



Weekly Booster

CHURCH STAFF

Pastor

David B. Clark

pastordavid@shen.church

Office Manager

Jeff Hiser

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,

Barb Cunningham,

Craig Harris, Jeff Hiser

Sunday Praise Team

Terry Stafford, Linda Haldane,

Margaret Brady, Deb Finlay,

Jeff Hiser, Drew Morelock,

Pastor David

**Take a You-Turn:
5 Step Process
to Resolve
Your Overwhelming
Feelings**



Take a You-Turn: A Five-Step Process to Resolve Your Overwhelming Feelings

Inspired by Psalm 86

Do you have any feelings you wish would go away? You try to distract yourself from your anxiety, sorrow, and disappointment with life, but the pain doesn't heal on its own. The stubborn emotions are not serving you well, but you can't seem to make them stop. As you pause for a moment to reflect on your internal struggle, maybe you can relate to the Psalmist's plea, "Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name" (Psalm 86:11).

I wonder what King David was going through when he composed this Psalm. God only knows what was happening in his life at the time. He prayed for joy (Psalm 86:4), so I imagine he was grieving. He names his distress—look at that (Psalm 86:7)! If you feel stressed out, you're not alone. Ultimately, with admirable self-awareness, the poet king asked the Lord to bring harmony to his discordant soul. David acknowledged his inner conflict and sought to worship his Creator wholeheartedly.

As a therapist, I once had a client (let's call him Marco) who suffered from inner conflict too. Marco had succeeded in business and was now serving in ministry. No one suspected that he was wrestling with an internal sense of worthlessness.

Continued page 2

“The measure of who we are is what we do with what we have.” Vince Lombardi

“In three words I can sum up everything I’ve learned about life: It goes on.” Robert Frost

Reminders

February 9th

PK-6 S.S.– After Children’s Message
Jr/Sr High S.S. – 10:30 a.m.
Confirmation Class – 10:30 a.m.

February 10th

Mat Making (Loom Room) 1:00 p.m.

February 11th

Bible Study – 11:00 a.m.
Praise Team - 5:00 p.m.
Choir Practice – 5:30 p.m.
Bell Choir Practice – 6:30 p.m.

February 12th

T.O.P.S.

Meals-On-Wheels Deliveries

****Worship Assistants are needed
March 2025**

**** Fellowship Volunteers needed
sign-up in Fellowship Hall**

U-Turn - Continued from page 1.

Marco bravely reached out to me in pursuit of Christ-centered counseling. After years of ignoring the hurt, he was tired of feeling small compared to others, when he knew better. He had read God’s Word, but the truth wasn’t sinking in where he most needed to receive it. He had hit a wall, and he was now making the time to seek deeper healing.

As our work began, I realized Marco came by his feelings honestly. I learned that his verbally abusive father had told him, “You don’t have what it takes to succeed.” This message was reinforced in middle school, where Marco was often the last one on the playground to be chosen when the captains drafted teams. He felt especially inferior to one popular team captain who devalued him, and this schoolyard trauma left its mark. Long after middle school, Marco’s vulnerable inner child wouldn’t let go of the gnawing feeling of being chosen last. Together we discussed how this long-ago classmate had too much power in his life.

At our next session, Marco reported that he still found himself ruminating on the words of his disapproving father, as well as the moments of rejection at school. Shame compounded Marco’s predicament. “Why am I entertaining these untrue, harmful thoughts,” he lamented, “when I know my true identity in Christ?”

Marco’s question is a familiar one, similar to the questions many I’ve counseled over the years have asked.

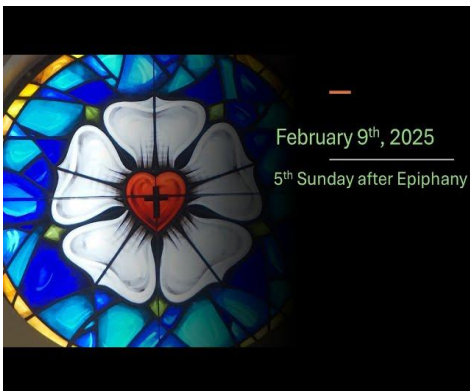
Marco began to find healing when he realized there was a split-off part of himself, stuck in the past, that had absorbed all the rejection. He started to appreciate this part of himself that believed he was not good enough when compared with others. He came to see this part of himself as brave, and even heroic, for being the one inside him to endure the suffering so he could function well in life. And this perspective brought him some relief from the pain.

I worked with Marco to lead the tender, apprehensive part of himself to release the hurtful belief formed decades ago. As John Mark Comer has written, “A key part of our spiritual journeys to wholeness, especially for those who have been through traumatic life experiences, is the healing of memories, in both our minds and our bodies.”^[1] Healing happens when we bravely extend curiosity and compassion to the hurting parts of ourselves that are seeking attention.

Continued page 6.

February 9th, 2025

5th Sunday after Epiphany



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*
- Open - 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
**Choir –5:30 pm
Bell Choir –6:30 pm

The front door to the church will be unlocked during office hours and closed only for errands and lunch.

Monday
9:00-11:00
12:00-3:00
Tuesday
9:00-11:00
12:00-3:00
Wednesday
CLOSED
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 in 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 the next business day.



Who guarded the tomb of Jesus?

- a) Disciples
- b) Roman guards
- c) Jewish guards
- d) No one

Why was the redeemer expected to acquire Ruth??

- a) to favor Ruth
- b) to give Naomi joy
- c) to favor the dead
- d) Haran

According to the book of Jude, who are those called and beloved by god the Father?

- a) Heaven
- b) Angels
- c) The Holy Spirit
- d) Jesus Christ

Check page 4 for answers from the previous week.



- 9th – Dustin Christiansen, Lorraine Shook
- 10th – Della Staples
- 11th – Lorene Whitehill
- 12th – Janette Vermillion

**See a wrong birthday or anniversary, or need one added, please call the office, or send an email to office@shen.church

**Shenandoah First United
Methodist Church**

200 Church St.
Shenandoah, IA 51601

Phone 712-246-2081

Church E-mail
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: We sing praises because of your loyal love and
faithfulness, O God.**

People: You are greater than everything else,

L: Though you are high above all else,

P: You see the lowly and are present in our humanity.

L: Your faithful love lasts forever, O God!

P: Do not let go or forget us in our troubles.

“THE DISCIPLES OF JESUS”

Scripture Reading: Luke 5:1-11

Songs

**Holy, Holy, Holy! Lord God Almighty #64
Amazing Grace (My Chains Are Gone) #3104
I Have Decided to Follow Jesus #2129**

Last Week’s Attendance

In-Person Worship – 70

On-Line Worship – 15

Our Mission:

“Know & Serve God by Sharing Christ’s Love.”

Our Vision:

**“We will grow in holiness, our community will thrive, & we will make a
difference in our world.”**

**Answers for February 2nd are d) Ishmael d) Haran c) Solomon
Quiz hints – Q1) Matthew Q2) Ruth Q3) Jude**



Food Pantry Monthly Needs

February 2025

Soda Crackers, Peanut Butter & Jelly, Corn, Green Beans, Pineapple, Mandarin Oranges, Cinnamon Applesauce, Chili & Chunky Style Soups, Microwave Popcorn, Hot Chocolate Mix, Any Type of Pasta, Oatmeal, Cereal, Shampoo, Conditioner, Bar Soap.

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 know of anyone who would be interested in volunteering at the Food Pantry, please have them contact Jeannine K. Liljedahl, at 712-215-2488.



VOLUNTEERS NEEDED

Two Volunteers Needed each Thursday

to Deliver Meals

**Sign-Up Sheet is on the
Welcome Center Counter**

U-Turn - Continued from page 2.

Marco needed to address the tension between what he knew was true in his heart of hearts and what the hurting part of him had believed all these years. To help him do so, I introduced him to a practice I call “Taking a You-Turn,” a five-step process that can change negative thought patterns causing feelings of worthlessness.^[2] His You-Turn started with realizing he could minister to the younger, insecure part of himself that needed healing from the past.

The Five Steps of Taking a You-Turn

Taking a You-Turn helped Marco experience the love of Christ where he had once felt insecure. Here are the five steps he followed: Focus, Befriend, Invite, Unburden, Integrate. Let’s look at each one more closely.

1. Focus on a Hurting Part of You

First, I asked Marco to focus on the feeling most troubling him. “Notice where you feel any physical tightness or tension and focus on that discomfort,” I suggested. After becoming attuned to what he was experiencing, Marco noticed a painful feeling in his heart. As I encouraged him to listen deeply, he shared with me how his father had wanted him to excel in sports, and how the middle school basketball team captain had not chosen him. Ever since he carried a belief that he would never excel—that he wasn’t man enough or strong enough to succeed. As an adult seeking healing, Marco still experienced a desire for others’ validation of his significance, even though he knew deep down he was loved by God.

The Bible shows us an example of focusing on a hurting part of our soul in Psalm 42:5: “Why, my soul, are you downcast? Why so disturbed within me?” In this verse, we see how David turned toward his pain, bringing it to the surface. David paid attention to his feelings and became curious so that he could resolve the inner tension caused by his false beliefs and find rest in God’s love.

2. Befriend This Hurting Part of You

Second, I encouraged Marco to extend curiosity and compassion toward the hurting part of his soul so he could get to know it better. Using his God-given imagination, Marco remembered what he looked like at that age. And then, I believe with the Holy Spirit’s guidance, he also envisioned a garden hedge surrounding this younger part of himself. In this way, with God’s help he was creating a boundary between himself and the others from whom he had once felt rejection.

- When David said in Psalm 131, “I have calmed and quieted myself . . .” (verse 2), he demonstrated our human capacity to extend compassion to ourselves in a way similar to how we extend compassion to others. We can welcome the split-off parts of ourselves to feel safe and accepted within God’s love so that we can find healing in those deep places, as Marco did when this insecure part of his inner being began to develop a healthy boundary.

3. Invite Jesus to Be with This Part of You in Need

Third, Marco invited Jesus to minister to the insecure part of himself. If this concept is new to you, here's why this step is important: When we decide to follow Jesus, we are born again, and God's Spirit comes to live in us. At the same time, parts of our souls may still lack authentic connection and intimacy with the Lord. We are saved, but we still need to go through a process of sanctification. Our natural tendency is to hide and ignore parts of ourselves that we wish would go away when what we need is to turn toward the pain, identify where we're off course and undergo transformation.

Over the years, psychologists and other students of the human soul have increasingly noticed how people can be mentally and emotionally fragmented and thus benefit from tending to wounds from the past. This is the work of cultivating a flourishing internal landscape. Thankfully, we can invite Jesus to tend to the untended parts of ourselves. His love can reach the furthest corners within so we can worship him more holistically. He wants us to become more whole so that our character becomes more like his—undivided. The Hebrew *Shema* describes God's character in a word: "Hear, O Israel: The Lord our God, the Lord is *one*" (Deuteronomy 6:4, italics added).

Spiritual formation involves bringing ourselves completely into the love and light of Christ. I like to think of introducing formerly lost parts of our souls to the Lord as a form of internal evangelism.

In my work with Marco, I asked him if his insecure part would like to know Jesus. He readily said yes and imagined Jesus drawing near to this part of himself. But in his mind's eye, even with Jesus nearby, the insecure part of him was looking over the garden hedge with binoculars at the team captain, still seeking his approval.

For Marco, the presence of Christ was critical. I asked him if his insecure part wanted to kneel reverently before the Lord, and he said it did! At that point, Marco experienced God's healing power where he hadn't felt freedom before.

- In Revelation 3:20, Jesus offers to draw near when he says, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in . . ."

4. Unburden Your Cares

Fourth, I asked Marco whether the insecure part of him was aware it could release the painful memory it carried, including all of the related thoughts and feelings, offering its burden to the Lord. All these years later, Marco was ready to differentiate from his former classmate. He came to view this person as the "tor-mentor" of his youth. This play on words contained an insight: Although this long-ago schoolmate had tormented Marco, his presence in memory was now serving as a *mentor*, spurring Marco to achieve healing and growth.

With this new awareness, Marco imagined handing over his binoculars to Jesus. As he did so, he released his once-heavy burden and experienced a new freedom and lightness.

- Jesus invited all who are weary and carry heavy burdens to come to him and find rest (see [Matthew 11:28](#)). No wonder Peter boldly commands: “Cast all your anxiety on him because he cares for you” (1 Peter 5:7).

5. Integrate Your Past to Create a Wholehearted Future

Fifth, Marco integrated this insecure part of himself by leading it to discern a new, preferred role. The part of him that had felt low self-worth now wanted to practice gratitude for how God had made him. On reflection, he sensed it wanted to remind him that he was valued in Christ and that he could find rest in God’s love. Rather than being “insecure,” the part of him that had felt valueless now wanted to be called “the affirmer of value”—in recognition of a newfound ability to proclaim Marco’s value, both within himself and to others.

Marco sensed Jesus saying to him, “You have value. Even if you fail, I still accept you. The way the world views popularity and power is not the way I see it. I exist in a completely different realm—a spiritual realm. It’s okay that you want to feel valued, but I want to be the one to provide that for you.”

- God’s Spirit longs to speak to us in ways that grow our understanding of his deep love and wisdom. As we integrate the parts of us that had been traumatized and stuck in the past, we can more consciously obey Paul’s imperative in Ephesians 5:17 to “understand what the Lord’s will is.”

Taking a You-Turn through these five steps empowered Marco to recognize that his overwhelming thoughts and feelings belonged only to one part of himself; they did not comprise all of who he is. This liberating realization centered on him so that he could speak kindly to himself and others instead of overreacting to anyone who threatened his self-image. The process also equipped him to view his thoughts and feelings not as an obstacle, but as a means of growth. In working through these steps, Marco was learning to follow the suggestion often attributed to St. Ignatius of Loyola: “Try to keep your soul always in peace, always ready for whatever our Lord may wish to work in you.”

Like King David and Marco, you have parts of your soul that are presenting themselves for healing and are in need of your loving attention. For example, you may struggle with your self-worth and look for others’ approval on social media, deepening your connection to a cyberworld that you increasingly let define who you are. Perhaps you compare your life’s achievements to those of coworkers or friends and feel like you’ll never measure up. Or maybe a part of you is struggling with chronic fear, intense anger, or something else entirely. Whatever your struggle, you can care for parts of your soul by focusing on them with curiosity, inviting the Lord’s presence to draw near, and tending to the hurting part of you within.

Give it a try:

- **Focus** on one challenging thought or feeling that you have right now.
- From your Spirit-led self, **befriend** the part of you with this thought or feeling.
- **Invite** the Lord to draw near and invite this part of you to become aware of his presence.
- **Unburden** your cares to him.
- **Integrate** the part of you that was stuck in the past so that you can move forward into a more emotionally healthy future with the new resources and blessings Jesus provides.

When you guide your emotions, anger turns to advocacy, fear becomes trust, anxiety transforms into peace, sadness steps into joy, envy turns to gratitude, and shame dissolves in the light of God's grace.

By inviting the presence of Jesus into the loneliest corners of your soul, you can lead the conflicting parts within you toward harmony and spiritual wellness.

Like Marco, you don't have to feel conflicted, alone, and stuck anymore. With the power of God's Holy Spirit—the sacred source of all goodness and love—you can experience hope and freedom. I encourage you to do this hard but beneficial work, whether on your own or with the support of a trusted therapist. Regardless of your circumstances, you can lead your inner life and experience internal harmony that will reflect God's character in a broken world.

You, too, will be able to confidently say: "I will praise you, Lord my God, with *all my heart*" (Psalm 86:12, italics added).

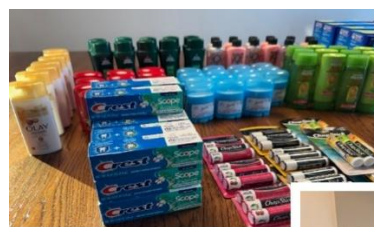
^[1] John Mark Comer, *Practicing the Way: Be with Jesus, Become like him, Do as he did* (Colorado Springs: Waterbrook, 2024) 9.

^[2] Alison Cook and Kimberly Miller, *Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies* (Nashville: Thomas Nelson, 2018) 45.

Adapted from the NIV Weekly Blog, All Rights Reserved 501 Nelson Place, Nashville, TN 37214, USA, February 3, 2025.



School Nurse, Kristy O'Rourke, RN, has sent a "Thank You" addressed to all the congregation for collecting the Noisy Change Offering to purchase a variety of hygiene products that are needed for students. There are always kids in need who will benefit from the generous donation.



**Hygiene Products
For the
School Nurses**

**Noisy Change
Offering
September 2024**



A Challenge for One Month

1. Resolve not to miss a single service of the church. No excuses this time but, for a change, a few sacrifices made for the Lord.
2. Try praying every time you have a problem or decision to make. If you feel the slightest need, pray! And while you're at it, try praying for your enemies (those with whom you don't get along too well).
3. Make it your responsibility to bring at least one visitor to services, preferably a family. Don't just invite them, make a date with them.
4. Take at least one afternoon or evening to go visit. Not with the ones you know or like best. This time, visit someone you do not know too well, perhaps someone with whom you feel a "little "strained." Get to know them and see the difference it makes.
5. Read and study your Bible every day, even if you have to turn off the TV. Follow these simple rules, and you might be surprised at the results.



Adapted from author Clyde Freem, Bulletin Digest, Bulletin Digest, PO Box 831, Judsonia, AR 7208. All Rights Reserved, January 6, 2025.



Noisy Offering – February

The month of February and the first Sunday of March the Noisy Offering will go to the local Food Pantry. To have a little fun for the kids we will also collect cereal. There is no particular kind or brand but just boxes of cereal. The boxes will be collected at the front of the sanctuary. On the first Sunday of March the kids will set them up like dominoes and then knock them over and then they will be taken to the food pantry. Who doesn't like to watch dominoes fall over?



On Sunday mornings, our Scripture readings have been from the Gospel of Luke. Luke writes his account of the life and ministry of Jesus in such a way as to highlight his reach to those who were not in positions of power and influence socially, politically, or religiously. In other words, his reach to ordinary people. Our passage this Sunday concerns an initial call into discipleship of some folks who make their living through fishing. This has me asking what being called into discipleship means. What are the concrete ways we are called to live as disciples of Jesus? Is it just praying more, reading the Bible more, and being kind to folks? I'm not so sure that Peter and his buddies would leave their livelihood behind to follow a guy telling them to pray more and be kind. It feels like there is a way of life that is a bit more radical that Jesus calls us to (even if being kind sometimes feels like a radical act in our country).



I would suggest that Jesus' Sermon on the Mount is a roadmap to this more radical way of living in the way of Jesus. The Sermon on the Mount is primarily recorded in Matthew 5-7, but there are also parts of it in Luke 6 (we'll see this in a couple of weeks on Sunday mornings). Would you consider reading the Sermon on the Mount in Matthew 5-7? How might your life look if you were to follow Jesus' teachings? What changes would you need to make? Are there parts of your life that need healing first? May we walk together as a community in the way of Jesus.

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

Daily Prayer

Dear God, I feel blessed to be alive and well today. I am thankful for the air I breathe and the things I see. I thank you for giving me the opportunity to see another day. I pray that today will be filled with positivity and productivity. May this day go as smoothly as possible for me and my loved ones. Most importantly, be our companion today and keep us from harm. Thank you Lord. In Jesus name I pray, Amen.