcopal rector and soon to be Canon friend Dan Morrow, did hike around Lost Lake in a hail storm.

I was in Oregon for a week of hiking as part of my sabbatical. Despite wanting a week of hiking, I had also planned this to be the real retreat portion, though after last week's mass murder in Orlando, I was unable to cut myself off of the internet all week as I had planned. I felt not only a personal need to connect but a responsibility to be present. Dan and I also have a project (or maybe projects) idea that we have been tossing around and this would be a chance to work on that some. More on that later.

I left Omaha that Monday morning bright and early, taking a cab as my husband and child were still asleep. Dan picked me up at a time that was still early in Portland and we went to breakfast before driving up the Columbia River Gorge to Hood River. I had last (and for the first time) been to Oregon three years ago in the winter to lead a Lenten discussion for Dan on the Problem of Evil. I knew then that I wanted to return and do some hiking. Last year Dan and I were going to hike together in New England as part of the sabbatical that I had planned before news of Sebastian's impending birth delayed the time off. Months ago I asked Dan about hiking around him and he arranged with some church members to use their cabin in Parkland, near Mount Hood.

The weather in Oregon was cooler than average, only reaching a high of 70 once while I was there. The near 100 degree temperatures back home were happily missed and returning to this heat has made me irritable.

In Hood River we drank some of the many delicious local beers as we plotted out the week's events, then grabbed our groceries and headed up to the cabin. After getting settled we took a short hike to one of two Punchbowl Falls we would visit last week before driving up to Lost Lake.

Rain began to fall as we arrived. Dan had left his rain jacket at the cabin, so he bought a temporary poncho

from the General Store, though they only had what was labeled kids-sized. That it fit Dan made me wonder how it would engulf a child. We then began the two hour walk through the pine forests as the rain came and went, enjoying the lush surroundings and admiring the newts lazing in the water.

## A Little Space Yoga & Tai Chi     *Nicole Le Clerc*

Yoga and Tai Chi, both, offer ways to stay cool in summer — whether it is through breathing, certain poses or movement or lifestyle suggestions.

Curl the sides of your tongue, shaping it like a straw, and breathe in over it. Pull your tongue in, gently close your mouth, and breath out through your nose. If you have difficulty curling your tongue, touch the tip of your tongue behind your top two teeth, and breath in over the folded sides of your tongue and breath out the same way as above. Try either of these, or both, for a round of six. Breathing this way creates a natural evaporative, or swamp, cooler in your mouth.

Practice moderation in your life and exercise and activities. A simple yoga pose is lying on the floor while resting your lower legs, from knees to heels, on a chair. Focus on your breath, inhaling and exhaling, and watch how much and how quickly you cool off. If you are unable to get to the floor, try supporting your legs this way with cushions, either on a couch or in bed. Do NOT practice this if you have glaucoma, eye pressure, blood clots, active acid reflux or are a woman during your cycle or are in the second or third trimester of pregnancy.

Keep your attitude light and playful. What if you did everything with 22 percent less effort? If you are an all-or-nothing type of person, you may find that this has recently intensified with the heat and maybe your already-full summer schedule. Say "No" to others when you need to and more "Yes" to yourself and taking care of you. You will feel better when you do and much more relaxed. It may be the most self/less thing you can do!

Of course, stay hydrated with water. And eat watermelon! It is one of the best summer foods to hydrate us and release heat from the body.

Please visit [alittlespaceyoga.com](http://alittlespaceyoga.com) for more information, call Nicole at 402.212.4290 or email her at [nsleclerc@yahoo.com](mailto:nsleclerc@yahoo.com) with any questions or to sign up.







## Church School in 1st Floor Classrooms

Children, age 4 – Grade 6, are escorted to Church School classes after the Children’s Conversation and returned to their parents during Coffee Hour in the parlor.

**JUNE 26** – Classes as usual.

**JULY 3** – Children are invited to remain in worship with their families.

**JULY 10** – Classes as usual.

**JULY 17** – Classes as usual.



**JUNE 30, JULY 7, JULY 14**

**5:15 – 8:00 pm**

**JULY 24 – Ice Cream Social!**  
immediately following worship

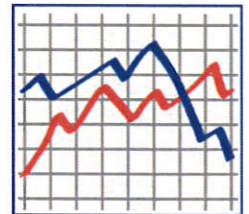
All kids (Pre-K – 5<sup>th</sup> Grade) are invited to a few days of fun, learning, music, crafts, and a general good time! For more info (or to volunteer) contact Pastor Katie: [Katie@firstcentral.org](mailto:Katie@firstcentral.org)



The youth group leaders are working hard to establish some summer activities! Watch your email box, as well as First Central social media for updates! And if you have ideas for activities or service opportunities, be sure to send them to [education@firstcentral.org](mailto:education@firstcentral.org)



**June 26 - Trends and Demographics of the United Church Presentation, facilitated by Daryl Malena and Tracy Zaiss, members of First Central**



The United Church of Christ is a dynamic, evolving movement of people and institutions across location and time. Tracy and Daryl lead an exploration of the 2015 UCC Statistical Profile with an emphasis on how First Central stands in relation to the rest of the denomination's and national trends and demographics.

**July 3 INDEPENDENCE DAY WEEKEND – No First Forum this week!**

**July 10 World War I in Nebraska, speaker - Bruce Garver, Professor Emeritus of history, UNO and member of First Central.**

Bruce will discuss some of the experiences of Nebraskans in World War I and in reaction to this war, with some emphasis upon politics, the economy and ethnic groups. He will conclude by discussing the extent to which this war accelerated the advent of women's suffrage, Prohibition, and the acculturation of immigrants.

## Sunday Mornings

*Regularly scheduled events*

- 9:00 Coffee in the Parlor  
9:15 First Forum (Adult Education), 3<sup>rd</sup> floor  
9:15 Nursery Care to 11:45 a.m.  
10:30 Service of Worship  
Grand Central Stations (church school for Pre-K – 5<sup>th</sup> grade)  
*unless otherwise stated*  
11:30 Coffee Hour, Parlor

**next newsletter deadline**

**Sunday, July 10<sup>th</sup>**

**email articles to**

**officeadministrator@firstcentral.org**

## Week of June 26

### Sunday, June 26

First Forum, 9:15 a.m., Third Floor Parlor  
Rev. Charlene Wozny preaching  
Congregational Outreach Ministry, 11:30 a.m.,  
Family Room  
Health Team Forum, 11:30 a.m., Memorial Hall  
Omaha Chamber Music concert, 3 p.m., Sanctuary

### Monday, June 27

Staff meeting, 1:30 p.m., Pastor's Study

### Wednesday, June 29

Evergreen Thrift Shop, 10 a.m. – 2 p.m.

### Thursday, June 30

Evergreen Thrift Shop, 10 a.m. – 2 p.m.  
Super Summertime! 5:15 – 8 p.m.

### Friday, July 1

Evergreen Thrift Shop, 10 a.m. – 2 p.m.

### Saturday, July 2

Evergreen Thrift Shop, 10 a.m. – 1 p.m.

## Week of July 3

### Sunday, July 3

First Forum, 9:15 a.m., Third Floor Parlor  
**Rev. Dr. David Ruhe** preaching  
Food Pantry Sunday

### Monday, July 4

Independence Day. Office closed.

### Tuesday, July 5

Eves, 7:30 ish, Field Club Fireworks, **Switzer's** front yard,  
1333 S. 36<sup>th</sup> St.

### Wednesday, July 6

Evergreen Thrift Shop, 10 a.m. – 2 p.m.

### Thursday, July 7

Evergreen Thrift Shop, 10 a.m. – 2 p.m.  
Super Summertime! 5:15 – 8 p.m.

### Friday, July 8

Evergreen Thrift Shop, 10 a.m. – 2 p.m.

### Saturday, July 9

Evergreen Thrift Shop, 10 a.m. – 1 p.m.



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