

# **First United Methodist Church**

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“An apple a day keeps the doctor away.” “Drink plenty of water every day.” “Exercise regularly.” “Wash your hands regularly.” We’ve all heard these sayings and have probably even spoken them ourselves to our children or other people in our lives. Some would say these are prescriptions for every day living. These are good words of advice that are intended to help keep a person healthy and strong in their journey through life.

The thing about these sayings is that they have to be followed. They have to be lived out if they are going to be effective or helpful in a person’s life. I can read all I want about apples and how good they are for a person, but until I bite into one and eat it, I won’t receive the benefit of the apple. The same is true about exercising. I can have great exercise clothing, I can know all the stretches one should do before exercising, I can even know the route that I’m going to run, but until I put on the clothing, do the stretches, and actually head out on the course for the run...and do it regularly, I won’t receive the benefit.

The same is true of the prescriptions that I get when I go to the doctor. I can share my concerns with the doctor and speak of what is ailing me, I can receive the piece of paper, called a prescription, from the doctor, but unless I go to the pharmacy and fill the prescription and then begin to take it, it won’t do me any good. In fact, I have been known to take a prescription for a few days until I start feeling better and then quit. My daughter who is a nurse is always quick to point out, “Dad, you need to follow the instructions and take the medication until it is gone in order for your body to receive the full benefit.” How can you argue with your daughter...after all, she is right? 😊

As a part of our MCCI consultation weekend we received a report. The report had three sections focusing on strengths, concerns, and prescriptions. The prescriptions relate directly to each of the concerns reflected in the document. The prescriptions provide a way for us as a church to grow, to improve, and be more effective in who we are and what we do. The consultation team pointed out that we are a great church. Ours is a church family filled with great people who love God, who have a great message to share, and who want to make a difference in the world. The prescriptions simply highlight some ways for us to reframe ministry for a new day in order to be more effective in loving God and loving our neighbors – the people around us here in Mitchell. I am excited for the future of Downtown Mitchell First United Methodist Church. I believe the MCCI Prescriptions can only help move our church in a positive direction. Remember when I first arrived in Mitchell, one of the things I said I was living by is a three-fold statement, “God is at work, people are important, and the best days of the church are yet to come.” I still believe this to be true!!

Join us Sunday for worship and the vote on our MCCI Prescriptions. Remember, we have one worship service at 10:15 am. Sunday School will begin at 9:15 am. There will be a brief pause following worship and then Rev. Roger Spahr will lead us in our Special Charge Conference and our vote on the MCCI Prescriptions. Please come join us. This Is Our Time!!!

Serving Together,  
*Pastor Keith*