



Weekly Booster

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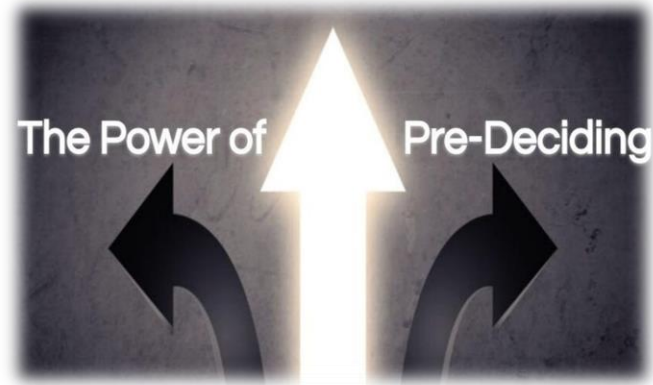
Sunday Praise Team

Terry Stafford, Linda Haldane,

Margaret Brady, Deb Finlay,

Jeff Hiser, Drew Morelock,

Pastor David



The Power of Pre-Decision

It's safe to say that life is the sum of the decisions we make. Why? Because a successful life is based not on a few big decisions made at a few big moments but on thousands of normal decisions made at thousands of normal moments.

As James Clear says, "Every decision you make is a vote toward who you will become." That's why we need to think ahead. That's why we *have* to think ahead. Each seemingly inconsequential decision has such value because our decisions are rarely isolated. Have you noticed how good decisions tend to compound in the right direction and bad decisions tend to compound in the wrong direction?

I bet you've made a bad decision thinking it was only a one-time thing, then later realized it put you on a slippery path. It felt like that choice gave you permission to keep making the same choice or similarly bad ones. Somehow your bad decision multiplied.

You've also made good decisions that seemed isolated but weren't at all. Your choice seemed normal, but it was enormous. You made the right choice and somehow it had a compound effect. It's like this: We make our decisions, and then our decisions make us.

Continued page 2.

Quote

“A true friend is someone that thinks you are a good egg even though he knows that you are slightly cracked.” Bernard Meltzer

RemindersMarch 3rd

Sunday Service 9:00 a.m.
Communion Sunday

March 6th

Bible Study – 11:00 a.m.
Praise Team - 5:00 p.m.
Choir – 5:30 p.m.
Bell Choir – 6:30 p.m.

March 7th

T.O.P.S.

March 10th

Daylight Saving Time Begins
**Set your clock ahead one hour
before going to bed Saturday night

**No Men's Saturday Bible Study
Until Spring - TBA

**Worship Assistants are needed
for March

** Fellowship Volunteers needed
sign-up in Fellowship Hall



**Two Volunteers Needed each Thursday
to Deliver Meals
Sign-Up Sheet is on the
Welcome Center Counter**

Pre-Decision - Continued from page 1.

The decisions you make today determine the stories you tell tomorrow.

C. S. Lewis, a brilliant Christian thinker and author, wrote about this in his book *Mere Christianity*: “Good and evil both increase at compound interest. That is why the little decisions you and I make every day are of such infinite importance. The smallest good act today is the capture of a strategic point from which, a few months later, you may be able to go on to victories you never dreamed of. A trivial indulgence in lust or anger today is the loss of a ridge or railway line or bridgehead from which the enemy may launch an attack otherwise impossible.”

Your decisions determine your direction, and your direction determines your destiny.

So if your life is moving in the direction of your decisions, do you like the direction your decisions are taking you?

Do you feel good about who you are and where you are in life? Do you believe God is pleased with your direction?

If not, it's time to take back your life.

How?

Through the power of pre-decision.

Decide Now, Do Later

You will decide *now* what you will do *later*.

You will *decide* now what you will *do* later.

That might sound simplistic, but it is a profound spiritual tool that will help you live in a forward-looking, people-loving, God-glorifying way that leads you to become who you want to become and live the life you want to live.

When you're in the moment, decision fatigue, fear, and emotions wreak havoc on your ability to make quality decisions, so why wait until you are in the moment to decide?

Ask God to help you decide now what you will do later.

Continued page 6

Quote

“It is one of the blessings of old friends that you can afford to be stupid with them.” Ralph Waldo Emerson

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 Office Hours

**** Children & Jr.-Sr. High Sunday School – PK-6 during service, Jr/Sr High at 10:30 a.m.**

****Choir –** Wednesdays, 5:30 p.m. Sunday 8:30 a.m.
****Bell Choir –** Wednesdays, 6:30 p.m.

The front door to the church will be unlocked during office hours and closed only for errands and lunch.

Monday
9:00-11:00
12:00-3:00
Tuesday
9:00-11:00
12:00-3:00
Wednesday
CLOSED
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 in 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 the next business day.



How did Solomon describe his love as a lily among?

- a) vineyards
- b) brambles
- c) apples
- d) trees of frankincense

Who was the father of those who dwell in tents and have livestock?

- a) Methuselah
- b) Lamech
- c) Adah
- d) Jabal

One of the four faces of the living creatures that Ezekiel saw, was which bird?

- a) eagle
- b) owl
- c) hawk
- d) dove

Check page 4 for answers from the previous week.



- 3rd – Sandy Crowdes
- 5th – Loy Beach, Katy DeLong
- 6th – Pastor David
- 8th – Val Grossman, David Skinner

****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**

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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: We come to be nourished by the Word of God.

People: We seek the wisdom of the Holy Spirit.

L: We come to be challenged by the commandments

P: We seek the guidance of God, the Creator.

L: We come to be surprised by Jesus, our Savior.

P: We seek the foolishness of Christ, the crucified.

“Destroying Temples”

Scripture Reading: John 2:13-22

Songs

God of Grace and God of Glory #577

God of Wonders #3034

How Great Thou Art #77

Last Week’s Attendance

In-Person Worship – 77

On-Line Worship – 14

Our Mission:

“Know & Serve God by Sharing Christ’s Love.”

Our Vision:

“We will grow in holiness, our community will thrive, & we will make a difference in our world.”

Answers for Feb 25th are a) Chaldeans c) 15 years c) flaming fire

Quiz hints – Q1) Song of Solomon Q2) Genesis Q3) Ezekiel



March 2024

Chunky Style Soups, Spaghetti Sauce and Pasta (any kind), Hamburger, Tuna and Chicken Helpers, Potato Flakes, Boxed Potatoes, Green Beans, Corn, Macaroni & Cheese, Cake, Brownie, Cookie, and Pancake Mix and Cereal, Bar Soap, Deodorant, Shampoo & Conditioner, Toothbrushes, Toothpaste.

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 with their food items home. 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.

Bring Your Change to Make a Change

*Collected each Sunday after
the children's message*



"Each of you should GIVE what you have decided in YOUR HEART to give, not reluctantly or under compulsion, for GOD LOVES a cheerful GIVER." (2 Corinthians 9:7)

The Noisy Offering is one more way to do ministry for those in need and also teach your children the importance of giving and serving. Each Sunday a new opportunity for mission giving will take place after the Children's Message. Sunday School students will walk around the congregation, collecting your loose coins and currency in their colorful metal pails. This would be a good time to clean out the loose change from your pockets or purse. The money donated in March will go to the Heifer International Organization.

Aldersgate District Town Hall with Bishop Kennetha

This coming Sunday, March 3, 2024, from 2 p.m. - 4 p.m. in person at [Creston First United Methodist Church](#) (400 N Elm St) or on Zoom.

The focus of our gatherings will be on our mission, vision, and core values at the Iowa Annual Conference. Bishop Kennetha Bigham-Tsai will be present for a time of teaching, and together, we will share stories about what it means to be engaged and connected with one another. Registration Link: <https://bit.ly/3T5iQYf>



Zoom QR Code



Pre-Decision - Continued from page 2.

With his help, what you do now can be different from what you did before on your own. We get stuck thinking, *I've always been this way, always done these things. It is what it is, I am what I am.* But God says, "Forget the former things; do not dwell on the past. See, I am doing a new thing!" (Isa. 43:18–19). We partner with God in the new things he wants to do in our lives by making new decisions. We make these decisions with God and submit them to him. And what does God do? "Commit to the Lord whatever you do, and he will establish your plans" (Prov. 16:3).

Look at the heroes of our faith throughout the Bible.

In Genesis 22, God told Abraham to sacrifice his son Isaac. Um, no one is going to decide to do that at the moment. But in the past, Abraham had pre-decided, *My God is always trustworthy, so whatever he asks me to do, I will obey and honor him.*

In Ruth chapter one, we find Ruth and her sister Orpah with their mother-in-law, Naomi. Times are tough and getting worse. Naomi is headed back to her hometown, where her prospects are no better. Naomi tells the girls to stay and make new, better lives for themselves. It is the choice that gives them the best chances, so Orpah agrees to leave. But Ruth had pre-decided to make Naomi her ride-or-die: *Where you go, I will go. Where you stay, I will stay. Your God will be my God* (see Ruth 1:16).

Ruth had pre-decided her commitment to Naomi.

Then there's Daniel. He and his friends were essentially taken hostage and forced to live in a foreign land. Constant attempts were made to brainwash them into thinking like their captors and eating the food they ate. Yet Daniel believed eating the king's food would dishonor God. We read in Daniel 1:8, "But Daniel resolved ..." We could say, "Daniel pre-decided." It says, "But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way."

Daniel didn't wait to get to the dining room, where he might have been tempted to go against his values by the perfectly seared tomahawk ribeye and the molten chocolate lava cake. No, he pre-decided, *My values will be determined by God, not others. I will honor my God with my choices.*

Daniel pre-decided his commitment to God.

When we decide now what we will do later, with God's help, we will determine our course of action before the moment of decision. It will look like this: When faced with [situation], I have pre-decided to [action].

For instance: "When I begin to worry, I will read 1 Peter 5:7, pray, and give the burden to God."

Or "When I'm tempted to make an impulse purchase of more than fifty dollars, I will wait at least three days before I decide whether to buy it."

Or “When I have written an angry email, I will sleep on it before deciding to hit send.”

Benefits of Making Pre-Decisions

If you were to start applying everything we have discussed so far in making pre-decisions, how might that positively affect your life? Here are three immediate benefits:

Pre-deciding reduces the Number of Decisions to Make

Pre-deciding combats feeling overwhelmed by all of our choices, which can lead to decision fatigue.

Steve Jobs famously wore the same outfit every day. Did he just really love his black turtleneck, Levi’s 501s, and New Balance sneakers? No. But he knew that not having to choose his clothes every day freed up energy for more important decisions.

Billionaire hedge-fund manager Ray Dalio wrote a book about pre-deciding. In his book *Principles: Life and Work*, Dalio writes, “Without principles, we would be forced to react to all the things life throws at us individually, as if we were experiencing each of them for the first time.” He goes on to say: “Using principles is a way of both simplifying and improving your decision making.... [This] will allow you to massively reduce the number of decisions you have to make (I estimate by a factor of something like 100,000) and will lead you to make much better ones.”

Pre-Deciding Reduces the Fear of Deciding Wrong

We often make poor choices because we are driven or stopped by fear. We fear with good reason: because we know our record and how much we have fighting against us in the moment of decision. But pre-deciding reduces our fear. Why? Because we base our decisions on our values. We discover, in advance, what is important to God and decide what is important to us, and we commit to making decisions that honor those values.

In my book *Think Ahead*, I hope to help you find clarity on what is important to you. When our values are clear, our decisions are easier.

Pre-Deciding Prevents Emotion from Taking Over

We want to live wise, God-honoring lives, but in the moment, our emotions often take over and hijack our integrity. That’s why we need to decide before the moment. That way, our emotions don’t get a vote.

It has been proven that this concept is the key to doing what you want to do. Peter Gollwitzer, a psychology professor at NYU, reviewed ninety-four studies that analyzed the effectiveness of pre-deciding by people who implement their best intentions. He concluded that having goals is no guarantee of success because it doesn’t account for the barriers that will arise along the way. So what did ensure success? Pre-deciding what to do when faced with such barriers.

In another study, 368 people in orthopedic rehabilitation were split into two groups. One group set goals. The others set goals and also pre-decided what they would do to achieve them. Only those in the second group achieved their goals. When we pre-decide, we let logic overrule emotion.

Are you ready to think ahead and take your life back? Are you ready to choose who you will become?

Let's do this! Let's pre-decide.

Adapted from Think Ahead: 7 Decisions You Can Make Today for the God-Honoring Life You Want Tomorrow by Craig Groeschel. HarperCollins Christian Publishing. NIV Weekly Blog, All Rights Reserved 501 Nelson Place, Nashville, TN 37214, USA, February 14, 2024.

Come join us for a weekend away filled with solid teaching from God's word, rest from responsibility, and fun with your friends! You won't have to lift a finger! Delicious food, encouraging worship, and a dynamic speaker, Pastor Lana Williams from Ankeny 1st UMC, who will leave you ready to return to your home, families and work feeling refreshed. This annual spring retreat is for women ages 16 and older. Learn more and register at www.wesleywoodsia.org/women's-retreat



New programs are starting to be announced in addition to this Women's Retreat, including a Men's Retreat in October, and Marriage Retreat in February 2025!



Communion Sunday – March 3rd

Daylight Savings Begins – March 10th (clocks forward 1 hour before going to bed on the 9th)

Palm/Passion Sunday – March 17th

Maundy Thursday – March 28th

Good Friday – March 29th

Holy Saturday – March 30th

Easter Sunday – March 31st



Board of Ordained Ministry

This week I sat in interviews with the Iowa Board of Ordained Ministry. This was the culmination of an examination that included psychological evaluations, background checks, reference letters (that several of you filled out for me), and about 75 pages of written material integrating personal history, theology, Methodist tradition, and the practice of ministry. I was informed that the Board of Ordained Ministry is recommending me to be commissioned as a Provisional Elder at this year's Annual Conference in June! This is a big step towards becoming fully ordained in The United Methodist Church.

I want to express my sincere gratitude for this church. The year before I came to Shenandoah, I was not pastoring in a church and was really unsure if I ever would again. The time that I have been here has not been the easiest for me in my own personal life, but you all have provided a space of healing and growth. I am so glad to be here in Iowa with you all!

Grace and peace,
Pastor David B. Clark



St. John's Episcopal Church, Emmanuel Lutheran Church, the First Congregational Church, and the First Presbyterian Church of Shenandoah will host their 8th Soup Cook-off fundraiser for Heifer International at the Emmanuel Lutheran Church in Shenandoah on March 17th beginning at 5 p.m. Anyone may bring a crock-pot of soup or chili between 4:30-and 4:50 p.m. or you may come and enjoy all of the soups.

People will be able to vote for their favorite soups with cash. A prize will be awarded for the soup that raises the most money. Donations may also be placed in a Free Will donation can. All the proceeds will go to the Heifer International.

