

**First Unitarian Church of Omaha
July 14, 2024 at 10:30am
"An Apology for Crying"
By Lauren Elaine Wells, MS**



Welcome & Land Acknowledgment - Della Bynum

Prelude - "Here We Have Gathered" - # 360 - Elaine Wells

Chalice Lighting - *The Light With Us*

*We light our Chalice as a symbol of the light within us
and the light that flows in the world around us.
It is our beacon as we search for truth.
It is the warmth in our hearts for love.
And it is the energy that propels us into action.
May we be kindled by our time together.*

Call to Worship - by Sean Neil Barron

Opening Hymn - "We Laugh, We Cry" #354 - Judi Unger

Community Offering - for OATS (Open Arms Trans Social Group)

Offertory Music - Chopin Prelude #4 - Elaine Wells

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go to <https://www.firstuomaha.org/donations>,
then scroll down to the selection for this month's
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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

Contemplative Reading - by Thomas Frits

Introduction of Lauren Elaine Wells

Sermon - "An Apology for Crying" By Lauren Elaine Wells, MS

Music during the sermon:

"Send in the Clowns", Sondheim - Judi Unger & Elaine Wells

Closing Song - "Gather the Spirit," Jim Scott, #347

Closing Words & Extinguishing of Chalice - Elaine Wells

Postlude - "From a Distance" - 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.

