



# Weekly Booster

## CHURCH STAFF

### Pastor

David B. Clark

[pastordavid@shen.church](mailto:pastordavid@shen.church)

### Office Manager

Jeff Hiser

[office@shen.church](mailto:office@shen.church)

### Pianist

Terry Stafford

### Bells & Choir Directors

Dan & Linnea Shook

### Multimedia & Website

Jeff Hiser

### Sunday Media Booth

Alan Hutchison

Jeff Hiser

### Sunday Facebook Host

Craig Harris,

### Facebook Contributors

Pastor David B. Clark,

Craig Harris, Jeff Hiser

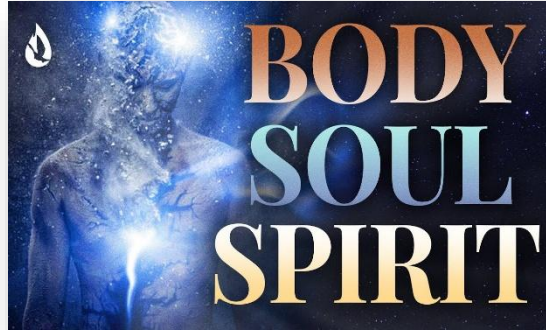
### Sunday Praise Team

Terry Stafford, Linda Haldane,

Margaret Brady, Deb Finlay,

Jeff Hiser, Pastor David

*Our Vision: **Growing** as disciples of Jesus while **connecting** with others and **servicing** our community.*



## A Short Theology of Body, Spirit, and Soul

*In this article, writer, speaker, and lawyer Justin Whitmel Earley takes us through an examination of how the body, spirit and soul are all made one through the mystery of the breath of God. The body, as imperfect as it may be, is a gift from God, and serves as the starting point for human spirituality rather than a barrier to human spirituality.*

An important moment in my journey of learning the spiritual significance of my body was a conversation with my friend and fellow Richmond writer D. J. Marotta, who is also an Anglican priest. Marotta's church practices an embodied way of worship.

Over coffee at my office one morning, I asked him how he would explain the body-spirit-soul distinction. "Well . . ." He paused. "The Bible gives us many clues here, but the verses are more like a constellation of stars scattered across the sky than they are like a Wikipedia entry. This is not something we fully understand, but it is something we can gaze at and exclaim, 'Wow!'"

That has really stuck with me. While the systematic lawyer in me wants to find neat categories for how the body and spirit interlock to form a soul, the Bible cannot be reduced to a simple body + spirit = soul math equation. But it does give us some stars to gaze up at. Here are three: body, spirit, and soul. As we will see, they are all connected by breath.

*Continued on page 2*

*“If you can dream it, you can do it.” Walt Disney*

*“Do what you can, with what you have, where you are.”*

*Theodore Roosevelt*

### Reminders

#### January 18<sup>th</sup>

Sunday Service 9:00 a.m.  
PK-6 S.S. during the message  
Jr/Sr High S.S. – 10:30 a.m.  
Men’s Breakfast – 8:00 a.m.

#### January 20<sup>th</sup>

Mat Making (Loom Room) 1:00 p.m.  
Ad Board Meeting -6:30 p.m.

#### January 21<sup>st</sup>

Bible Study – 11:00 a.m.  
Praise Team - 4:00 p.m.  
Bell Choir – 4:30 p.m.  
Chancel Choir – 5:30 p.m.  
No Wednesday activities

#### January 22<sup>nd</sup>

T.O.P.S.

Meals-On-Wheels Deliveries  
Sign up at the Welcome Counter

\*\* Fellowship Volunteers and treats needed, sign up in Fellowship Hall

**Body, Soul, Spirit- continued from page 1.**

## Your Physical Body of Dust

“Then the Lord God formed a man from the *dust* of the ground and breathed into his nostrils the *breath* of life, and the man became a living *being*” (Gen. 2:7, italics added).

In the Genesis 2 account of the creation of Adam, before the first human gets breath, he is humble dust—in other words, we are organic matter. The Hebrew word is *aphar*, and it connotes the humility of being connected to the ground. Very “earthy” stuff.

It is important that Genesis starts here; I used to imagine that I was some “spiritual essence” that God then “put” into a body. In that sense, we sometimes refer to ourselves as “embodied souls.” But Genesis suggests a different way of putting it: “spiritual bodies.” Humans started as physical bodies of dirt, but God then set us apart by *breathing* spirituality into us.

## Your Spirit of Divine Breath

The Bible describes a human person as an amazing combination of the ordinary physical and the remarkable spiritual. Dust + breath = a human life. This is a scientific truth and a sacred reality.

Physically, we know that to breathe is to be alive, and to stop breathing is to die. That is reflected spiritually: Breathing is the difference between something and someone. In that sense, our spirit of breath elevates us from plain matter to sacred life. Just as the use of dust throughout the Bible connotes the humble, mortal side of existence, the use of breath throughout the Bible connotes the immortal, spiritual side of existence.

## You Are a Soul

The miracle of Genesis 2:7 is that by taking dust and breathing the spirit of God’s life into it, God creates a “living soul.” Here we have our first mention in the Scriptures of this wonderful and mysterious word: *soul* (translated *being* in the NIV). The Hebrew word for this is *nephesh*, which means “soul” but also literally translates as “neck or throat,” because that is where the body meets air. The Hebrews saw the soul as the place where humble dust meets divine breath.

*Continued on page 7*



## 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*  
*Roger Jones - Trustee*  
*Bob Lynn - SPRC*  
*Barb Lundgren - 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 Praise Team – 4:00 p.m. Bell Choir – 4:30 p.m. Chancel Choir – 5:30 p.m.**

The front door to the church will be locked during office hours. Please ring the doorbell to be let into the church.

**Monday**  
9:00-11:00  
12:00-3:00

**Tuesday**  
9:00-11:00  
12:00-3:00

**Wednesday Office Closed**  
Bible Study 11:00

**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 to enter 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 on the next business day.



Who was king Belshazzar?

- a) son of Nebuchadnezzar
- b) father of Eliakim
- c) father of Darius
- d) Sibling of Arioch

What was engraved on the plate of pure gold upon Aaron's turban?

- a) the high priest, the governor of the earth!
- b) My cap is cool isn't it?
- c) Holy to the Lord.
- d) Unknown...

What was all flesh asked to do before the Lord according to the book of Zechariah?

- a) be silent
- b) cry out loud
- c) bring sacrifices
- d) flee

**Check page 4 for answers from the previous week.**



18<sup>th</sup> – Aaron Morelock  
19<sup>th</sup> – Jack Brady  
20<sup>th</sup> – Dalton Weiss  
23<sup>rd</sup> – Hernan Rengifo  
24<sup>th</sup> – Ashley Lundgren, Torey Nelson

**\*\*See a wrong birthday or anniversary, or need one added? Please call the office or send an email to [office@shen.church](mailto:office@shen.church)**

**Shenandoah First United  
Methodist Church**

200 Church St.  
Shenandoah, IA 51601

Phone 712-246-2081

Church E-mail  
[office@shen.church](mailto: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: The Lord is my light and salvation; who shall I fear?**

**People: the Lord is the stronghold of my life; of who shall I be afraid?**

**L: one thing I asked of the Lord, that I will seek after:**

**P: to live in the house of the Lord all the days of my life.**

**L: Wait for the Lord; be strong, and let your heart take courage;**

**P: We wait of the Lord!**

**“Immediately They Left”**

**Scripture Reading: Matthew 4:12-23**

Songs

**Praise to the Lord the Almighty #139**

**I Saw the Light (screens)**

**The Summons #2130**

**Seek Ye First #405**

Last Week’s Attendance

**In-Person Worship – 89**

**Online Worship – 10**

**Our Vision:**

**“Growing as disciples of Jesus while connecting with others and serving our community.”**

**Answers for Jan 11<sup>th</sup> are d) vengeance a) the righteous a) widow of one of the prophets**

**Quiz hints – Q1) Daniel Q 2) Exodus Q3) Zechariah**



## Food Pantry Needs

# JANUARY 2026

Spaghetti Sauce and Spaghetti Noodles, Sauerkraut, Green Beans, Corn, Chili Beans, Pineapple, Brownie and Muffin Mixes, Macaroni & Cheese, Brown and White Rice, Chunky Style Soups, Soda, Graham, Snack, Animal Crackers, Shampoo and Conditioner.

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 home with their food items. 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 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 the **Sleep In Heavenly Peace**.



## VOLUNTEERS NEEDED

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



If you have plastic bags that you would like to donate to the church for making mats, those working with the loom are now ready for more plastic bags. If you have plastic bags you want to get rid of, please drop them off in the mat/loom room downstairs. The room is the first classroom on your left at the bottom of the stairs. Thank you in advance.

We're getting ready to install new carpet tiles in the Fellowship Hall, but first, the walls need a fresh coat of paint! We'd love your help to get the job done.

- **Date:** Saturday, January 17
- **Time:** 9:00 AM start
- **Supplies:** Please bring paint rollers (with extension poles if you have them) and brushes. Don't worry if you don't have supplies, we'll have extras on hand!

**Lunch is on us!** We'll be serving pizza and water at noon for all volunteers. Hope to see you there!



**Body, Soul, Spirit- continued from page 1.**

This idea is a wonderful nudge to the modern imagination, which tends to think of soul (if we even think of it at all) as the nonphysical part of us. But Genesis pushes us more toward the soul as something that we *are*. Wendell Berry writes, “God did not make a body and put a soul into it, like a letter into an envelope. . . . ‘Soul’ refers to the whole creature . . . a single mystery.”

The soul is the reality of our bodies made spiritual by God. And that spirituality begins in breath.

**Always Spiritual, Always Physical**

Just as if you were to take the spirit of breath away from your body of *aphar*, you would immediately die, so it is that any theology that separates body and spirit is a theology of death. This is incredibly important to understand because our modern culture is obsessed with drawing lines of sacred-secular separation into a world that God made to be always spiritual and always physical simultaneously.

There are two major ways we separate body and spirit. We either ignore our bodies, treating only the spiritual as important, or we idolize them, acting as if the physical is all that matters. Neither is biblical.

Ignoring the body is the ancient heresy of gnosticism—the idea that only the spirit matters. Religious people often are the main perpetrators of this heresy, but simply put, biblical Christianity is radically pro-body. As C. S. Lewis puts it, “It is no use trying to be more spiritual than God.” God created us with bodies, redeemed us through Christ’s body, and promises to resurrect us in glorified bodies.

Creation, incarnation, and resurrection are central to the gospel. As Christopher West puts it, “To have no body is to be nobody,” and Psalm 139:14 affirms that we are “fearfully and wonderfully made.” Our bodies are in no way barriers to spirituality; instead they are starting points for it.

Idolizing the body, on the other hand, happens when we worship creation over the creator. This is the error of materialism, the dominant worldview of our age. It reduces life to “nothing but” atoms, brain chemicals, or evolution, denying the spiritual side of all existence.

But the gospel offers a radically different paradigm: Our bodies are meant to image God. What does that mean? Certainly, it means many things and many mysterious things. But here I will focus mostly on one idea: to see your body as a creation that God loves and then to go use your body to love. In other words, to love and be loved.

I like the image of a window to signify this, because being image bearers is both something we are (we let the light of God’s love shine through us) and something we do (we go out into the world and love like him). The image of the window can remind us that we don’t close the curtains on the body and ignore it. Neither do we just stare in the mirror and idolize it. Rather we throw open the curtains and let God’s love

animate our bodies. Then we throw open the window and move out into the world and use our bodies to enact the great calling of life: to love God and neighbor.

This may not be easy, but it can be simple. God is love (1 John 4:8). Our bodies are gifts from the Creator, who loves us, and they are for loving him and loving neighbor (Mark 12:30–31). This embodied life of love is what we were made for.

But while it's very important to get the theology of your body right, it's not enough just to know it. We must put it into practice. That's where my book *The Body Teaches the Soul* comes in. Each chapter of the book ends with two disciplines, one spiritual and one physical, for how we can image God in each area of our embodied lives.

*Adapted from The Body Teaches the Soul: Ten Essential Habits to Form a Healthy and Holy Life by Justin Whitmel Earley. NIV Weekly Blog. All Rights Reserved 501 Nelson Place, Nashville, TN 37214, USA, January 12, 2026.*

**23rd Annual Clarinda Lutheran School**

# **German Dinner**

**Sunday, February 1, 2025  
Starting at 11 a.m.**

## **Menu**

Marinated Pork Loins  
Bratwurst  
Bavarian Sauerkraut  
Hot German Potato Salad  
Green Beans with Bacon  
Escalloped Apples  
Homemade German Breads  
German Chocolate Cake  
Peach Kuchen    Lemon Streusel  
Black Forest Cake    Banana Rum Cake

**Clarinda Lutheran School  
707 W. Scidmore  
Clarinda, Iowa**

Silent Auction opens at 10:30 a.m. until 1:15 p.m.

**This is a benefit dinner for the operational expenses of  
the educational ministry of Clarinda Lutheran School.  
Cost of the meal is a free will donation.**

**Make your Reservations on our website:  
[clarindalutheranschool.com/german-dinner](http://clarindalutheranschool.com/german-dinner)**

**Questions? Please call (712) 542-3657**

## 5 Ways the Psalms Help Us Worship God in Everyday Life

Worship is more than a Sunday morning tradition; it's a posture of the heart. In this post, we will explore five powerful truths from the book of Psalms that teach us what it means to worship God with our whole lives.

### 1. Worship Through Trust

*"The Lord is my shepherd, I lack nothing."* – Psalm 23:1

True worship begins with trust. When we trust God, we acknowledge His goodness and care for us, even when life is overwhelming. Psalm 23 reminds us that God is our Good Shepherd. He provides, protects, and leads us. Trusting Him means we believe He is more than enough. The more we know Him, the easier it becomes to surrender and rely on Him in every season. Worshipping through trust means we cling to Him in our need and declare that He is sufficient.

### 2. Worship Through Beholding

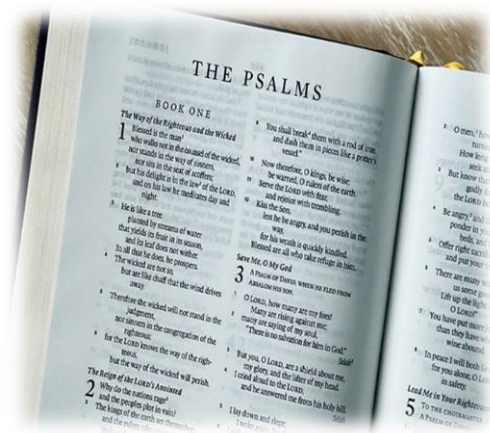
*"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple."* – Psalm 27:4

Worship isn't confined to a church building. Psalm 27 invites us to behold God in everyday life. Beholding means keeping our eyes fixed on Jesus while we work, care for our families, or even run errands. It's a lifestyle of awareness and adoration, turning mundane moments into opportunities to see and respond to God's beauty. Whether we're folding laundry or walking through a grocery aisle, we can behold Him and turn our hearts toward praise.

### Worship Through Repentance

*"Create in me a pure heart, O God, and renew a steadfast spirit within me."* – Psalm 51:10

Repentance is one of the most honest and humble ways to worship. It acknowledges our need for God and invites Him to transform us. Psalm 51 shows how confession and surrender can draw us closer to His heart. We will stumble, but worship calls us to be quick to repent, allowing God to purify our hearts daily. It's in this space of brokenness and longing for holiness that worship becomes deeply personal and transformational.



## Worship Through Reverence

*“Come, let us bow down in worship, let us kneel before the Lord our Maker.” – Psalm 95:6*

Worship includes awe and reverence for who God is. He is Creator, King of Kings, and Lord of Lords. Reverence isn't just a feeling; it's a response. True worship recognizes that God is holy and calls us to live in submission to His ways. Reverence can be expressed physically through bowing and kneeling, but it's also shown through obedience, humility, and surrender in our daily decisions.

## 5. Worship Through Thanksgiving And Joy

*“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” – Psalm 100:4*

Gratitude turns our attention away from what's lacking in our lives and toward the abundant goodness of God. Worship through thanksgiving is about recognizing everything we have comes from Him. When we cultivate joy and gratitude, even in difficult circumstances, we reflect a heart of worship. Whether we are thanking Him for a small provision or simply for who He is, praise unlocks deeper intimacy with God.

In all these ways and more, the Psalms remind us that worship is not a once-a-week event but a way of life. Whether through trust, beholding, repentance, reverence, or thanksgiving, worship is how we respond to God's goodness, beauty, and love. May these Psalms help you live a life of worship that honors God every moment of every day!

Adapted from author, Keely McCartney, Contracted Writer for Biblica. NIV Weekly Blog. All Rights Reserved 501 Nelson Place, Nashville, TN 37214, USA, January 12, 2026.





A colorful flyer for a bingo night event. The background is a light teal color with decorative elements like yellow and purple circles and white plus signs. At the top, there's a yellow circle with the number '2'. Below it, an orange box contains the text "Proceeds benefit the Shenandoah Pregnancy Center". Underneath, it says "St. Mary's Catholic Church". The main title "BINGO NIGHT" is in large, bold, green letters. Below that, there are three colored buttons: "GAMES" (orange), "FUN" (yellow), and "FOOD" (purple). The date "February 7, 2026" is in bold white text. Below the date, it says "Soup Supper, Desserts, Drinks, followed by BINGO!". A large green rounded rectangle contains the text "Supper begins at 5:00 pm". At the bottom, an orange box says "Hosted by the Knights of Columbus". The location "Parish Hall of St. Mary's, 512 W. Thomas, Shenandoah" is at the very bottom. There are also decorative circles with numbers, like a purple one with "30" and a yellow one with "2".



Dear Church,

Our Scripture passage this coming Sunday is Matthew 4:12-22. In it, we encounter some fishermen who would change the world. The fishermen mending their nets by the Sea of Galilee weren't religious scholars or community leaders; they were working people with calloused hands and families to feed. Yet when Jesus walked along that shore and said, "Follow me," something shifted in the universe. Peter and Andrew, James and

John dropped everything—their nets, their boats, even their father—and followed. This wasn't a casual invitation to attend a seminar or join a committee. It was a call that demanded they reorient their entire lives around a new center of gravity: Jesus himself. The extraordinary nature of Christ's call doesn't lie in the qualifications of those he summons, but in the radical reordering of priorities he requires.

What would it look like for us to hear that same call today? Most of us won't literally abandon our jobs and families, but Jesus still asks us to examine what truly holds our loyalty. Is it our comfort? Our bank accounts? Our reputation? Our political party? Our nation? The call to discipleship invites us to ask hard questions: What nets are we clinging to that keep us from following more fully? What securities or certainties might Jesus be asking us to release? Like those first disciples, we're ordinary people, and that's exactly who Jesus calls. The question is whether we'll recognize his voice above the noise of everything else competing for our allegiance, and whether we'll have the courage to reorder our lives around his "Follow me."

Grace and peace,  
Pastor David Clark  
308-258-7749 (cell)