

## LENT 2024

# ESSENTIAL SPIRITUALITY

### *7 Steps to Rekindling Your Faith*



Essential Spirituality Sermon Series  
with Dr. Jim Keck

Sundays, February 18-March 10, 9:00am,  
10:30am, 11:59am services; and the livestream  
worship at both 10:30am & 11:59am.

This Lent we will explore the seven steps of Essential Spirituality by Roger Walsh and connect each step to a passage in the Gospel of Matthew. These perennial steps are... (1) Transforming your motivation: Reduce craving and find your soul's desire; (2) Cultivate emotional wisdom: Heal your heart and learn to love; (3) Live ethically: Feel good by doing good; (4) Concentrate and calm your mind; (5) Awaken your spiritual vision: See clearly and recognize the sacred in all things; (6) Cultivate spiritual intelligence: Develop wisdom and understand life; (7) Express spirit in action: Embrace generosity and the joy of service. Join us on a biblical adventure of spirituality this Lent!

**New Lenten Discussions  
Groups Announced  
*Hosts Needed!***

We are looking for hosts for a 4-week study (1 hour a week) in March on the topic of *Essential Spirituality: 7 Steps to Rekindling your Faith*. Leaders will have the curriculum prepared by Dr. Keck to help facilitate the discussion. This will be a fun way to get to meet other First-Plymouth people, to learn more about the Bible, and to enrich your Lenten experience!

If you would like to host a group in your home, at church, or even at a coffee shop, contact Addie Vortherms, [addie@firstplymouth.org](mailto:addie@firstplymouth.org). We hope that the entire congregation will participate in this exciting all-church Lenten study!



**February 14, Noon & 6:30pm**

Ash Wednesday marks the beginning of our journey to Easter. This day we remember our own humanity and our need for God through the imposition of ashes made from the palm fronds of last year's Palm Sunday. There will be two opportunities to receive ashes. Stop by between **Noon-1:00pm** to receive your ashes in the Prayer Room.

**Ash Wednesday Worship, 6:30pm in the Sanctuary.**

This deeply spiritual service will help prepare our hearts for the season of Lent and will be designed for the entire family to worship together. Infant/toddler childcare available. Dinner will be served prior to the service in Pilgrim Hall anytime between 5:00-6:00pm (freewill donation). This service will be livestreamed.

## Lenten Devotional Booklets

Daily devotionals written by church members. Copies available at the church or at [firstplymouth.org](http://firstplymouth.org) prior to Ash Wednesday. Thank you to Dale Hauptmeier for all the work on this big project!

## Soul Care Sunday & Compline Sunday, February 11



### Lovingkindness Meditation

6:00-6:50pm, Chapel. Led by Jason Padilla, Lincoln Zen Center. Lovingkindness Meditation is a Buddhist inspired practice of cultivating kindness, friendliness, and warmth for all the people and beings around us. Everyone is welcome regardless of spiritual background – this is a meditation for deepening our relationship with others in our community and world.

### Compline Worship

7:00-7:30pm, Sanctuary. *Ancient Worship for the modern soul.* All are invited to gather in the Sanctuary to experience deep inner peace through Compline. No words are spoken, and worshippers are given an opportunity to light a candle as a prayer. Chanting of ancient music by the Schola Cantorum choir provides the only sound during this half-hour service.



## My Funny Valentine - An Abendmusik Fundraiser

**Tuesday, February 13 | Online Only | Tickets Required**

Enjoy an evening of romantic standards from the Great American Songbook performed by Tom Trenney! Order flowers, chocolates, a catered meal, and even request songs for a truly special evening. Tickets available at [Abendmusik.org](https://abendmusik.org).

## Joys & Concerns

### Baptisms

Amelia Judith Jean Buckles  
Miles Scott Furasek  
Colin William Monk

### In Memory

Gary Metcalf, a member since 1962,  
passed away Dec 20  
Darrel Diedrichs, a member since  
2002, passed away Jan 1  
Doug Metzger, a member since  
2010, passed away Jan 2  
Marilyn Metzger, a member since  
2002, passed away Jan 3

### Weddings

Clare Hoppmann & Steve Burnett,  
Jan 13

### Welcome New Members

Michael Bartek  
Barbara Bockes  
Matthew Clare  
Erin Coyle  
Adam Hiller  
Taylyn Lawrence  
Darci Lopez  
Jaclyn Olberding  
Orlando Peterson  
Jody Riskowski  
Tammy & Steve Russell  
Krysta & Nick Wood



## Not Your Ordinary Bible Study with Dr. Jim Keck. Now with an Online Option!

A spiritual adventure using the Bible to launch the imagination and catapult us into far-ranging topics of real interest.

- Weekly In-Person: Thursdays, Noon-1:00pm, Choir Room.
- NEW! Zoom Session Online: Thurs, Feb 22 & March 21, 7:00-7:30pm. Zoom link @ [firstplymouth.org](https://firstplymouth.org).

## We did it!

First-Plymouth added 230 new members this past year in 2023. This is an all-time record going back to our founding in 1866 . . .

And we had 4233 people attend Christmas Eve services. Not a record, but pretty close to pre-pandemic numbers . . .

And the congregation gave generously so we finished our budget year in the black . . .

So now we can focus even more on our core spiritual mission: To increase love, to increase the love of God and neighbor, and to help love become more manifest in our world.



# Wednesday Night Live

In the midst of your busy week, join us to refuel your body, mind, and spirit with a variety of children, youth, and adult programs.

**WNL programs will not meet Feb 14 (Ash Wednesday). We hope that you will join us that evening for dinner 5:00-6:00pm and for worship (6:30pm). Infant/Toddler child-care available. Children choirs will meet on Ash Wed.**

## New Schedule

### 5:00-6:00pm

- Dinner - by Chef au Chef in Pilgrim Hall  
Freewill donation. Menu posted [firstplymouth.org](http://firstplymouth.org)
- Middle & High School Check-in (Youth Room) with open gym.

### 5:15-5:30pm

- Check in for FP Kids Choirs (K-5th) (West Entrance)

### 5:30-6:15pm

- FP Kids Choirs (K-2nd & 3rd-5th)
- 8th grade Confirmation (Mayflower Hall)
- High School Homework Room (Tower Room)

### 6:00-6:15pm

- Check in for FP Kids Studio (K-5th) & FP Littles (0-5yo) (West Entrance)

### 6:15-6:30pm

- Worship (Multi-Generational) Sanctuary

### 6:30-7:15pm

- Adult Programs & Classes
- FP Littles (0-5 years)
- FP Kids Studio (K-5th)
- Middle School Youth Group (6th-8th)
- High School Homework Room (Tower Room)

### 7:15pm

- Plymouth Choir Rehearsal

## FP Kids Studio (Kdg-5th)

Let's come together to share in the beauty of God's eternal and transformative love.

## MSYG (6th-8th)

This month it's all about focusing on Y-O-U & self-love! Then learning how to share that love with others!

**Adult Programs:** Contact Addie Vorthers, Program Director, [addie@firstplymouth.org](mailto:addie@firstplymouth.org).

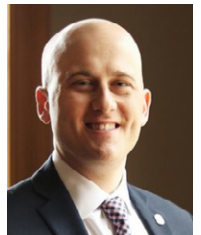
## Hunger in Nebraska: What can I do?

Feb 7, 6:30-7:15pm, Chapel. Sponsored by FP Bread for the World Ministry. Learn about current legislation in Nebraska to relieve hunger in our state. Eric Savaiano, policy expert in food access and economic justice from Nebraska Appleseed will review bills before the Unicameral to address food insecurity. Then act on what you learn with an opportunity to write to your local State Senator. You can make a difference right here at home!



## The Gospels: Who, What, When and Why

Feb 7, 6:30-7:15pm, Pilgrim Hall. Led by Dr. Jonathan Redding, Associate Professor of Religion, Nebraska Wesleyan University. Join as we finish the series on the four canonical Christian Gospels (Mark, Matthew, Luke, and John).



## Yoga

Feb 7, 21 & 28, 6:30-7:15pm, Mayflower Hall. Led by Jessica Jewell, Heart of Light Yoga. All ages and abilities welcome (beginners welcome!) Bring a yoga mat.

## Religion in America in the 1970s-80s

Feb 21, 28 & March 6, 6:30-7:15pm. Led by Dr. Dan Clanton, Associate Professor of Religion, Doane University. The story of religion in America in the 1970s-80s is mainly one of evangelical Christians moving into the mainstream of politics and culture, but issues of human rights and race; gender roles and sexual identities; and immigration and its impact on socio-cultural diversity still play a major role. Join us as we explore key events and figures during these years of religion in America.



## Screen Smart Families: Navigating the Digital Landscape Together

Feb 21 & 28, 6:30-7:15pm. Led by Teri Effle, Region V Systems, & Derek Effle, Prairie Fire Consulting. *Sponsored by FP Faith in Recovery.*

- Feb 21: Open to parents/caregivers and all interested adults. Learn about the latest trends, platforms, and fundamental cybersecurity practices.
- Feb 28: Open to youth with their parents/caregivers and other interested adults. Teenagers and parents together will learn about digital footprints, online reputation and how to handle online bullying, and managing screen time.

## Become a Part of FP

Feb 21, 5:30-6:30pm. Have you considered becoming a member of FP? Join Dr. Keck and others who plan to or have recently joined the church to find out more about FP! RSVP to [julie@firstplymouth.org](mailto:julie@firstplymouth.org).

## NEW! Breakfast Church @ 8:15am

Sundays, February 18-March 17, 8:15am in Pilgrim Hall. Enjoy a continental breakfast and coffee as Pastor Juan Carlos Huertas leads a new sermon series, "Deconstructing & Reconstructing Our Faith."



## Theology On Tap

Feb 19, Mar 18, Apr 15, 7:00-8:00pm  
The Mill-Innovation Campus  
(2021 Transformation Dr)



### Deconstructing & Reconstructing Our Faith

Our journey of faith takes many twists and turns, but for many of us it began in a tradition that did not want questions, that had all the answers, and was not open and affirming of all persons. Being part of these Christian traditions leaves many of us wounded and wondering if there is a different way of being Christian. Even when we find a different way, we wonder how we reconcile the way we were taught to believe with this newfound freedom.

Join Pastor JC – himself a survivor of a more conservative Christian tradition – as he walks us through four key themes in our deconstructing – Authority, the Bible, Salvation, and the End of Time – so that we can reconstruct our life of faith. Freedom, grace, and joy in this new season of our lives in God!



### The Bible With and Without Jesus The Creation Narratives

Sun. Feb 25, March 3 & 10, 11:30am-12:30pm, Tower room.

Led by Dr. Leah Cech.

Join us for three sessions focused on biblical passages held sacred by both Jews and Christians.

How does each religious community read and interpret the creation narratives in the book of Genesis? Learning multiple means of interpretation will enable us to see these meanings coexist, as each of us strives to be peaceful neighbors to those who orient themselves differently around religion.

- Feb. 25: Introduction/Ch. 1: On Bibles and Their Interpreters
- March 3: Ch. 3: The Creation of the World
- March 10: Ch. 4: Adam and Eve



### Tuesday Bible Study

All are welcome to attend. Tuesdays, 9:30-11:00am, in Calvert Parlor. Led by Carolyn Zeisset.

- Feb. 6-13, Gospel Composition Patterns
- Feb. 20-Mar. 26, Storytelling Techniques in Passion Stories



# FP Family

[firstplymouth.org/children-youth](http://firstplymouth.org/children-youth)

FP Littles, FP Kids & IRL | Sunday Mornings in February 9:00am & 10:30am

FP Kids and FP Littles will be exploring how God GUIDES us to live in his image, and how he supports us throughout our lives. Come wonder with us!

IRL for youth will be diving into the meaning of Lent this month! (10:30AM only)

## Wed Night Live

Details for FP Kids (K-5<sup>th</sup>), MSYG (6<sup>th</sup>-8<sup>th</sup>) and Confirmation (8<sup>th</sup>) on page 3.

## FP Families Event | Nebraska Women's Basketball Game

Sat. February 24, 4:00pm. Tickets are \$5 (children 6 and under FREE) and are available online. Must be purchased by February 19th. Details at [firstplymouth.org/children-youth](http://firstplymouth.org/children-youth).

## HSYG This February

Show some "puppy love" to the Lincoln Humane Society on Feb 11 at 4:00pm.

The Super Fun WINTER FORMAL is back on Feb 25, from 5:00-7:00pm

## Pancake Breakfast | Sunday, February 11, 9:30-11:59AM

It's back! We will be serving a pancake breakfast to support children's and youth missions. Tickets are \$5 each (children 6 and under eat FREE), all you care to enjoy, and can be purchased at the door.

## Murder Mystery Tickets on sale NOW! | March 1, 6:30PM

A fun-filled night of mystery, clues, dinner, dessert & of course, Murder!

Get your tickets at [firstplymouth.org](http://firstplymouth.org). All proceeds support Youth Missions.

## VBS - Camp Firelight | June 3-7 - Save the Date!

Get ready for an exciting week at "Camp Firelight" where you will learn to connect with & trust God no matter what situation life brings & know that God is always with you! Experience the stories through music, storytelling, games, crafts, science, and snacks!



## When to ask for a Stephen Minister



Life changes are going to happen. Grief, depression, divorce, job change will affect you. It is essential to have a confidential person to talk with who listens, reflects, cares and prays for you. This is what a Stephen Minister will do; someone to meet with weekly who will listen and help you move through life one step at a time. We have men and women Stephen Ministers who are trained to support and encourage you. If interested in knowing more please email Pastor KJ at [kj@firstplymouth.org](mailto:kj@firstplymouth.org).

## FP Monthly Grief Support Group

Meets the 2nd Friday, 3:00pm, Calvert Parlor. Get a reminder by emailing Pastor KJ Langlais at [kj@firstplymouth.org](mailto:kj@firstplymouth.org).

## Grief Group

Tuesdays, 6:00-7:30pm. Feb 13, March 12, April 9, May 14. Led by Dr. Lisa Borchardt, LCSW. A monthly educational support group is offered for those experiencing the death of a loved one. Free, but register with [addie@firstplymouth.org](mailto:addie@firstplymouth.org).

## Clean and Green Lent

Reduce your carbon footprint this Lenten season. Use the Carbon Reduction Calendar offered by the Saint Paul UMC Climate Justice team. Go to [Saintpaulumc.org/climate-justice](http://Saintpaulumc.org/climate-justice).

FIRST-PLYMOUTH PRESENTS

# OPEN MINDED RELIGION IN AN AGE OF EXTREMISM

With Dr. Jim Keck and Juan Carlos Huertas

Sunday, February 18, 6:00pm

Screamers Restaurant (803 Q St). Live Music! Doors open at 5:00pm

Grab a soda, beer, or even dinner (available for purchase).

Parking garage located directly across the street.



abendmusik  
AT FIRST-PLYMOUTH



## Kaleidoscope Vocal Ensemble

Friday, February 9, 2024 at 7:00 p.m. | FREE

Kaleidoscope offers performances of artistic excellence that celebrate racial, ethnic, and gender diversity. The Omaha Central High School Choir will be featured. Livestream available at [abendmusik.org](https://abendmusik.org).

## Youth Masterworks Festival

At the Lied Center for Performing Arts

Monday, February 26, 2024  
7:30 p.m. | FREE CONCERT

More than 300 students from six Lincoln area high school choirs join Lincoln's Youth Symphony Orchestra and professional soloists on the Lied Center stage.

 **LIED CENTER**  
FOR PERFORMING ARTS

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## SIGNIFICANCY

BIG IDEAS | CONVERSATION | MUSIC

# MYSTICISM & MUSHROOMS

THURSDAY  
FEBRUARY 1  
7:00PM  
SANCTUARY

Deep in the human past, psychoactive substances have been used in religious rituals to prompt a mystical experience. About every 20 years a new interest erupts in the use of hallucinogens to open our minds and spirits to a greater reality. Currently, Silicon Valley entrepreneurs and spiritual adventurers are again praising the use of mushrooms and hallucinogenics as a transformative experience, and ministers are considering their use in church settings.

Join Dr. Keck and a special guest who is trained as a psychedelic chaplain, in an exploration of "getting high to get saved." In what ways should this be taken seriously or not? Is it just silly or insightful? Is it dangerous or wholesome? Come find out!