

First Unitarian Church of Omaha  
October 8, 2023  
"Vibrational Sound Healing" by Ellie & Matthew Shrader



LGBTQIA Welcoming Congregation

**Welcome & Land Acknowledgment** - Peg Pidgeon

**Prelude** Judi Unger

**Chalice Lighting** - Ellie & Matthew Shrader

*Spark of the spirit cupped in earth's embrace,  
Light of love alive in all creation,  
as we kindle this flame, we rekindle our connection  
to the sacred web of life.*

**Opening Words** - The Dancing Light by Rev. Scott Taylor

**Opening Hymn** - #83 - Winds Be Still

**Time for All Ages** - presented by Ellie & Matthew Shrader

**Singing the Children to Classes** - #413 - Go Now In Peace

**Generosity Moment:** Jennifer Larsen

**Community Offering** - our share the plate recipient for October is our Sister Church Clair Cares Food Pantry

Offertory - Judi Unger

*To donate online, use this QR code (at right), or go to <https://www.firstuomaha.org/donations>, then scroll down to the selection for this month's Share the Plate recipient and click the Donate button, or just [click here](#). Thank you!*



*To share a Joy or Concern, write it in the binder at the back of the sanctuary, or in the chat.*

**Care & Centering**

***Joys & Concerns***

**Vibrational Sound Healing** - by Ellie & Matthew Shrader

**Closing Song** - #1052 - The Oneness of Everything

**Closing Prayer** from The Journey of Forgiveness by Lynette Yetter

**Extinguishing of Chalice**

**Postlude:** Judi Unger

**Coffee & Conversation - Common Room (basement)**

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**For families:** Childcare is offered during our Sunday services for infants through preschoolers (nursery in basement). Elementary and middle/high Sunday School classes begin after the Time for All Ages portion of our service. Children of all ages are always welcome to attend the full service with their families in our sanctuary. The service is also streamed in the Common Room downstairs (a convenient place to settle a fussy babe).



**Hearing Assist Devices** are available in the foyer – along the east wall, or ask an usher / greeter to give you one.

**Please make your body comfortable.** Feel free to knit or handle fidget toys during the service. Throughout the service, you may sit or stand as works best for your body, too (no compulsory standing for hymns). Restrooms are behind the side door of the sanctuary as you go out, and just down the stairs from the foyer.



**Coming up...** to learn about [upcoming events](#), classes, and other happenings in the church and beyond, scan the QR code at left. Fill out a yellow [Communication Card](#) (or for those online, [Visitor Form](#)) if you would like to be added to the church's email list. You can also [follow us on Facebook](#) (go to Follow settings and choose Favorites) and opt in to text messages from the church via Remind (<https://www.firstuomaha.org/remind>). Prefer hard copy? Printouts of the latest Church News e-blast are available in the foyer.

