



Weekly Booster

CHURCH STAFF

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Multimedia & Website

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Sunday Media Booth

Alan Hutchison

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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, Pastor David



How to Practice the Sabbath

I grew up in a Christian denomination that historically had strict rules about what you could and could not do on Sunday. Many of these old rules had worn away by the time I was a kid, but my father remembers being prohibited from doing homework on Sundays, playing baseball, or riding his bike. There was a host of regulations that dictated his Sunday behavior. Some of these rules were strangely arbitrary: it was okay to toss a ball back and forth with your hands but not okay to use baseball mitts, for example.

Now, I don't want to disrespect anyone's Sabbath practice and convictions. Hopefully, this becomes clearer below. But all these rules my father grew up with were indeed modern reinterpretations and applications of Scripture's Sabbath instructions.

It's Not About Rules

We know that Sabbath observance is important—it's in the Ten Commandments, after all (see Exodus 20:8–11)—but how exactly should it be applied or practiced today? This is something Christians of various backgrounds have differed on greatly. Years ago, I preached a sermon on the Sabbath command in a worship series on the Ten Commandments in which I surveyed different ways modern Christians have understood Sabbath practice.

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"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice."
Wayne Dyer

"Your Monday morning thoughts set the tone for your whole week. See yourself getting stronger, and living a fulfilling, happier, and healthier life." Germany Kent

Reminders

August 31st

12th Sunday after Pentecost
Sunday Service 9:00 a.m.

September 2nd

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

September 3rd

Praise Team - 5:00 p.m.

Chancel Choir – 5:30 p.m.

Bell Choir – 6:30 p.m.

Bible Study – Sept. 10th 11:00 a.m.

September 4th

T.O.P.S.

Meals-On-Wheels Deliveries

Sign up at the Welcome Counter

****Worship Assistants are needed
October**

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

Sabbath continued from page 1.

The main criticism I received after the sermon was, "But Pastor, you didn't tell us all exactly what we can and cannot do on Sunday!" Truthfully, that was the point: Christians uphold their understanding of the Sabbath in many different ways.

Why Observe Sabbath

Still, we know that practicing the Sabbath in some way is important. We live in a society that often operates at breakneck speed. If we aren't careful, we'll get sucked into those frenetic rhythms. We need to stop. We need to rest. We need to practice "non-doing." Practicing Sabbath means we intentionally forgo making an extra buck or knocking something off our endless to-do list. We rest to remember that we don't build our lives; they are a gift. We cease working to remember our reliance on God. Practicing Sabbath is even a way we imitate God, who rested from his work of creation on the seventh day (see Genesis 2:2–3).

In Eugene Peterson's 1989 book, *The Contemplative Pastor* (Christianity Today, Inc.), he makes the striking point that one thing a good pastor should *not* be is "busy." This does not mean that the pastor will not be productive or have a lot to do; it simply means that being constantly "busy" is a red flag in the pastoral calling. There must be a quiet space in a pastor's life for prayer, listening, and Spirit-led preaching. While preaching is not part of the calling of all Christians, the same principle remains stillness and rest are required for fostering a life of prayer and a listening heart. In a chapter titled "The Unbusy Pastor," Peterson poses the question, "How can I persuade a person to live by faith and not by works if I have to juggle my schedule constantly to make everything fit into place?" This reminds us that practicing Sabbath is a way we intentionally live by faith and not by works.

How to Keep the Sabbath

So, going back to the Sabbath instructions in the Bible itself, what are some things we can learn? Leviticus 23:3 says, "There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the Lord."

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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 –
Starting September 7th.
PK-6 during service
Jr/Sr High 10:30 a.m.**

**Wednesday
Praise Team – 5:00 p.m.
Chancel Choir – 5:30 p.m.
Bell Choir – 6:30 p.m.**

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

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.



Where did cows pulling
a cart go with no rider?

- a) Land of Shinar
- b) Brook of Hebron
- c) Beth-shemesh
- d) City of Shechem

Which river did not flow out of
Eden?

- a) Euphrates
- b) Jordan
- c) Gihon
- d) Tigris

On which day did God create
vegetation: seed-bearing
plants and trees that bear
fruit?

- a) 1st
- b) 2nd
- c) 3rd
- d) 4th

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



1st – Sandy Bailey, Charles Hall, Kris & Jodi Anderzhon
2nd – Bob Burchett
3rd – Ed Bonefas, Dave Lashier,
September McElroy
4th – Jim Brownlee
5th – Alex McIntosh
6th – Bruce Johnson

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

*Prelude/Postlude/Accompanist: *Terry Stafford*

**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>

Call to Worship

Leader: Come to the table where all are welcome.

People: We come, trusting God's invitation of grace.

L: Here the humble are lifted, and the weary find rest.

P: We come, seeking the way of Christ.

L: This is the feast of love, open for all.

P: We come to worship God with gratitude and joy.

"An Open Table"

Scripture Reading: Luke 14:1, 7-14

Songs

For the Beauty of the Earth #92

Shout to the Lord #2074

Together We Serve #2175

Last Week's Attendance

In-Person Worship – 76

Online Worship – 4

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 24th are a) Jesus Christ, a) Solomon b) a lion killed him
Quiz hints – Q1) 1 Samuel Q2) Genesis Q3) Genesis



September 2025

Cinnamon Applesauce, Pineapple, Mandarin Oranges, Apricots, Pasta (especially spaghetti noodles), Soda or Graham Crackers, Microwave Popcorn, Muffin, Cake, and Brownie Mixes, Macaroni & Cheese, Chunky Style Soup, Potato Flakes & Boxed Potatoes, Canned Chicken or Tuna, Shampoo.

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**

**Bell & Chancel Choir
Practice, September 3rd**



**Chancel Choir - 5:30 p.m.
Bell Choir - 6:30 p.m.**

Sabbath continued from page 2.

What do we notice here? There is a regular rhythm of work and rest in our lives. If we want to put it in mathematical terms, the ratio is 6:1. That means we should still be productive and work. We don't laze around and use the Sabbath law as justification for neglecting our responsibilities. No, there's a directive to work right alongside the instruction to rest.

Second, it's a practice of worship. Notice that the verse doesn't only say to cease work. It is also to be "a day of sacred assembly." Part of practicing Sabbath should normally be gathering with God's people for worship. There may be certain cases where this is not possible, but gathering with a worshipping community should be the norm rather than the exception in our Sabbath observance.

Finally, connected to the idea of worship, we need to remember that the Sabbath is "a sabbath to the Lord." It's not "to ourselves," but a way we point to God. It should not be a selfish practice, but a God-ward pointing pattern in our lives. Now, this does not mean that Sabbath practice is not also for our own good. As Jesus himself said, "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27). While practicing Sabbath focuses us on God, it is also true that the Sabbath is a blessing—indeed, a gift—for us.

Additional Sabbath instructions in the Torah provide us with more aspects to understand. For example, Exodus 23 highlights the social justice dynamic of the law: practice complete cessation from work on the seventh day ". . . so that the slave born in your household and the foreigner living among you may be refreshed" (verse 12). Not only do you not do any work yourself, but you also allow others to rest. The same verse even says work animals have the day off!

Christians will need to be creative in how they apply the principles of Sabbath practice in their modern lives. Some may be able to set aside one single day, while others may not. We must not judge one another over such differences. As Paul writes, "One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind. Whoever regards one day as special does so to the Lord" (Romans 14:5–6a).

The important thing is not the day on the calendar. Indeed, almost all Christians have moved the Sabbath, which was originally Saturday, to Sunday, the day on which Jesus rose from the grave. The most important thing is not the day of the week, but that we practice the principles of the Sabbath in our lives as a spiritual practice of drawing closer to God and following Christ.

Aspects of that practice include intentionally ceasing from work to remember our reliance on God, advocating for justice for those around us by not putting an undue burden of work upon them, protecting their right to cease from work at certain times as well, and worshipping God in community with a group of his children.

Remember, practicing Sabbath is a God-given antidote to some of our worst human tendencies, including selfishness and pride. Sabbath shapes us into people of gratitude. God established a pause from work as a way to enact holiness in time. An intentional and routine practice of Sabbath worship and rest in our lives will constantly draw us back into God's mercy and redemption—and there's no better place to live!

Adapted from the study material from the NIV Application Bible based on the NIV Application Commentary series. NIV Weekly Blog. All Rights Reserved 501 Nelson Place, Nashville, TN 37214, USA, August 25, 2025.



Blessings of Worship

First and Second Chronicles offers us several great reminders about what a wonderful blessing worship should be to our lives. Especially right now when our routines have been disrupted, we need to make sure we are participating with heart, soul, mind, and strength.

When the Ark of the Covenant was brought to Jerusalem, David declared a day of thanksgiving (1 Chron. 16:7) and began expressing his gratitude to God for all the different ways that the Lord had blessed His people (1 Chron. 16:18-38). And then Scripture says that David went home to bless his household/family (1 Chron. 16:43).

The time spent together in praise of God should be transforming. Our joy and praise and lifting up of God's holy name should translate into renewed spirits that seek to be blessings to others! Our worship of the Lord together should lead to us being more like the Lord at home!

David gave thanks to God and praised Him along with all the people, then he took those things home to his family. May we all do the same! Whether we gather at the building or utilize technology, let us turn the blessings of worship into blessings for our homes.

Adapted from Bart Warren, South Green Street Church of Christ, Glasgow, KY.. Bulletin Digest, All Rights Reserved 1221 E. Madison Ave, Arkansas City, KS 67005. November 2020, Vol. 39, No.11.

Starting September 10, join us on Wednesdays at 11:00 a.m. as we explore the beauty, depth, and challenge of the Old Testament's wisdom literature and poetry. From the searching questions of Job, the existential wisdom of Ecclesiastes, to the timeless Proverbs, from the prayers of the Psalms to the love poetry of the Song of Songs, we will reflect together on how these ancient writings speak to life's joys, struggles, and mysteries today.



A shout-out and a big “Thank you,” to Al Moore, who provided the Hispanic Center with 12 hoodies in a variety of sizes and also backpacks. Your kindness is greatly appreciated and a great way for students to start off the school year.



Dear Church Family,

In Luke 14:7–14, Jesus tells a parable about choosing the lower place at the banquet table. He reminds us that true honor is not found in seeking recognition, but in humility. Then he presses further: when you give a banquet, don't just invite friends and neighbors who can repay you. Invite the poor, the outcast, and those who cannot return the favor.

These words are not easy. They challenge the natural way of things in small-town life, where gatherings often revolve around family, friends, and familiar circles. Yet Jesus invites us into something deeper: a radical hospitality that mirrors God's own heart. God welcomes the overlooked. God sets a table for those the world forgets.

Humility and hospitality belong together. When we step away from seeking our own place of honor, our eyes are opened to those who need a seat at the table. And when we welcome them, we welcome Christ himself.

This week, may we look around our lives and ask: Who has been left out? Who needs an open chair, a warm meal, or a word of belonging? To extend that kind of welcome is to live the gospel.

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

