



Weekly Booster

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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



The Peace that Transcends Understanding

Anxiety seems to be a curse of the age we live in. Many people battle panic attacks, fear, worry, or stress. It's difficult to find our bearings during tough days, when we're dealing with financial pressures or when we're experiencing relational discord. But Paul reminds us of a better way.

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. (Philippians 4:4-5)

Our faith should be a source of strength when our natural tendency is to worry. But how do we move from fear to faith? Paul starts with rejoicing. When we choose to rejoice, we take our eyes from our problems and instead look heavenward. It shows our dependence on the One who knows how to shoulder our problems.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Next, we pray. We don't have to pretend everything is fine. We don't have to push down our worry. No, we can express it authentically to the One who already knows everything we battle. In that circle of prayer, we ask Jesus to help us manage our daily anxiety.

Continued on page 2

"The greater the difficulty, the more the glory in surmounting it." Epicurus

"Courage doesn't always roar. Sometimes courage is a quiet voice at the end of the day saying, 'I will try again tomorrow.'"

Mary Anne Radmacher

Reminders

August 10th

9th Sunday after Pentecost
Sunday Service 9:00 a.m.

August 12th

Mat Making (Loom Room) 1:00 p.m.
1st Tuesday of the month only for
July and August

August 13th

Praise Team - 5:00 p.m.
Bible Study, Choir Practice, &
Chancel & Bell Choirs
Resumes in the Fall

August 14th

T.O.P.S.

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

****Worship Assistants are needed
September 7th & 28th**

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

Peace continued from page 1.

Paul reminds us that we can ask God for help "in every situation" (verse 6). That means every— absolutely every—situation!

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

And once we entrust our worries to him, surprising peace envelops our hearts.

Prayer

Lord, thank you for caring about me and the things that concern me. I long for the peace you promise. I give you all my worries today, big and small. I choose to trust you with everything. Amen.

Putting it into Action

List everything that is bothering you today. Then write a prayer, giving all those worries, big or small, to God. May you sense his presence and be filled with his peace today.

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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.

Continued on page 6



August 10, 2025
Ninth Sunday after Pentecost

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 –
NO PK-6 or Jr/Sr High
Sunday School until Fall**

Wednesday

****Chancel & Bell Choirs –
resumes in the Fall**

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 on the next
business day.



Who built the temple?

- a) Solomon
- b) David
- c) Samuel
- d) Elijah

Whose dream did Joseph
solve while in prison?

- a) Pharaoh
- b) Pharaoh's daughter
- c) The prison guard
- d) Pharaoh's chief cupbearer
and baker

According to Obadiah, where
shall Benjamin possess?

- a) Negeb
- b) Gilead
- c) Ephraim
- d) Samaria

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



10th – Ardyce Giese, Kynlee Pease

11th – Isaac Lundgren

13th – Sharon Stribling, Phil & Val Grossman

14th – Gregg & Elaine Broermann

16th – Keven Livengood, Devin Morelock,
Carl Priebe

****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: The Mighty One speaks and calls out to the earth.

People: Our God is coming!

L: The Righteous One gathers the faithful from east and west.

P: We come with thanksgiving as our sacrifice. We come to worship God.

“Consider the Lilies”

Scripture Reading: Luke 12:22-34

Songs

Holy, Holy, Holy! Lord God Almighty #64

God of Wonders #3034

His Eye Is on the Sparrow #2146

Last Week's Attendance

In-Person Worship – 55

Online Worship – 16

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 August 3rd are d) Ezekiel, b) His blood, a) Prince of the power of the air

Quiz hints – Q1) 1 Kings Q2) Genesis Q3) Obadiah



August 2025

Microwave Popcorn, Green Beans, Corn, and Spinach, Mandarin Oranges, Pineapple, Cinnamon Applesauce, Pork & Beans, Chili Beans, Cake, Brownie, and Muffin Mixes, Pasta (any type including spaghetti noodles), Chunky Style Soup, Cereal, Laundry Soap, 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 know of anyone who would be interested in volunteering at the Food Pantry, please have them contact Jeannine K. Liljedahl at 712-215-2488.



We are looking for special music for the summer. If you are interested in providing special music or know someone who might be interested, please contact the office so a calendar can be developed for special music.



VOLUNTEERS NEEDED

**Two Volunteers Needed each Thursday
to Deliver Meals**

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

Peace continued from page 1.

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. 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 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.

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 for 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 that 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 himself 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 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, or 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 to 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.

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This Saturday, August 9th from 12-3 pm at The Mill. There will be free haircuts, games, and giving away backpacks and supplies. If you still would like to donate to the kids you can contact Margaret Brady through email: bradymli@yahoo.com or text: 712-246-9126. You are welcome to stop and lend a hand or just enjoy all the activities.



Hispanic Center School Supplies

The Hispanic Center needs backpacks for 12 students. Sue has students in different grade levels (PK-8) who could use a backpack and school supplies before school starts in late August. If you would like to donate a backpack and/or supplies you can drop them off at the church and put them in the back pew, in front of the office door. If you would prefer to give a monetary donation or gift card, it is always helpful and greatly appreciated. If you have questions, please contact Sue.

There are supply list for each building elementary, middle, and high school printed out and placed on the counter of the Welcome Center. Supplies for any grade level are welcome and will get to the appropriate school before school starts. As always your support is always appreciated and a blessing in helping those that may not be able to purchase the needed supplies to start the school year.

It won't be long before practices will begin for both the Bell & Chancel Choirs. New members are always welcome and encouraged to join. Practice start date will be announced soon. Join the fun!



Join us for a **Blessing of the Backpacks!**

**Sunday, August 24th
9:00 a.m.**

All students, teachers,
and educators are
encouraged to bring
your backpacks to be
blessed for the new
school year.





Dear Church Family,

Lately, I've taken up a quiet new habit: birdwatching. I still don't know the names of most of them, but I love to watch them flit and soar, peck and sing—each one full of life and purpose. And while I'm not much of a gardener myself, I'm grateful for the many in our congregation who are. The fruits, vegetables, and flowers you share with our church are gifts of beauty and abundance.

In Luke 12:22–34, Jesus invites us to “consider the ravens” and “consider the lilies.” He points to the birds and the flowers, not as decoration, but as teachers. They do not worry or strive, and yet they are cared for by God. Jesus isn't telling us to be passive, but to live with trust: to root our lives not in anxiety, but in faith that God provides.

Birds and gardens remind us of that sacred rhythm. They live in tune with the seasons. They receive and give. They do not hoard or hurry.

This week, may we take time to consider the simple, sacred lives of birds and blossoms. And may we trust, once again, in the gentle and generous care of God.

Grace and peace,

Pastor David Clark
308-258-7749 (cell)