

# SPENCER CHURCH OF CHRIST

Sharing the gospel of Jesus Christ in  
Central Wisconsin

## JUNK FOOD: DOES IT REALLY SATISFY? By Craig Waddell

During our teen years, when we were showing cattle at the county fairs, most of the time we would arrive at the fairgrounds the day before the show, then spend the night in the barn with the cattle. Occasionally, we would spend two nights in the barn if there happened to be a Holstein club or FFA district show scheduled for the day after the county fair show.

Mama would always pack an ice chest or two with a good supply of sandwich meats, breakfast cereal, milk (for the cereal), soft drinks, chips, and other types of convenience foods. Needless to say, we boys would devour everything she packed, but especially the junk food and soft drinks. If there happened to be a carnival on site and we had a few extra dollars, that meant a wider variety of junk food selection including corndogs, french fries, funnel cakes, cotton candy and more.

I remember one particular two-day show at Campbellsville. Daddy stayed the second night. He asked Mama to pack some frozen sausage and biscuits and an electric skillet so he could heat them for breakfast the next morning. When the aroma of those sausage and biscuits wafted through the barn, all of us boys hit the ground running. It was almost like having a home cooked meal.

But the thing I especially remember was the taste of the orange juice Mama had packed. For two days before that first sip, I had lived on every boy's dream diet; junk food and soft drinks. Yet that initial mouthful of vitamin C packed, 100%, made from concentrate orange juice unlocked a thirst that I did not realize existed inside me. I downed the first cup in one gulp and went back for several more before Daddy stopped me so everyone else could have some. The orange juice tasted so good because it provided something my body lacked – healthful nutrition. I had craved and enjoyed the junk food and sugary drinks, but they produced a bogus satisfaction; a false sense that I was fulfilling my body's needs. CONTINUED

## WELCOME GUESTS!

You are our honored guests!  
Please fill out a visitor card and put it in the collection plate so we may have a record of your visit. We encourage everyone to follow along in their Bibles. If you have any questions, we will be available after to worship to answer them.

Please visit us again.

## SERVICES SCHEDULE

### SUNDAY

9 a.m. Bible Class

10 a.m. Worship Service

### WEDNESDAY

7 p.m. Bible Class

## OUR LEADERSHIP

### ELDERS:

Duane Anderson

715-659-2327

Russ Draeger

715-676-3982

Gary Nieman

715-897-2248

### DEACONS:

Dan Anderson

715-659-4530

Mark Anderson

715-659-4117

Clint Nieman

715-650-7988

Don Nieman

715-659-4574

## OUR LOCATION:

B3942 State Hwy 13,

P.O. Box 47,

Spencer, WI 54479

Spiritually, we can fall prey to the same type of cravings and bogus satisfaction. Our world is full of spiritual junk food; self-help articles that make us feel good and provide lots of emotional energy, but articles which contain very little of the nutrients which only God’s word can provide; highly energized, extremely entertaining worship services which lift our spirits and send us out into the world pumped full of adrenalin, but worship services which contain very little, if any, of the simple heart felt praise which God knows we need to express if we are going to thrive in our life-sustaining faith in him. Many times, we must taste the real thing before we come to realize that we have been gorging ourselves with spiritual junk food. This is the reason it is important that we use the Bible as our primary source for spiritual nutrition, and that we view the writings of other men as an occasional snack or sweet treat. It’s also the reason that we need to worship God with the simplicity which is described in the Bible; a simplicity through which we express our love for God in faith motivated obedience and not through a professionally choreographed entertainment production.

Spiritual sugar may send us on an energized temporary high, but spiritual nutrition will build permanent strength and health.

“But he answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.” (Matthew 4:4)

“But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth.” (John 4:23-24)

SERVING	TODAY	NEXT WEEK
SCRIPTURE	Jim	Kaleb
ANNOUNCE/PRAYER	Rusty	Rusty
SONG LEADER	Paul	Dan
PRESIDING	Kaleb	Don
SERVING	Gary	Mark R.
SERVING	Ty	John
CLOSING PRAYER	Clint	Gary
SPEAKING	Rodney	

Announcements:

- \*Holly’s friend, Mary, passed away, please remember family in your prayers
- \*Alyssa’s grandfather - congestive heart failure.
- \*Jennifer - Recovering
- \*Jackie Greenberg - eyesight
- \*Howard Gray - Nursing home

Campaign/VBS - week of March 26

\*Laura Nieman and Dan Anderson in Peru this week-traveling back today.

OUR ATTITUDE  
 LAST SUNDAY’S OFFERING:\$  
 BUDGET: \$1762