

Follow Jesus; Mature in Faith; Carry the Good News
At First Mennonite Church

Serving Today:

Pastor: John Janzen	Worship Leader: Kyle Riesen
Pianists: Erin VanderSchaaf	Hosts: Don & Judy Jantzen
Power point: Eli VanderSchaaf	Audio: Van VanderSchaaf
Ushers: Justin & Doug	Video: John Thimm
Children's Time: Erin Vanderschaaf	

Last Sunday Attendance: 91 **Offering:** FMC \$ 6,913

Bethel College \$ 300

Today's Offering: Western District Conference **Next Sunday:** FMC

Coming Up:

Sunday, Sept 14	9:30 am Youth & Adult Sunday School 10:30 am Worship
Tuesday, Sept 16	1:30 pm WMS Quilting & Tying 7:00 pm Church board meeting
Wednesday, Sept 17	6:30 pm Peace Club, Prayer Partners, SYF, JYF
Sunday, Sept 21	9:30 am Youth & Adult Sunday School 10:30 am Worship

September Birthdays:

3: Dan Crawford	4: Liana Stutzman
5: Norm Reimer, Margaret Boyce	6: Asha Jantzen
12: Graham Schardt	15: Anders Baade
18: Judy Jantzen, Denise Jantzen	20: Jim Hamm
23: Shana Ensz	24: LeRoy Janzen
26: Lori Crawford, Marcia Regier	30: Tony Tegtmeyer

- Ask an usher for assistance with a **hearing device**.
- **We collect** Best Choice labels & used cards and envelopes.
- **Food Pantry items** go in the box in the narthex. Checks may go in the offering plate.
- **Men's Brotherhood Project?** Contact Dan Kunzman or LeRoy Janzen.
- Please **turn off all lights** if you are the **last to leave** the building.
- Visit mennowdc.org to see what's new at Western District Conference.
- **Welcome** to all who are worshipping with us here and on YouTube (search for FMCBeatrice). The bulletin is at fmcbeatrice.org under documents.

Address: 6714 W. State Hwy. 4, Beatrice, NE 68310 **Website:** fmcbeatrice.org

Pastors: Josh Janzen; 402-631-3481; pastorjosh@fmcbeatrice.org
Sarah Neher; 507-993-6820; sarah@fmcbeatrice.org. Her office hours are generally, Sundays & Tuesdays, 9-12; Wednesdays, 1-8; Fridays 9-2

Church Office: 402-251-7180 **Email:** office@fmcbeatrice.org

Deacons: Sue Gerber (402-239-8857), Don Esau (402-223-9210),
Vicki Hinz-Ensz (402-239-4174), **Church Chair:** Jerry Reimer (402-239-2716)



Welcome to First Mennonite Church

September 14, 2025

Welcome

Call to Worship

L: Come, all who are weary and worn –

P: We come, longing for rest and renewal.

L: Come, all who feel empty or uncertain –

P: We come, trusting that grace meets us here.

L: Jesus says: "Blessed are the poor in spirit,
for theirs is the kingdom of heaven."

P: We come not with strength, but with surrender.

ALL: Let us worship the One who welcomes us with open arms.

Prayer

Hymn: "Come Away from Rush and Hurry"

VT 9

Confession and Assurance

L: Merciful God, we confess that we try to appear strong when we are weak. We hide our need behind busyness. We cling to control and resist surrender. Forgive us for trusting our own sufficiency more than your grace. Teach us again to open our hands.

P: Have mercy on us, O God. Meet us in our emptiness. Fill us with your Spirit.

Assurance:

L: Hear the good news: Jesus said, "Blessed are the poor in spirit, for theirs is the kingdom of heaven." Even now, even here, God meets us with mercy and surrounds us with love.

P: Thanks be to God. Amen.

Offering Song by Sunday Singers: "How Great Thou Art"

(Offering is for Western District Conference)

Children's Story

Scripture: Matthew 5:3

Message: “Empty Handed”

Pastor Josh Janzen

Hymn: “Jesus, Be the Center”

VT 584

Sharing and Prayer

Benediction

Sending Song: “You Shall Go Out with Joy”

VT 847

Passing the Peace

Breath Prayer of Surrender

This week, practice a simple breath prayer of trust:

- Breathe in: “*I let go...*”
- Breathe out: “*...I trust you.*”

Pray it when you feel anxious, striving, or afraid. Use it while doing dishes, driving, lying awake, or facing stress. Let go of control, perfection, and fear. Trust God to hold you, provide, and work in your weakness. This is not a formula, but a posture of humility — a way of remembering who you are and who God is.

Spiritual Practice at Home: Breath Prayer

This fall in Sunday School, children are trying out spiritual practices similar to the ones Pastor Josh is inviting us to explore in worship. This week’s practice is **Breath Prayer**. Families are encouraged to try it together at home! A breath prayer is a short, simple prayer repeated in rhythm with your breathing. Traditionally, you pray a phrase glorifying God as you inhale and a request or response as you exhale.

How to Practice Breath Prayer:

1. **Get Comfy** – Sit in a chair or on the floor with your feet still. Place your hands in your lap. Close your eyes if you’d like.
2. **Take a Deep Breath** – Inhale slowly through your nose, letting your tummy fill like a balloon. Exhale slowly through your mouth, like blowing out a candle.
3. **Add the Prayer** – As you breathe in, think: “*God, you are with me.*” As you breathe out, think: “*I rest in your love.*” (Or create your own!)
4. **Repeat** – Continue for three to five slow breaths.
5. **Close** – When you’re ready, take one last deep breath and quietly say, “*Amen.*”

Wednesday evening Community Event. Our first FMC Community Event will be Wednesday, October 1, 6:30 pm. We will again eat a meal together, have a short activity, but mostly visit and enjoy time together. We invite **all age groups** to come; the evening is very informal and provides an opportunity to enjoy each other’s company and catch up with each other. Our first meeting will focus on remembering our college students by bringing some things to put together in a ‘care package’. Here are some ideas of what to bring for the care package:

- Bring a card/note from your household letting them know you are thinking of them and sharing news from ‘home’
- Bring a small monetary donation, and we will purchase gift cards, gas cards, etc. to include in the care package

Ways to help support our Wednesday Community Event

Ø Help set up tables and chairs (9 tables with 8 chairs). *We will do this following church on the last Sunday of the month.*

Ø Donate toward the cost of food (a basket will be available the evening of the event, or you can put a donation in the offering plate with a memo indicating for the Wednesday Community Event)

Ø Contact Vicki Hinz-Ensz or Lori Thimm if you would like to help prep the meal (this would mostly involve picking up items/supplies needed for the meals)

Ø Pray for our community events

Ø Come join in!

Fall Sermon Series: *Backwards Blessings*. This fall we’ll journey through Jesus’ Beatitudes in Matthew 5 under the theme *Backwards Blessings*. In the Sermon on the Mount, Jesus turns the world’s values upside down, calling the poor, the grieving, the meek, the merciful, and the peacemakers “blessed.” These words are not commands to follow, but a daring description of God’s upside-down kingdom and the kind of people who reflect it. Each week we’ll discover how Jesus’ ***Backwards Blessings*** can shape our faith, form our character, and invite us into a new way of seeing and living.

Pastor Sarah will be out of town September 12-14. If you need assistance Pastor Josh will be available.

MCC Golf: The 2025 MCC Golf Tournament, an event supported by, and funds raised for, the Nebraska MCC Sale, raised \$4,455. This makes a total of \$86,563 over the last 19 years. Thank you all for contributing to its continued success! – Glen Riedel, MCC Golf Committee Coordinator

Women and girls! You are invited to an **open house baby shower for Stephanie Janzen** on Oct. 11 from 2:30-4:00 pm in the church basement!