

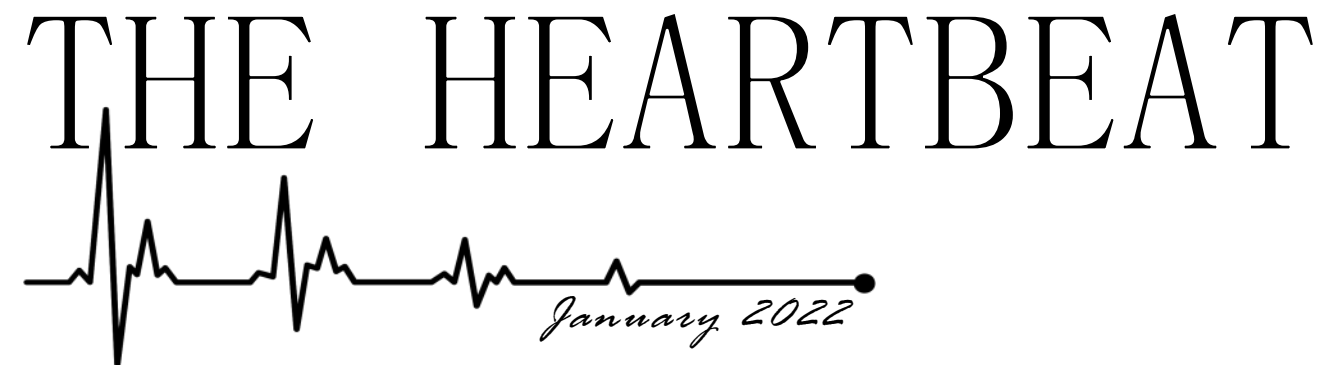
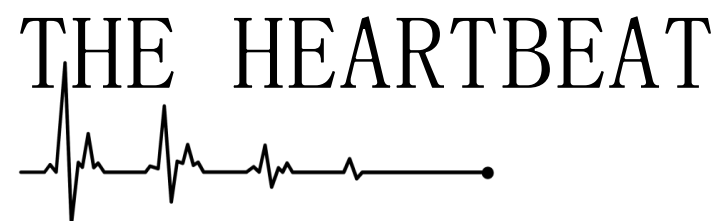
Address Service Requested



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EQUIPPING PEOPLE TO BE TRANSFORMED  
FROM SELF-SUFFICIENT TO  
CHRIST-SUFFICIENT LIVING.

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## Taking Care

According to the 4th annual “Writing Off the End of the Year” survey, the average American expects to gain 8 pounds over the holidays. While the actual weight gain is probably less, the extra weight (whatever the amount) is “on top of” the already excess poundage that many of us carry around each day. Many of us simply are not taking good care of our bodies.

### The “Dirty Little Secret”

Obviously, the pandemic has dominated the discussion about health, but “the dirty little secret” with respect to COVID is the fact that poor health habits, not just vaccination status, is a major factor in the severity of the virus. Fully 78% of persons hospitalized for COVID since the onset of the pandemic were overweight or obese. This is per the CDC.

To date, no public person has had the courage to talk about this, except perhaps Aaron Rodgers, quarterback of the Green Bay Packers. (As a Vikings’ fan, I can’t believe I’m commending the quarterback of the Packers!)

Several weeks ago, Rodgers came under severe criticism for having misled the media about his vaccination status. He didn’t think it was any of their business. In subsequently explaining his actions, he spoke very forcefully (and I thought, effectively) about poor eating habits, lack of exercise, over-medicating, etc. being the main area of concern.

### Unitary Beings

Again, many of us simply are not taking good care of our bodies. And since we are “unitary beings” (that means comprised of mind, body and spirit), our poor health habits also affect us mentally and spiritually. In short, you can’t mistreat your body without also negatively affecting your mind and spirit.

To compensate for our poor health choices, many then turn to drugs and chemicals. 55% of adults regularly take a prescription medicine. One quarter of adults regularly take 3 or more prescription medications and 12% take 5 or more.

I’m not anti-prescription medication. In fact, my doctor is giving me another year to lower my cholesterol (via better nutrition) – or else!

Instead, this is a plea for us to take better care of ourselves, including our bodies. The New Year is a great time to begin! I look forward to the day when, driving down Chatburn Avenue, there are more cars in the parking lot of the Wellness Center than the parking lot of the Hospital.

Pastor Dan

# WEEKLY MINISTRIES

## SUNDAY

- Traditional Service 9 AM
- Middle School/High School Sunday School 9 AM
- Adult Sunday School 10:30 AM
- Contemporary Service 10:30 AM

## MONDAY

- Middle School/High School Girls—5:00 PM

## TUESDAY

- Iowa Community Kitchen—4-6 PM

## WEDNESDAY

- Upper Room Connection Group—10 AM
- BYF Meal for all 6:00 pm  
Elem BYF 6:30-7:45 pm  
MS/ HS BYF 6:30-8:00 pm



## SUNDAY SERVING SCHEDULE

### Traditional Service

#### Greeters

01-02 Sam and Katie Arentson & Family  
01-09 Randy and Pat Pash  
01-16 Rowly and Deb Burton  
01-23 Todd and Cheri Valline  
01-30 Phil and Jennifer Perkins

#### January

#### Sound

Ruthanne Grimsley

#### Video

Mark Grimsley

### Nursery

01-02 Andy & Peg Cole  
01-09 Dan & Marilyn Martin  
01-16 Deb Morgan and Sally Hawn  
01-23 James & Anna Nelson  
01-30 Bryan & Janice Greve

### Contemporary Service

#### Greeters

01-02 Jim and Jan Swensen  
01-09 Dave and Grace Curren & Family  
01-16 Brent and Morgan Schumacher & Family  
01-23 Mike and Darla Anliker  
01-30 Nick and Alayna Musich

#### Nursery

01-02 June Schliemer and Family  
01-09 Lindsay Lawson and Cayley Poggensee  
01-16 Pete & Megan Sorensen  
01-23 Brent & Morgan Schumacher  
01-30 Wayne & Kathy Holderman

#### January

#### Sound

Nick Musich

#### Video

Jackie Weisenborn



Hope everyone had a wonderful Christmas. May your new year be a blessed one. This months Heartbeat will be rather short with two Holidays close together there wasn't a lot of activities going on.



01-02 Micah Sorensen  
01-04 Bryan Greve  
01-04 Daniel Martin  
01-08 Joel North  
01-08 Sue Sorensen  
01-10 Howard Lansman  
01-10 Nancy Sorensen  
01-13 Drake Riley  
01-13 Uchechi Cox  
01-15 Karla Berndt  
01-15 Marvin Schuler  
01-15 Samuel Andersen  
01-16 Janet Swensen  
01-17 Griffin Schleimer  
01-17 Seth Kangas  
01-19 Jessica Day  
01-27 Ron French  
01-31 Kevin Bryant

