

Attend Church Regularly

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WEEKLY SERMONETTE

Blessed Are The Peacemakers

By Terry Laughlin, Living Word Baptist Church

"Blessed are the peacemakers, for they will be called sons of God." (Matthew 5:9) There is a commission from God that is available to every obedient Christian today and that is to be a peacemaker. Argument and discord is a great waste of energies better spent on more productive activities. Nothing wears men and hardens hearts like that of strife.

In His opening on the "Sermon on the Mount," Jesus gives us something to do, not just something to be, in the seventh Beatitude. Mature Christians are not to shut themselves up in seclusion, indifferent to the evils of the world around them. They are to interfere for its betterment through peacemaking.

Those who are truly blessed are Christians who labor hard in Christ's work. Their first and utmost endeavor toward mankind is to tell all who will listen, about Jesus, for He alone can bring reconciliation and peace between man and God. Until this happens there can be no true lasting peace among mankind. No man can know God's lasting peace nor guide others to it until he accepts Christ as personal Savior and Lord.

Who is a peacemaker? 1.) The person who strives to make peace with God. "...We have peace with God through [the] Lord Jesus Christ." (Romans 5: 1); 2.) The person who strives at every opportunity to make peace between others. "Let us therefore make every effort to do what leads to peace and to mutual edification." (Romans 14: 19) "Do nothing out of selfish ambition or vain conceit but in humility consider others better than yourselves." (Philippians 2: 3)

Peacemakers love peace but they do not

passively accept trouble brought about by sin. There are those who claim to love peace, yet they remove themselves from all trouble. They ignore and flee problems and threatening situations, and they often evade issues. They make no attempt to bring true peace. The peacemaker (of whom Jesus speaks) faces all trouble that stands against the righteousness of God, no matter how dangerous and he works to bring true lasting peace, regardless of the struggles. All peacemakers have had struggles in obtaining true peace.

Peaceable and peacemaking are to be the character of the children of God and they will be looked to for help. Biblical Museum records this statement about such a peacemaker: John Dickinson was often called, by

way of distinction, 'the peacemaker' and such was his heart to keep the bonds of peace from being broken, such was his desire to heal the breach when made, that he would stoop to any act but that of meanness, make any sacrifice but that of true principle, endure any treatment. From the high estimate in which his character was held, he was often called upon to act as umpire in cases of arbitration; and it was but rarely, that the equity of his decisions was impeached. On one occasion, two men were disputing in a public-house about the results of an arbitration, when a third party said 'Had John Dickinson anything to do with?' 'Yes' was the reply. 'Then all is right, I am sure.' And the dispute ceased.

All eight of the Beatitudes taught by Christ come as the result of the supernatural working of the Holy Spirit. All who are surrendered to His leading can become known as peacemakers and be called the children of God.

Veterans for Veterans

On Veterans' Day, we honor our veterans for the sacrifices they have made in the name of our freedom. We also remember their loss of time with growing families, as well as physical pain and loss for many. These veterans have also bonded to support each other and their families in positive ways.

Such groups as Veterans of Foreign Wars, the Marine Corps League, the American Legion, and numerous others, offer invaluable support and opportunities for their members and their loved ones.

Our government has provided a network of medical care devoted to the acute and ongoing physical and emotional needs of those who have served our country. Veterans, many of whom still suffer the ill effects of their injuries, regularly offer volunteer support and inspiration throughout these facilities. Though, in 1 Corinthians 12: 25-26, Paul is speaking about the body of believers, our body of veterans share this connection as well... "that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together."

As we worship during this time of reflection, may we pray for our veteran's continued camaraderie and support. Have a blessed Veterans' Day.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Corinthians 8:1-15	2 Corinthians 8:16-24	2 Corinthians 9:1-15	Psalms 92	Psalms 93	Psalms 95	Psalms 96

Scriptures Selected by The American Bible Society
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Vary your grains for better health

You have many choices when it comes to eating grains, and you should vary your choices of grain products from day to day.

Home ed
Tranda Watts,
Extension
specialist



sources of fiber, refined grains are not. Fiber is best obtained from foods rather than from fiber supplements. This is because foods provide

Any food made from wheat, rice, oats, corn or another cereal is a grain product. Bread, pasta, oatmeal, cornflakes, and grits are all grain products.

There are two main types of grain products: whole and refined.

Whole grain products contain the entire grain kernel—the bran, germ, and endosperm. Examples include whole-wheat flour, bulgur, oatmeal, rye bread, whole corn meal, and brown rice.

Refined grains have been milled—the bran and germ are removed. This process also removes much of the B vitamins, iron and dietary fiber. Some examples of refined grains are wheat flour, enriched bread and white rice. Some refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to most enriched grains.

Many people around the world use grains as a staple. In the United States, grains form the foundation of a nutritious diet. Grains are great because:

- They provide vitamins, minerals, complex carbohydrates (starch and dietary fiber) and other substances important for health.
- Whole grains, as part of a healthy eating pattern, may help protect you against many chronic diseases.
- Fiber-containing foods, such as whole grains (and many fruits and vegetables) promote proper bowel function.
- Fiber-containing foods also help provide a feeling of fullness with fewer calories. Grains differ in their nutrient content, so it's important to choose a variety daily. While whole grains are good

many different types of fiber and other protective substances. Use the nutrition facts label on food packages to help you choose grains that are good sources of fiber.

The Food Guide Pyramid recommends a range of servings (6-11) for the grains group.

The amount that is right for you depends on your calorie needs. Almost everyone should have at least six servings daily, and several should be whole grains. People with high-calorie needs, such as teen boys and active men, need 11 servings daily.

A serving is the standard amount used to help give advice about how much to eat. A portion is the amount you choose to eat. Portions and servings are not always the same. A portion could be more than or less than a Pyramid-size serving. For instance, a Pyramid serving of cooked pasta is one-half cup. A 1-cup portion of pasta equals two Pyramid servings.

You might be surprised at the number of grain servings you eat each day. They add up quickly. For example, a sandwich made with two slices of bread counts as two servings. The number of servings you eat at one time does not matter, as long as the total for the day adds up to the amount that is right for you.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office.

PUBLIC NOTICE

County Extension Council Meeting

Published in The Norton Telegram on Friday, November 12, 2004. (1T)

PUBLIC NOTICE ANNUAL MEETING NORTON COUNTY EXTENSION COUNCIL

PUBLIC NOTICE is hereby given in accordance with K.S.A. 2-611 as amended, State of Kansas that on Thursday, November 18, 2004 at the 4-H Building beginning at 7:00 p.m., the members of the Norton County Extension Council shall meet for the purpose of: (1) Electing from among their members an Executive Board consisting of a chairman, a vice chairman, a secretary, a treasurer and five additional members; (2) organizing

the Program Development Committees for Agricultural Pursuits, Family & Consumer Sciences Work, 4-H Club & Youth Work, and Economic Development Initiatives; (3) consideration of the county Extension Education Programs.

Refreshments will be served at the meetings conclusion.

All County Extension Council representatives of Agricultural Pursuits, Family & Consumer Sciences Work, 4-H & Youth Work, and Economic Development Initiatives are urged to attend.

Carol Riemann,
Chairman, Executive Board
NORTON COUNTY
EXTENSION COUNCIL

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