



Pastors ... Sketer Makena Riungu  
Charles Muthiani Kitua  
Cell Phones ...  
Sketer ... 214-455-6938  
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Pastor's E-Mail ...  
smakenariungu@greatplainsumc.org  
cmuthiani@greatplainsumc.org

#### TECUMSEH

Worship ... 8:30 AM  
Address ... 190 N 4th St.,  
Tecumseh 68450  
Office Mailing Address ...  
PO Box 747, Tecumseh 68450  
Office Hours ... M-F 8:30-12:30 PM  
Office Phone ... 402-335-3888  
Church E-Mail Address ...  
1stchurch.tec@gmail.com  
Web Site ...  
<https://www.firstumctecumseh.org>

#### ADAMS

Sunday School ...  
Worship ... 11 AM  
Address ... 405 7th St, Adams 68301  
Mailing Address ..  
PO Box 2, Adams 68301  
Email ... Adamsmc2022@gmail.com  
Phone ... 402-988-2090

#### HOPEWELL

Sunday School 3rd Sunday ... 9 AM  
Worship ... 9:45 AM  
Address ... 73131 607 Ave,  
Sterling 68443  
Church E-Mail ...  
[hopewell.umc.stl.ne@gmail.com](mailto:hopewell.umc.stl.ne@gmail.com)

#### WILBER

Sunday School ... AM  
Worship ... 9 AM  
Address ... 215 W 4th PO Box 236  
Wilber 68465  
Phone ... 402-821-2435

#### PICKRELL

Sunday School ... 9:30 AM  
Worship ... 10:30 AM  
Address ... 402 Austin, Pickrell 68422

**Thought for the Week ...**  
"The way positive reinforcement is carried out is more important than the amount."  
... B.F. Skinner

# FIRST UNITED METHODIST CHURCH

190 N 4TH STREET ... TECUMSEH NE 68450

*Vision Statement: Love all, be open to all, and connect with God.*

PRELUDE

## (BRINGING THE LIGHT OF CHRIST INTO THE CHURCH)

WELCOME/GREETINGS

*God is good ..... All the time.  
All the time ..... God is good.*

Liturgist

+OPENING HYMN OF PRAISE

*Awesome God (2x)*

#2040

+CALL TO WORSHIP (*read responsively*)

Leader: God who is beyond us, maker of heaven and earth.

**People: Open our eyes to see the wonder of creation!**

Leader: God was made known in the life of Jesus the Christ.

**People: Open our hearts to know the deep love of Christ!**

Leader: God who lives in each one of us as Spirit, Holy fire to kindle our true purpose

**People: Open our beings to each other to confirm that we all belong, and together, we can give birth to your new earth.**

+OPENING PRAYER (*in unison*)

**Grant me a heart filled with gratitude and grace, that I may find contentment in Your love. Strengthen me to face life's challenges with unwavering faith, knowing You are my rock and fortress. Let me share Your peace with others, nurturing compassion and kindness in my daily walk. We ask for your love, guidance, and protection in everything we do in Jesus' name. Amen.**

+HYMN OF PRAISE

*Just As I Am, Without One Plea (Vs. 1,3,6)*

#357

BIRTHDAYS/ANNIVERSARIES/ANNOUNCEMENTS/JOYS AND CONCERNS

HYMN OF RESPONSE

*In His Time*

#2203

PASTORAL PRAYER/LORD'S PRAYER

CONVERSATION:

SCRIPTURE

*The Word of God for the People of God. Philippians 4:10-13  
Thanks be to God.*

CHILDREN'S MESSAGE

HYMN

*Nothing But The Blood (Vs. 1,4)*

#362

SHORT VIDEO

THE MESSAGE

*"Cultivating Contentment"* Pastor Makena

OFFERING OUR OURSELVES AND GIFTS TO GOD

+DOXOLOGY

#95

PRAYER OF THANKSGIVING

BENEDICTION

+GOING FORTH

*Stand Up, Stand Up For Jesus (Vs. 1,4)*

#514

+POSTLUDE

Thank you for worshipping at our church. If you are visiting for the first time, we pray the worship activities will enrich you spiritually.

## ACTIVITIES & FELLOWSHIP OPPORTUNITIES FOR OUR CHURCHES

### **AT TECUMSEH...**

Coffee Hour Fellowship each Sunday	9:30 AM
Prayer Hour every Monday	10:30-11:30 AM
Office Closed in Observance of Thanksgiving	Nov. 23 & 24
Bible Study every Monday in Advent, (Nov. 27, Dec. 4, 11, 18)	1:30 PM
Hanging of the Greens/Decorating Christmas Float	8 AM ... Dec 2
Join us for <b>Christmas on the Square Light Parade December 3rd</b> at 6 PM. We will be riding on the float and singing Christmas hymns.	
Choir Practice after church service to practice for the parade	Nov 19 & 26
Blue Service	5:30 PM ... Dec 21
Christmas Eve Morning Service	8:30 AM
Christmas Eve Service	6 PM

**\*\*SMART CHICKEN WINGS ...** There are 10 pound packages of wings in the freezer (\$20 each), 2 whole chickens (\$8 each), and one 10 pound package of drums (\$15) all in the freezer.

### **ALL CHURCHES ...**

- CHARGE CONFERENCE ...** November 28 at 6 PM in Wilber.
- HANGING OF THE GREENS ...** Dec 3 Brunch, Adams
- HANGING OF THE GREENS ...** Hopewell, Dec 2 followed by a brunch
- LIVING NATIVITY ...** Sunday, Dec 10; 3:00 & 4:00 PM
- HOPEWELL BIBLE STUDY ...** every Wednesday from Nov 29, Dec. 6, 13, 20
- HOPEWELL CANDLELIGHT SERVICE ...** Dec. 24 @ 5 PM
- BLUE SERVICE ...** Adams & Hopewell, Dec 21 @ 7 PM

For more Conference information, subscribe to <https://www.greatplainsumc.org/gpconnect>

### **BULLETIN ARTICLE 3** *Contentment Is Key*

Do you have a tough time separating “wants” from “needs”? Do you sometimes feel consumed by the desire to have more? Do you ever look at your surroundings and feel overwhelmed by the sheer volume of things? When is enough, enough?

**Today in worship, we will release these burdens, address our human tendencies head-on, and learn how to change our ways.**

Informative and practical message. You will also receive several tools to help you plan your finances.

#### **Sermon Outline** **Topic: “Cultivating Contentment”**

In recent years we have witnessed a number of devastating natural disasters, including hurricanes, floods, tornadoes, and wildfires. Natural disasters remind us that everything in this world is temporary. This is why we can say with Jesus, “[My] life does not consist in the abundance of possessions” (Luke 12:15). Yet the culture is shouting that it’s not true. The result is a wrestling match in our hearts.

#### *Restless Heart Syndrome: Struggling with Discontent*

Perhaps you’ve heard of restless legs syndrome (RLS), a condition in which one has twitches and contractions in the legs. Something I call Restless Heart Syndrome (RHS) works in a similar way, but in the heart—or soul. Its primary symptom is discontent. We find that we are never satisfied with anything. The moment we acquire something, we scarcely take time to enjoy it before we want something else. We are perennially discontent.

#### **Four Keys to Cultivating Contentment**

**Four keys, which include the “secret” Paul referred to in his letter, can help us to do that. (Philippians 4:11-12).**

- Four words to repeat: It could be worse.
- One question to ask: How long will this make me happy?
- Develop a grateful heart.
- Where does your soul find true satisfaction?

#### **Five Steps for Simplifying Our Lives**

- Set a goal of reducing your consumption and live below your means.
- Use something up before buying something new.
- Plan low-cost entertainment that enriches.
- Ask yourself: Are there major changes that would allow me to simplify my life?

<b>Still Owe On Mission &amp; Ministry</b>	<b>Mission &amp; Ministry Last Week</b>
<ul style="list-style-type: none"> <li>• \$2,624.00</li> </ul>	<ul style="list-style-type: none"> <li>• \$150.00</li> </ul>
<b>Offerings Last Week</b>	<b>Local Mission Fund Last Week</b>
<ul style="list-style-type: none"> <li>• \$1,180.00</li> </ul>	<ul style="list-style-type: none"> <li>• \$7.00</li> </ul>
	<b>Attendance Last Sunday</b>
	<ul style="list-style-type: none"> <li>• 22</li> </ul>

<b>Organist ...</b> Paula Straube
<b>Liturgist ...</b> Nancy Tilton
<b>Memorial Candle ...</b>
All Saints