



Weekly Booster

CHURCH STAFF

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Pianist

Terry Stafford

Bells & Choir Directors

Dan & Linnea Shook

Multimedia & Website

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Sunday Media Booth

Alan Hutchison

Jeff Hiser

Sunday Facebook Host

Craig Harris,

Facebook Contributors

Pastor David B. Clark,

Barb Cunningham,

Craig Harris, Jeff Hiser

Sunday Praise Team

Terry Stafford, Linda Haldane,

Margaret Brady, Deb Finlay,

Jeff Hiser, Drew Morelock,

Pastor David



The Power of Thank You

In the spirit of Thanksgiving this week I'd love to share with you the benefits and power of two simple words. THANK YOU.

They are two words that have the power to transform our health, happiness, athletic performance, and success. Research shows that grateful people are happier and more likely to maintain good friendships. A state of gratitude, according to research by the Institute of HeartMath, also improves the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure, and heal physically. It's physiologically impossible to be stressed and thankful at the same time. When you are grateful you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you.

Gratitude and appreciation are also essential for a healthy work environment. The number one reason why people leave their jobs is because they don't feel appreciated. A simple thank you and a show of appreciation can make all the difference.

Gratitude is like muscle. The more we do with it the stronger it gets. In this spirit here are 5 ways to practice Thanksgiving every day of the year.

Continued page 2.

“To live is the rarest thing in the world. Most people just exist.” Oscar Wilde

*“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.”
Mary Lou Retton*

Reminders

December 1st

PK-6 S.S.– After Children’s Message
Jr/Sr High S.S. – 10:30 a.m.
Confirmation Class – 10:30 a.m.
NO SUNDAY SCHOOL

December 2nd

Mat Making (Loom Room) 1:00 p.m.

December 3rd

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

December 4th

T.O.P.S.
Meals-On-Wheels Deliveries

****Worship Assistants are needed
for January 2025**

**** Fellowship Volunteers needed
sign-up in Fellowship Hall**

Power Thank You - Continued from page 1.

1) Take a Daily Thank You Walk - I started this practice 16 years ago and it changed my life. Take a simple 10-30 minute walk each day and say out loud what you are thankful for. This will set you up for a positive day. I wrote more about this in [The Positive Dog](#).

2) Mealtime Thank You’s - On Thanksgiving, or just at dinner go around the table and have each person, including the kids, say what they are thankful for.

3) Gratitude Visit - Martin Seligman, Ph.D., the father of positive psychology, suggests that we write a letter expressing our gratitude to someone. Then we visit this person and read them the letter. His research shows that people who do this are measurably happier and less depressed a month later.

4) Say Thank You at Work - When Doug Conant was the CEO of Campbell Soup he wrote approximately 30,000 thank you notes to his employees and energized the company in the process. Energize and engage your co-workers and team by letting them know you are grateful for them and their work. Organizations spend billions of dollars collectively on recognition programs but the best and cheapest recognition program of all consists of a sincere THANK YOU. And of course, don't forget to say thank you to your clients and customers too.

5) Say Thank you and Goodnight – At bedtime reflect on your day, identify and share all that you are thankful for. If you have children you can read [Thank You and Goodnight](#) with them and add to it.

I hope you have a wonderful Thanksgiving. Thank you for allowing me to share this newsletter with you. I'm thankful for YOU.

Article by Jon Gordon, Weekly Newsletter. The Jon Gordon Companies, Inc. 830-13 A1A N., Suite 111, Ponte Vedra Beach, FL, 32082. November 25, 2024

First Sunday of Advent



**Upcoming
Events:**

- ***Caroling & Soup Supper** – Sunday, December 15th at 4:30 p.m. Supper to follow
- ***Blue Christmas Service** – Thursday, December 19th at 6:30 p.m.
- ***Christmas Eve Service** – December 24th at 7:00 p.m.

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

- Michelle Morelock - Chair*
- Mary Peterson - Secretary*
- Margaret Brady - Vice Chair & Trustee*
- Gary Milstead - Trustee*
- Roger Jones - SPRC*
- Robin Hensen - Finance*
- Dave Lashier - Treasurer*
- Craig Harris - Lay Member to Annual Conference*
- Connie Anderson - Memorials*
- Linda Haldane - Membership*
- David Clark - Pastor*

Church Office Hours

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

**Wednesday
**Choir –5:30 pm
Bell Choir –6:30 pm

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.



To where/whom did Rebekah send Jacob, after he had gained his father's blessing?

- a) Ishmael
- b) Egypt
- c) Laban
- d) Unknown

According to the book of Nahum, where is the way of the Lord?

- a) in the storm & wave
- b) in the sea
- c) in clouds
- d) in whirlwind & storm

What was the name of Leah's servant?

- a) Bilhah
- b) Zilpah
- c) Abigail
- d) Deborah

Check page 4 for answers from the previous week.



- 2nd – Dakota Murren*
- 4th – Jonathan DeLong, Ed Robison*
- 6th – Nancy Bonefas*
- 7th – Jim Baldwin*

****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: God of our salvation, for you we wait.

People: Night and day we pray for your arrival.

L: Come and fulfill your promise to us.

P: Night and day we pray for your arrival.

L: May God direct us in our ways.

P: And may God grow us in boundless love for one another and for all.

“Making Preparations”

Scripture Reading: Jeremiah 33:14-16

Songs

Love Divine, All Loves Excelling #384

Majesty, Worship His Majesty #176

O Come, O Come Emmanuel #211

Last Week’s Attendance

In-Person Worship – 90

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 November 24th are d) all of them c) 600,000 b) perish without the law
Quiz hints – Q1) Genesis Q2) Nahum Q3) Genesis**



Food Pantry Monthly Needs

December 2024

jelly, wide egg noodles and other types of pasta noodles, microwave popcorn, hot chocolate mix, powdered milk, refried, chili style, pork & beans, sauerkraut, spinach, beets, cake, brownie, muffin mixes, mandarin oranges, and pineapple, hamburger, tuna, and chicken Helpers, bar soap, shampoo

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.

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 know of anyone who would be interested in volunteering at the Food Pantry, please have them contact Jeannine K. Liljedahl, at 712-215-2488.

*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 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 December will go to **Midwest Mission** to make meal packets.



VOLUNTEERS NEEDED

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

Over 30 years ago, concerned citizens in the Shenandoah community had a dream of all community families having a happy and healthy holiday and formed the **Adopt-A-Family** project. Our church will provide a local family-in-need with a brighter holiday with gifts appropriate for their age or need. No adult information will be given, this way we can help the children in more families. This year we will be able to ask for contributions of money in the Mission Cans as we have done before. The mission Cans are placed on top of the wooden offering boxes and just inside the middle set of the sanctuary doors. As soon as from the **Adopt-A-Family** committee regarding the size of the family and items on their wish list, that information will be listed in the Booster. This year Jr/Sr High Sunday School and Confirmation classes will take the lead as the go-to for questions. Thanks for your ongoing support for this important community project.



The Hispanic Center is now collecting items for their Christmas Shoe Boxes. There are 16 children, which includes 7 girls ages 7-14 years of age and 9 boys ages 1 ½ -12 years old. Children's lists of ages are on a sheet on the Welcome Center counter. If you plan to purchase for one of the children please bring the gifts to the church by December 15th. You may also contact Sue Jones with questions.

Hat & Mittens Collection – we are collecting hats, mittens, scarves, and gloves for children in need. Until the hat and mitten tree have been put up, please place these items in the back pew in the Welcome Center near the elevator.



Christmas *December 15th*
9:00 a.m. **Program**

*Program Practice - Saturday, December 14th
 4:00-5:00 p.m.*



94th Annual Christmas Vespers
*Saint Cecilia
 Choir*

December 1, 2024

This coming Sunday, December 1st the St. Cecilia Choir will be performing their 94th Annual Christmas Vespers. This year they will perform in Hamburg at the First United Methodist Church starting at 2:00 p.m. and in Westboro, MO at St. John's Lutheran Church starting at 5:00 p.m.

First United Methodist Church
 1200 Park St.
 Hamburg, IA
 at 2:00pm

St. John's Lutheran Church
 22186 St. HWY B
 Westboro, MO
 at 5:00pm



Let's Go Caroling
 Sunday, December 15th at 4:00 p.m.

Thanks to Heather Weiss, Jamie Burdorf, and Michelle Morelock once again for planning a caroling and soup supper Sunday, December 15th. The bus will depart from the church at 4:00 p.m. and the soup supper will follow caroling. They have planned to Carol to homes and care centers. There is a sign-up sheet on the Welcome Center counter if you are interested in caroling.

There is also a sign-up sheet on the Welcome Center counter those who would volunteer to make soup, bring cheese, crackers, raw vegetables, dessert, and volunteers to stay at the church during caroling to set up.

Finally, they would ask that you dress warmly and wear your ugly Christmas sweater if you have one in your closet.



Partner with God in the Journey to a Better You

Families often celebrate special days and holidays with traditions that have been passed down from generation to generation. Attempting to keep prior traditions consistent for both families, a young couple traveled to the home of each of their parents for the holidays. However, the situation was particularly complicated at Christmas. Each set of parents went to church on Christmas Eve and opened presents on Christmas morning. The young couple couldn't be in two different places at the same time. Hurt feelings always seemed to be the result of their good intentions to honor their families' traditions.

To help this young couple, one of the families expressed a willingness to change some of their time-honored customs. After some experimentation, they discovered that some of their traditions were important enough to keep the same, while others could be changed or dropped altogether. They even added some new activities to their holiday celebrations.

Embrace Change

Being open to change allowed this couple to work towards a harmonious solution during the holidays. The same willingness to embrace change is important in our personal lives as well. As we allow God to enter into more areas of our lives, we demonstrate our willingness to change and to allow him free rein to remove our character defects. This readiness requires our ultimate surrender and involves some pain and resistance. Some of our old habits can stay the same, others can be changed, and still others are best to be dropped completely. Nonproductive habitual behaviors can be replaced with new and better activities. This process takes time, but God is true to his word, and he has promised, "Commit your way to the Lord; trust in him and he will do this" (Psalm 37:5).

Most, if not all, of us would be more than willing to leave behind certain character defects. The sooner the better. But let's face it: Some defects are hard to give up. An alcoholic may hit bottom and be ready to stop drinking. But is she ready to speak truthfully at all times? Stop being envious of her neighbors and friends. Be ready to let go of her anger or resentments? Like weeds in a garden, defects of character that have been with us for a long time have developed roots. But you and God – together – can go after these defects. All of them.

God is With You in the Journey

“Blessed are those who hunger and thirst for righteousness.” (Matthew 5:6)

We need to remember that sin is the symptom of a character defect. That sin is like a weed in a garden: It will keep reappearing unless it’s pulled out by the roots – the actual character defect that caused the particular sin or allowed it to happen.

God is amazingly patient. He doesn’t impose his will on us but waits for us to invite him in. He won’t come in and clean up an area unless we invite him in.

It has been said that “willingness is the key that goes into the lock and opens the door that allows God to begin to remove your character defects.” Psalm 143:10 invites, “Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.”

Adapted from NIV Celebrate Recovery Study Bible. NIV Weekly Blog, All Rights Reserved 501 Nelson Place, Nashville, TN 37214, USA, November 25, 2024.

Harvest Dinner & Hanging of the Greens



**HARVEST
DINNER**

2024





This week is photo number 19 in a series of unique pictures from all over the world. For some pictures, you may need to squint and then you will see what the picture represents, others you will see it right away. I have found these amazing and wanted to share them.

#19



No Sunday School
or
Confirmation Class
This Sunday, December 1st



Communion
Sunday
December 1st
Service – 9:00 a.m.

