

First United Methodist Church

310 North Rowley, Mitchell, SD 57301

Rev. Keith Nelson, Lead Pastor

keith@mitchellfumc.org

605.630.6586

Yesterday morning I did my annual Health Quotient Update. It's a yearly thing I do as a part of my health insurance through the conference. They take information from the health screening done during Annual Conference, along with information that I provide about my state of mind (questionable ☺), what I eat (too much DQ), how much I exercise (this one I nail – running 4 miles five days a week)...then they compile a report for me to read through and hopefully apply to my life.

Once again, this year the report indicates that my waist line is bigger than it should be. But then the report goes on to tell what a healthier BMI (Body Mass Index) would be for a person of my age and height. Plus they also give some suggestions for healthier eating, different types of exercise that would be beneficial for someone of "my age," ways to reduce stress in my life, etc. In other words the good folks at Wespeth are giving me a path to follow that would most likely bring a greater level of health in my life...if I follow the path.

That got me thinking about other areas of my life. My dentist gives me a pathway to follow for greater dental health. When I was in school my teachers, professors, and advisors gave me a path for greater learning and achievement. Through some counseling, mentoring, and reading, I've received a pathway for greater emotional health. In so many areas of my life, there is a path to follow for growth and arriving at specific goals. However when it comes to the church, we always say things like "be a follower of Jesus." But what does that mean. Are there specific things we want to have happen in a person's life as a disciple of Jesus? Are there specific things we want people to do or practices to work on? These are great questions to wrestle with.

This Sunday, I'm starting a Four Part sermon series called "**C⁵ The Downtown Experience.**" This series will lay out five "C" words that I believe are a part of the Pathway that our church desires for those who are seeking to grow as disciples or followers of Jesus in our community and in our world. These five words can help guide us on our journey and give us some markers to evaluate or gauge our progress as Jesus followers. (Just so you all know, I'll be combining two of the "C" words in one week's message – thus, 5 "C" words in 4 weeks.)

This is a great way for us all to begin our Fall season, to gain a greater understanding and sense of direction for who we are as followers of Jesus, and what we are trying to become as Christians and as United Methodists. Come join us this Sunday and let's grow together on this journey of faith. Remember, this Sunday begins our two worship service schedule. So, worship will be at 8:30 and 11:00 am this Sunday. For this Sunday only our Praise Team will be providing music at both services. We also have our **Wednesday** Midweek Worship service at 6:00 pm. Invite a friend and come expecting to experience God and learn something new.

Serving Together,

Pastor Keith

On Saturday evening, September 9, at 6:30 you are invited to come to our church facility to Prayer Walk our sanctuary, gathering spaces, and Sunday School areas to invite God's Spirit to be present in a real and powerful way for our Kick Off Sunday. I know some have a conflict with the concert at 7:30, so we'll be done and on our way by 7:15. Come join us to pray for our church and all who will be coming into our facility, that God's light and love would be experienced in our facility and through our ministries.