



Weekly Booster

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Terry Stafford, Linda Haldane,

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Choosing Faith Over Fear

"What is your earliest memory?" I was asked in a seminar on Life Memories.

I had to dig deep to find an answer, but slowly a scene came to mind.

I was three or four years old in our church Sunday school room with a couple of other children. We were the last left, waiting for our parents to come get us. "My mom will come first," I confidently announced to the others.

But she was not first. Feelings of fear began growing inside me as the other parents came and left with their children. Surely it wasn't long before my mom appeared, but it felt like forever to me. I don't remember the relief of her showing up as much as the fear she might not.

I shouldn't be surprised that my earliest memory as a child is connected to a fear. Science tells us that when a person experiences trauma, adrenaline and other neurochemicals rush to the brain and imprint a picture, a memory of what happened. And the fear of abandonment is common for children to experience.

Continued page 2.

Did you know Napoleon was not that short? He was 5'5", only one inch shorter than the average height of a Frenchman at the time.

Reminders

March 10th

Daylight Saving Time Begins

****Set your clock ahead one hour before going to bed Saturday night**

March 13th

Bible Study – 11:00 a.m.

Praise Team - 5:00 p.m.

Choir – 5:30 p.m.

Bell Choir – 6:30 p.m.

March 14th

T.O.P.S.

March 17th

Men's Monthly Breakfast-8:00 a.m.

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

****Worship Assistants are needed for March 24, 31**

**** 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

Faith Over Fear - Continued from page 1.

Now as an adult, I'd like to think I've learned to tame my fears with the strength of my faith. I've had plenty of practice with what I call "faith tests," which I believe God allows so we learn to make choices based on faith (truth) rather than fears (feelings). But I'm often a slow learner.

Just recently, a friend and I were having a casual conversation and realized we disagreed on a current controversial issue in our community. The power of my feelings surprised me as we voiced our differing opinions and then tried to gloss over the awkward ending. Driving home, I knew I could have handled the conversation better and I owed her an apology. But I dreaded the thought of revisiting the situation with her and slowly convinced myself it was fine to let it go.

Yet the next morning, the conviction of my faith brought me back to what I knew was true, that I did need to apologize to my friend. So I stepped over my fear and called her, and the feeling of relief was a blessing.

How the Bible Helps

God's most repeated command in the Bible is "Fear not." But faith tests are teaching me that often I have to just "do it scared."

The Bible is filled with examples of God's people overcoming their fears, and standing on their faith. Doing it while being scared. God told Moses to lead the Israelites out of Egypt, but they were pursued by angry Egyptians on fast horses. Imagine the Israelites' fears when they got to the edge of the Red Sea. God told Moses how to part the sea, but it took great faith for the Israelites to step onto the path of dry ground with huge walls of water on both sides. They had to trust God's provision. They had to step in and do it even though they were scared.

What I know to be true is that our smaller daily decisions to choose faith over fear prepare us for life's bigger fearful challenges. I lived through many small faith tests before facing the greatest challenge of my life.

Continued page 6

Did you know that technically there were only 12 colonies? Delaware was part of the Pennsylvania Colony. Delaware declared their independence on June 15, 1776, making it the 13th colony.

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.



In the days of how many kings did the word of the Lord come to Micah?

- a) 2 kings
- b) 3 kings
- c) 7 kings
- d) 12 kings

According to the book of Colossians, by what did Jesus make peace in reconciling all things to himself?

- a) His name
- b) The blood of His cross
- c) His mighty power
- d) His virgin birth

How often does the Tree of Life yield fruit?

- a) Everyday
- b) Every week
- c) Every month
- d) Every year

Check page 4 for answers from the previous week.



11th – Marsha Stribling
14th – Jenna Burdorf
15th – Roger & Sonya Jones
16th – Jena Bowers, John Williams

****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: *As we gather, we each bring with us our own regrets, sins, and shames.*

People: *By grace, we have been saved.*

L: *But we worship a God who is rich in mercy!*

P: *By grace, we have been saved.*

L: *We are what God has made us; by grace, we have been saved!*

P: *Let us worship our redeemer.*

“Light of Grace”

Scripture Reading: John 3:14-21

Songs

To God Be the Glory #98

Amazing Grace (My Chains Are Gone) #3104

You Are My All in All #3040

Last Week’s Attendance

In-Person Worship – 77

On-Line Worship – 15

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 March 3rd are b) Brambles d) Jabal a) Eagle
Quiz hints – Q1) Micah Q2) Colossians Q3) Revelation**



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**.



Faith Over Fear - Continued from page 2.

Faith Tested

We were on vacation in the Colorado mountains when my husband, Lynn, at age fifty-five, suddenly suffered a severe brain bleed and his life depended upon getting him to a brain surgeon on the other side of the mountains before it was too late. He was unconscious when he was lifted into a small plane. I climbed in by the pilot. Lynn was on a gurney in the back, with a medic on either side. The line on the only monitor I could see fluctuated . . . and then flat-lined. I thought Lynn had died, especially because the medics wouldn't make eye contact with me, and the sound of the plane was too loud for conversation. I looked out the window at the snow-capped mountain peaks below and the beautiful blue sky above and suddenly experienced a total sense of peace that passed all understanding. "Lord," I prayed, "if You have chosen to take Lynn here, thank You for this heavenly setting."

The plane landed, and one of the medics gave me a thumbs-up as they quickly rolled Lynn into the hospital where a neurosurgeon was waiting.

"Can you save him?" I frantically asked the doctor.

"I can keep his heart beating, but I don't know about his brain," he answered.

Hours later, the surgeon emerged to tell our gathered family that Lynn had survived the surgery, but his most critical challenges were ahead.

I felt overwhelmed by all the unknowns. A dear friend, who showed up at the hospital, took my hands and faced me, eye to eye. "Everything that has happened in your life until now has prepared you for what you are facing. Trust God and hold on to faith.

Her words reminded me of a scripture I'd often repeated about God's angel preparing the way on a fearful journey: "See, I am sending an angel ahead of you to guard you along the way and to bring you to the place I have prepared" (Exodus 23:20, NIV).

God's promises and my friend's words gave me strength through the long days Lynn was in a coma, followed by weeks of his slow progress in a rehab facility. Today, years later, Lynn and I continue our journey, trusting that God will prepare our way and give us what we need when we need it.

Adapted from the article written by Carol Kuykendall (Guideposts). Faith Over Fear 100 Devotions to Rest in the Shadow of His Wings. HarperCollins Christian Publishing. NIV Weekly Blog, All Rights Reserved 501 Nelson Place, Nashville, TN 37214, USA, March 4, 2024.



Daylight Savings this coming Sunday – 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



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 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 Heifer International.



What Does “Gospel” Mean?

The word gospel reflects the Greek word for “good news” or “momentous news.” The good news is what God has done in Jesus Christ, supremely in Jesus’ life, death, and resurrection. This God did in fulfillment of all that he had promised to do (Luke 24:44) to reconcile lost and guilty human beings to himself, powerfully transforming them by his Spirit in anticipation of their resurrection existence in the new heaven and the new earth.



When Christians used the word “gospel” in the first century AD, it always referred to this message about Jesus; it did not refer to the writings of Matthew, Mark, Luke, or John — books that tell the story about Jesus. At that time, Christians spoke of the gospel according to Matthew, Mark, or others. Only in the second century and beyond did Christians start talking about these books themselves as Gospels — Matthew’s Gospel (or the Gospel of Matthew), Mark’s Gospel, and so on. In the first century, “gospel” referred to the message, not the book that conveyed it.

Two things follow:

- (1) This way of speaking emphasizes that there is only one gospel, only one message. The individual writers doubtless bear witness to Jesus in somewhat different and complementary ways, but there is only one gospel.
- (2) If Matthew, Mark, Luke, and John all tell about the one gospel, we gain a clearer idea of what this gospel is by observing what these four books have in common. In all four books, we learn that the one gospel, the one message, focuses on Jesus and emphasizes that his coming and mission fulfill what God promised in the past. These books say something about Jesus’ origin, his teaching and preaching, his miracles, and his interactions with very diverse people — and always the story moves inexorably to Jesus’ death and resurrection. Always there is some explanation of what these stupendous events mean, of what God is doing through Jesus to save his people, to bring in the kingdom, to move history toward its consummation at the end of the age. Without this blend of elements, there is no gospel.

The Message of the Cross

For this reason, the crucifixion and resurrection of Jesus stand at the center of the Christian gospel message. Thus, the gospel Paul preached was this: “that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas [Peter], and then to the Twelve” (1 Corinthians 15:3 – 5). Paul recognized, of course, that Jesus’ resurrection was critical to the good news of salvation: “If Christ has not been raised, our preaching is useless and . . . your faith is futile; you are still in your sins” (1 Corinthians 15:14, 17).

But since Christ was indeed raised, Paul emphasized the cross as the very center of the gospel message, even equating “the gospel” with “the message of the cross” and “Christ crucified” (1 Corinthians 1:17 – 18, 23). Among the churches he planted, Paul said that he “resolved to know nothing while [he] was with [them] except Jesus Christ and him crucified” (1 Corinthians 2:2).

By dying in his people’s place and paying the penalty for their sin, Jesus became a “sacrifice of atonement” for them (Romans 3:25), took upon himself the wrath of God that they deserved (1 Peter 3:18), and thereby qualified them to be welcomed into God’s presence and kingdom (Colossians 1:12 – 13). As a miraculous illustration of this, when Jesus died, the curtain of the temple, which symbolized that God exiled humans from his presence, was torn in two from top to bottom (Matthew 27:51; Mark 15:38; Luke 23:45). Jesus had not just inaugurated the kingdom; he had also won forgiveness for the sin that separated people from God.

In each proclamation of the gospel, the message is clear: through the death and resurrection of Jesus the Messiah-King, there is righteousness, the forgiveness of sin, and the inheritance of God’s kingdom for any sinner who will repent and trust in him.

Drawn from articles in the NIV Biblical Theology Bible.



Information for the booster next week will be due on Tuesday, March 12th at Noon.

The Weekly Booster will be sent on Wednesday, March 13th.

Iowa DOT News

Intersection of U.S. 275 and Iowa 333 becomes a 4-way stop on Friday, March 15

03/06/2024 10:23 AM CST



HAMBURG, Iowa – March 6, 2024 – If you drive on U.S. 275 and Iowa 333 near Hamburg you need to be aware of an intersection change that could affect your trip. Beginning on Friday, March 15, the current 3-way stop will be changed to a 4-way stop. This change will improve operations as well as safety at this location. Motorists will be alerted to this change by digital message signs in the next few days. Help keep everyone on...



Villisca United Methodist Church
is hosting a
SPRING Women's Conference
on **Saturday, April 13**
from **9am to 3pm.**

Everyone is invited!
To secure your spot, please call the
church office at 712-826-3132

Cost is \$30 per person
which includes a light breakfast and lunch



Holy Week Services at Shenandoah, First UMC will include Palm Sunday (March 24), Good Friday (March 29 @ 6:30pm), and Easter Sunday (March 31). On Palm Sunday we will participate in the traditional waving of palm branches and also experience a dramatic reading of the passion of Jesus. The evening Good Friday service will be a contemplative service remembering the death of Christ. Easter Sunday will be a joyous celebration of new life and partaking of Holy Communion together. Throughout Holy Week, the sanctuary will be open (times to be determined) to pray through the Stations of the Cross.

Grace and peace,
Pastor David B. Clark