



Weekly Booster

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Bells & Choir Directors

Danny & Linnea Shook

Multimedia & Website

Jeff Hiser

Sunday Media Booth

Alan Hutchison

Jeff Hiser

Sunday Facebook Host

Craig Harris,

Facebook Contributors

Pastor Oliver Fabros,

Craig Harris, Jeff Hiser

Sunday Praise Team

Terry Stafford, Linda Haldane,

Margaret Brady, Deb Finlay,

Jeff Hiser, Pastor Oliver

*Our Vision: **Growing** as
disciples of Jesus while
connecting with others and
serving our community.*



7 ways people of faith can deal with stress

We say that we trust God, but do we really?

In a world full of hardship and conflict, it is easy to fall into the habits of overthinking, worrying, and stressing about our present and our future. Each time we feel anxieties rise, we can take steps to ground ourselves and remember that God is with us, takes care of us, and can relieve us of our stress.

"There's nothing in life worth stressing over. I virtually live stress free now. I want others to experience the same thing," says Thomas Mayberry, author, speaker, and United Methodist layperson. After decades of wrestling with stress, anxiety, and depression, he committed to spiritual disciplines to find relief.

He offers these suggestions:

1. Find the source of your worry

Take time to reflect deeply and figure out where exactly your stress is coming from. Work? Family tension? Finances? The news?

"There are so many things that are filtering into us that stack on top of each other. The only way you're going to fix a problem is if you understand that you have a problem and then figure out where it's coming from," Mayberry points out. "Then you can shift. Lean into your faith and build a stronger relationship with God, who's on your side all the time."

Continued on page 2

“Every accomplishment starts with a decision to try.”
John F. Kennedy

“Positive action combined with positive thinking results in success.” Shiv Khera

Reminders

September 27th

Sunday Service 9:00 a.m.
PK-6 S.S. & Jr/Sr High – after
children’s message
Eighteenth Sunday after Pentecost

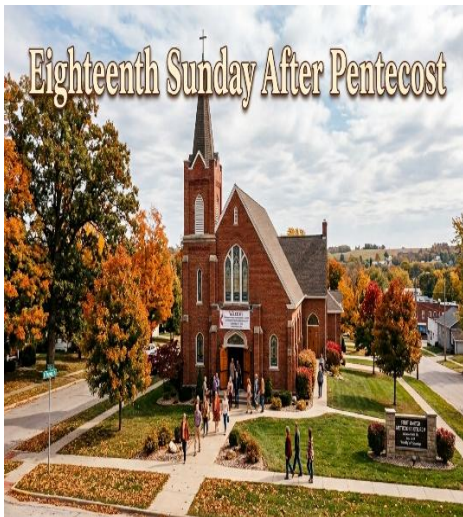
September 30th

Mat Making – 1:00 p.m.
Praise Team – 4:00 p.m.
Bell Choir – 4:30 p.m.
Chancel Choir – 5:30 p.m.
New members welcome!

Worship Assistant is
needed each Sunday,
sign up at the Welcome Center

Meals-On-Wheels Deliveries
Sign up at the Welcome Counter

After service each week, join us in
Fellowship Hall for treats, coffee,
and fellowship.



Dealing with Stress - continued from page 1.

2. Tap into gratitude

“Sometimes we focus so much on our stress that we don’t recognize all the good things that are in our lives. We have tunnel vision. Change that to a focus of joy and gratitude. It might be little things, like a beautiful sunset, and we can say, ‘God, thank you for that,’” Mayberry shares.

3. Focus on others

“As you change your focus, you also start to focus on others instead of yourself,” offers Mayberry. “That might be in the form of serving others, where you are concentrating on somebody else’s well-being more than your own. The more you take that focus off of yourself, you’re not thinking about your stress anymore; you have something different on your mind.”

4. Hold onto promises in Scripture

When you are feeling stressed, it can help to recite comforting words from Scripture. Find a Bible verse that relates to your situation and have a conversation with God about it. Ask what God is trying to tell you. Then listen.

Mayberry mentions Proverbs 3:5-6, which says, “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

“That stretch in the middle, ‘lean not on your own understanding,’ is crucial because we get this vision of, ‘This is the only thing that’s possible,’ but what God can do is unlimited,” Mayberry observes. “We need to trust him and realize that [our circumstances] might just be steppingstones towards where God wants us to be.”

5. Let go and allow God to lead

Our human dreams are small and shortsighted compared to what God envisions for us. This is something Mayberry has experienced firsthand.

After years of chasing corporate success, Mayberry was tired. He placed his career in God’s hands and dug into the work he had in front of him. Soon after, he was offered a promotion, which led to four others. He continues to proceed with integrity and prayer, living his faith at work.

Continued on page 6

Volunteers Needed



LAST PERSON LEAVING
PLEASE TURN OUT LIGHTS
AND LOCK DOORS

First United Methodist Church

**Please wear your
name tag on
Sunday mornings**



Church Ad Board Members

Bob Lynn - Chair
Mary Peterson - Secretary
Darlene Howard – At-Large
Roger Jones - Trustee
Dave Christensen - SPRC
Dan Weiss –
Finance/Stewardship
Dave Lashier - Treasurer
Craig Harris - Lay Member to
Annual Conference
Connie Anderson - Memorials
Linda Haldane - Membership
Oliver Fabros - Pastor

Church Office Hours

**** Children & Jr.-Sr. High
Sunday School –
PK-6 & Jr/Sr High
After Children's Message**

Wednesday

**Praise Team – 4:00 p.m.
Bell Choir – 4:30 p.m.
Chancel Choir – 5:30 p.m.**

The front door to the church
will be locked during office
hours. Please ring the
doorbell to be let into the
church.

Monday

9:00-11:00
12:00-3:00

Tuesday

9:00-11:00
12:00-3:00

Wednesday

Office Closed

Bible Study 11:00

Thursday

9:00-11:00
12:00-3:00

Friday

9:00-11:00
12:00-3:00

Please continue to call in
advance if you need to
enter the church to make
sure someone is in the
office. If you reach the
answering machine,
please leave your name,
number, and a brief
message, and your call
will be returned. Calls
after 2:00 p.m. may be
returned on the next
business day.



Which fruit did Paul
pray that the Philippians
would be filled with?

- a) fruit of holiness
- b) fruit of endurance
- c) fruit of righteousness
- d) fruit of death

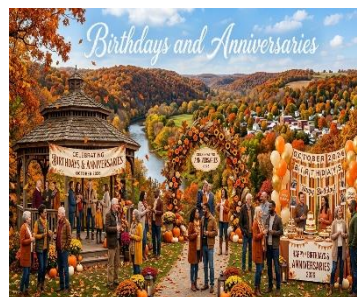
Which plague of Moses and
Aaron could the magicians
not mimic?

- a) First
- b) Third
- c) Sixth
- d) Ninth

To whom did Luke address the
Gospel of Luke?

- a) Theophilus
- b) Nicodemus
- c) Pilate
- d) Cornelius

**Check page 4 for answers from
the previous week.**



**29th – Denise Tackett, Brian & Stephanie
Langrer**

30th – Oliver Lundgren

**1st – Jacque Lashier, Heather Weiss, Gaylen
& Barb Lundgren**

2nd – Jeff Armstrong, Chris & Abby DeLong

3rd – Richard Perkins, Chelsie Reynolds

****See a wrong birthday or anniversary, or need one added? Please call the
office or send an email to office@shen.church**

**Shenandoah First United
Methodist Church**

200 Church St.
Shenandoah, IA 51601

Phone 712-246-2081

Church E-mail
office@shen.church

Same address – a new look at
<https://shen.church>



<https://shenchurch.onechurchsoftware.com/>



United Methodist Church,
Shenandoah, IA

<https://www.facebook.com/methodist.church.shenandoah>



Services are now on our YouTube
channel only.

<https://www.youtube.com/@shen.church8192/streams>

***Prelude/Postlude/Accompanist: Terry Stafford**

Call to Worship

Leader: Sing to the Lord a new song; tell of God's saving love day after day.

People: We bring our praise, our gifts, and our grateful service.

L: Honor and majesty belong to God; strength and beauty fill God's sanctuary.

P: Every ministry and every volunteer reflects a portion of that beauty.

L: Give thanks to those who pray, teach, welcome, repair, lead, and serve.

P: We show up because grace has first shown up for us.

ALL: Come, faithful servants of every age; let us worship with gratitude.

"WHEN YES BECOMES OBEDIENCE"

Scripture Reading: Philippians 1:21-30 & Matthew 20:1-16

Songs

**Come, Christians, Join to Sing #158
O For a Thousand Tongues to Sing #57**

**Trust and Obey #467
Go Now in Peace #665**

Last Week's Attendance

In-Person Worship – 90; Online Worship – 23

Our Vision:

"Growing as disciples of Jesus while connecting with others and serving our community."

**Answers for September 20th are c) 40 yrs old d) 40 yrs d) Benjamin
Quiz hints – Q1) Philippians Q2) Exodus Q3) Luke**



October 2026

Whole Kernel Corn, Microwave popcorn, Hot Chocolate Packets, Muffin, Cake, and Brownie Mixes, Spices (any type), Wide Egg Noodles, Pumpkin, Sweet Potatoes, Spinach, Sauerkraut, Taco Shells, Taco Seasoning, Bar or Liquid Soap, Toilet Paper.

There are times when people who use the Food Pantry come to the pantry on foot. They are then forced to walk home carrying, pushing, or pulling several pounds of food. Southwest Iowa Transit, for a very reasonable fee of \$5.00, will take individuals home with their food items. If you are interested in helping pay for these fees, simply seal your cash (whatever you would like to give) in a plain envelope and add it to your donated food items.

Thank you to everyone who continues to support the Community Food Pantry. We exist totally on donations; we couldn't assist those in need without your help!

If you or anyone who would be interested in volunteering at the Food Pantry, please contact Jeannine K. Liljedahl at 712-215-2488.

**Bell and Chancel Choir
practice has started**

Praise Team rehearses
each Wednesday at 4:00 p.m.

Bell Choir meets each Wednesday
from 4:30-5:30 p.m.

Chancel Choir meets each
Wednesday from 5:30-6:30 p.m.

*Please join us in our music ministry.
Join one or join them all.*

Dealing with Stress - continued from page 2.

6. Chat with God

Prayer doesn't have to be formal or held to a specific time or place. Try having an ongoing dialogue with God. Mayberry shares, "I have as much conversation with God throughout the day as I can. I constantly try to be aware of his presence, talk to him, and say, 'Thanks for that' or 'I need help on this' or 'Give me the right words.'"

7. Move your body

Physical movement helps our bodies regulate stress, distracts our minds, and promotes sleep. Try chair yoga, walking in your neighborhood, or a nature hike.

Mayberry is a long-distance runner, something he began in his 50s. Although he had never run more than a mile, he decided to train for a half-marathon and use the time to talk with God. The practice proved so healing that he continued and has now completed 25 half-marathons and five marathons.

Keep experimenting

We all need to manage stress, but the ways we do so are widely varied. Mayberry encourages, "Nothing will be a cookie-cutter answer. Some people write in a journal; some people do a morning prayer time or read a daily devotional. Find something that works for you."

Adapted from author Laura Buchanan, who works for UMC.org at United Methodist Communications. This story was published on August 21, 2026.



Why Worship?

Benjamin Franklin once said, "If the world is so bad with religion, what would it be without it?" Abraham Lincoln said, "Take all the Bible you can on reason and the rest on faith, and you will live and die a better man." Theodore Roosevelt gives this testimony: "I need my church to feed my soul and refresh my spirit; I go once a week for my own sake and for the influence of my example."

At least two reasons are suggested here as to why we should worship. They are both practical and true to all human experiences.

First, we need to worship. Even Jesus, whose spiritual nature no one has ever begun to approximate, felt the need of worshipping the Eternal Father. It was His custom to be present in the synagogue on the Sabbath day.

Secondly, we need to set an example for others. One may profess to be a Christian in belief, but if he seldom gathers with the church to worship, he is failing to demonstrate to his neighbors and friends any conviction he may have concerning the Christian faith.

Regardless of how busy we are—or think we are—most of us find time to do the things we want to do. A desire on our part to worship regularly is not a sign of weakness, but of spiritual maturity.

Adapted by author Maurice Knot. Bulletin Digest, PO Box 831, Judsonia, AR 72081. August 31, 2026



Elijah

Name: Elijah

Meaning of name: “Yahweh is God”

Ancestry and family life: Elijah was a Tishbite from Gilead. He was a Benjamite, son of Jeroham (1 Chro 8:27). The tribe of Benjamin produced several heroes and mighty warriors.

When and where he lived: Elijah lived during the ninth century B.C. The Northern Kingdom of Israel had already split off from Judah for a long time. It had become apostate. The people primarily worshiped Baal, partially because of the influence of Jezebel. Therefore, Elijah, whose name means “Yahweh is God” or the “Lord is my God”, would have stood out from the crowd and faced the danger of persecution and death.

Events surrounding birth: No Info.

Training and occupation: No specific training is mentioned. However, from his habits, it appears that Elijah was an outdoors type. He had strange dress and appearance (2 Kings 1:8), was fleet of foot (1 Kings 18:46), had a rugged constitution that resisted famine (1 Kings 19:8), and dwelt in caves (1 Kings 17:3). This suited him for his role as a full-time prophet and servant of the Lord. He was able to move from place to place easily. Since he was a full-time prophet/servant of God, God used other means to take care of his needs.

Place in history: Elijah was one of the most important and most respected prophets in Israel's history. God used him to bring about a revival in the Northern Kingdom. God accomplished a number of miracles through Elijah. He was one of the most significant figures in Israel's history, along with Abraham, Moses, and David. He was going to come to earth again before the Messiah (John the Baptist), and he appeared along with Moses at the transfiguration.

Special traits: See training and occupation. He was a hairy man, a rugged outdoor type. Elijah had super speed. He ran seventeen miles from Carmel to Jezreel faster than Ahab's chariot (1 Kings 18:46).

Weaknesses:

1. Fear (1 Kings 19)- Right after God brought about a great miracle and answered Elijah's prayer on Mt. Carmel, Elijah grew afraid of Jezebel and ran away. This demonstrated a lack of faith in God and His protection.
2. Inconsistent/prone to ups and downs- Elijah was a human. He experienced highs and lows in his walk with God. Sometimes he had an emotional high and then depression would follow. How can we avoid this pattern?
3. Pride? - Did Elijah show pride in 1 Kings 19:10,14?

Strengths: Elijah was a dedicated servant of the Lord in a time when it was very dangerous to even believe in or worship the true God. There are many strengths in his life that we can learn from.

1. Faith (1 Kings 17:1, 21; 18)- There were several times in his life when Elijah demonstrated great faith in God. He confronted Ahab at the very beginning of the account, and God used him to bring a drought onto the land. Soon after that he pleaded with God to raise up the dead boy and God listened to him. The New Testament says that if we have faith we can move mountains and Elijah is an example of someone who demonstrated this kind of faith. Another example is his challenge to the prophets of Baal. He put his life on the line, having faith that God would answer his prayer and show Himself to His people. *Describe a situation where you can make a stand for God in the world today.*
2. Obedience (1 Kings 17:3,5; 17:9-10, 18:1-2)- On several occasions, God gave Elijah very difficult commands. He told him to go to a river and wait there, and the ravens would provide for him. Elijah did it. God told him to go and let a poor widow provide for him. Elijah did it. God told him to go confront Ahab, the king who hated him and wanted to kill him. Elijah did it.
3. Courage- On numerous occasions, Elijah showed great courage by risking his life to make a stand for God in front of the people or in front of Ahab, hoping to encourage them to choose to serve God rather than Baal.
4. Selfless- What was Elijah's motivation for the major events in his life (see 1 Kings 18:37)?

Important acts and events: Bringing the draught to Israel (1 Kings 17), the challenge to the prophets of Baal (1 Kings 18), confronting Ahab about the vineyard (1 Kings 2), translation of Elijah (2 Kings 2).

How he died: Elijah is one of only two humans (Enoch was the other) that never died (2 Kings 2). God had a special plan for him and took him directly up to heaven in a whirlwind. Because of other Scriptures and the fact that all humans die, most believe Elijah either did or will come to earth again, serving in a special capacity, and then face death (Heb 9:27).

Lessons from his life:

1. Pleading with God in prayer can accomplish much. See James 5:16-18. What are some other examples where Elijah prayed for miracles and God listened?
2. People worship many idols in this world even though these idols cannot answer prayer or provide protection. Why? Many possible reasons. They are deceived. Their hearts are hard. Some counterfeit “miracles” are performed by Satan and his demons. Or maybe they do so in willful disobedience to God because they don’t want to be accountable to Him for their sins (Rom 2-3). How should we seek to minister to this type of people? The lesson from Elijah’s life is that, whatever the method, we do confront false beliefs and religions and seek to bring people to worship of the true God.
3. Though the world may grow very evil and corrupt, God preserves a remnant of true believers, who serve Him faithfully (1 Kings 18:13, 19:18).
4. The true God is not vengeful and doesn’t desire self-mutilation in our worship of Him as do many false religions in the world (1 Kings 18:26-29). What does He desire? (A sincere heart, to worship in spirit and truth).
5. God makes us strong even through our weaknesses. After the incident on Mt. Carmel, Elijah was afraid and tired, running for his life from Jezebel. At the time when he needed it most, God provided divine sustenance for Elijah (1 Kings 19:6-8).
6. We should always be alert, even when our Christian life is going along smoothly. Our flesh is weak and can fail at any time. Therefore, we need to always be humble and look to God. We need to be steady and disciplined and be careful to avoid the low valleys of depression in Christian life. (See Elijah after Mt. Carmel).

Adapted from the studies of Study and Obey.





Shenfest 2026

Shenandoah, Iowa

Celebrating 250 Years: Schedule of Events

Thursday, September 24

6:00 PM - Nite Out Event at Fire Station
9:00 PM - Live Music & Kickoff

Friday, September 25

Various Times - Class Reunions & Socials
5:30 PM Class of '76 social

Saturday, September 26

7:00-10:00 AM - Shenfest Pancake Feed - Shenandoah Fire Dept.
9:00 AM - Tarkio Valley Antique Tractor Show
featuring a 1944 Willys MB Jeep
9:00 AM - Vendors & Food Court
11:00 AM - Everly Brothers Childhood Home Special Hours
with Tours, memorabilia, documentaries
2:00 PM - Shenfest Parade through downtown
6:00 PM - Class of 1976 Dinner , 5:30 PM social,
at Elm Street Grill / American Legion Country Club

Sunday, September 27

7:30 AM - Rotary Breakfast, Biscuits & Gravy
8:00 AM - Midwest Warehouse and Truck Show Registration
at Veteran's Memorial
10:30 AM - Airport Day & Car Show with museum concessions

Tickets & Costs

General Admission - Free
Nite Out Food- by free-will donation
Specific Meals/Events: individual ticket/ixxbuffet/buffet \$40
Class of '76 buffet \$40, andl buffet \$40
Purchased food truck/vendor items & truck/vendor-duitet \$40