

**First Unitarian Church of Omaha
January 22, 2023
“Contemplative Poetry, Music, and Story”
With Douglas Lee Regier and others**



LGBTQIA Welcoming Congregation

Gathering Music - “Claire de Lune” by Debussy (Judi Unger)

Bell Sound & Opening Words - Cat Dixon

Song - “Blackbird” by Lennon/McCarthy (The Offbeats)

Chalice Lighting - Jo Torneten

Welcome & Land Acknowledgment - Douglas Lee-Regier

Story for All Ages: Puppet Show

“The Old Woman Who Swallowed a Fly” with Dan Sullivan and Lin Thompson

Transition Song - “Go Now in Peace” (as kids go to class)

*Go now in peace. Go now in peace.
May the spirit of love surround you,
everywhere, everywhere you may go.*

Poem by Douglas Lee-Regier

Song “Come Sail Away” by Dennis De Young (The Offbeats)

Care & Centering

Joys & Concerns

Community Offering - for the nonprofit **Restoring Dignity**
Offertory - “Lili Marlene” (The Offbeats)

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<https://www.firstuomaha.org/donations>, then scroll
down to the selection for this month’s Share the Plate
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Thank you!*



Poem by Jo Torneten

Poem by Terri Lynn Brewer

Poem by Jennifer Larsen

Song “Stopping by Woods on a Snowy Evening” by Robert Frost. Ned Rorem, composer. Music sung by Jonathan Frazier, Tenor

Poem by Cat Dixon

Poem by Sarah Voss

Poem by Suzanne King

Hymn #320 “The Pen is Greater than the Sword”

Closing Words & Extinguishing of Chalice Douglas Lee-Regier

Postlude: “Hallelujah” - Leonard Cohen (The Offbeats)

Coffee & Conversation - Common Room (basement)

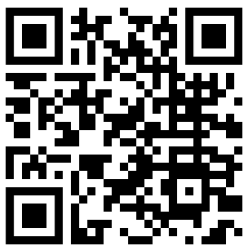
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For families: *Childcare is offered during our Sunday services for infants through preschoolers (nursery in basement). Elementary and middle/high Sunday School classes begin after the Time for All Ages portion of our service. Children of all ages are 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.