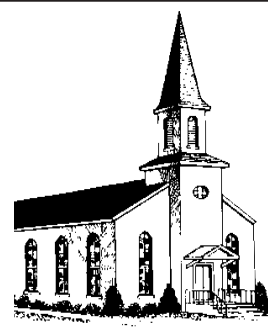


Attend Church Regularly

...and read your Bible daily



WEEKLY SERMONETTE

By Pastor Kathy Aeillo, Almena, Clayton and Norcatur United Methodist Churches

Romans 8:26 "Likewise just boggle your mind how God sent Jesus to die on the we can't. That means the Spirit helps us in our very much God loves us? God when you're at your low- weakness; for we do not forgives us over and over Holy Spirit to carry our deep- est point, feeling cut off know how to pray as we again, God watches over us, est thoughts to heaven when from God, God is still right

ought, but that very spirit intercedes with sights too deep for words."

Have you ever been in that desolate place where you don't know how or what to pray? Sometimes, in terrible grief or worry, a person might know they need to pray but can't think of what to say. It's a horrible feeling, almost like you can't find God.

We read in Psalm 139 that we can't hide from God even if we want to. That being the case, it should be a comfort for us to know God is present with us in the Holy Spirit. When we're feeling alone and desperate and, when we can't find words to pray, the Spirit will lift up our needs and desires to God. Pretty amazing, isn't it?

Doesn't it

Back To The Old Time



Each autumn, as sure as our fuel bill rises and the golden leaves fall, we turn our clocks back one hour, "back to the old time".

As darkness comes earlier, many of us feel drawn to the "old times" when the family settled in early for the night, gathering around the table for hearty winter fare like steaming soup or stew. After supper, retiring to the fireside, they had a chance to chat and spend time together at the end of the day.

These are busier times. With work and after school activities, we often do not have a schedule that allows for the togetherness that we long for. Yet, as winter approaches and the evenings grow longer, may we gather more closely to home and share God's word as a family. Psalm 62:8 says, "Trust in him at all times, O people; pour out your hearts to him, for God is our refuge". Trust in Him and also remember to honor Him regularly at your chosen house of worship. Give God His time each week.

Scriptures Selected by The American Bible Society
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SUNDAY
Amos
5:1-27

MONDAY
Micah
6:1-16

TUESDAY
Matthew
23:1-12

WEDNESDAY
Matthew
23:13-36

THURSDAY
Matthew
25:31-46

FRIDAY
James
1:1-27

SATURDAY
James
2:1-26

there, in you and around you, making it possible for you to get through the day and the night.

Later in this passage, Paul writes nothing can separate us from the love of God, not "...death nor life, nor angels, nor rulers, nor things present, nor things to come, nor power, nor height, nor depth, nor anything else in all creation..." No matter how awful things might seem, we must all try to remember that God is always present, God will never leave us on our own, we can't drive God away from us and that's a good thing. If you feel you have nothing to say to God, let the Holy Spirit work in you and carry your joys and sorrows to the Lord, and find peace.

Long term care doesn't have to be a scary decision

Home ed
Tranda Watts,
Extension
specialist



While it might not be easy to talk about, there comes a time when you or a loved one might need to consider a care facility. We all hope to live in our homes as long as we can, but when extra assistance is needed, it is time to consider your options.

Two options are available, depending on the level of assistance desired. An assisted living facility for someone who is still independent, but needs more help than can be available at home. Often times, they live in their own housing units and receive little or no nursing care.

The other option is a nursing home. This option is more suited to those, who need around-the-clock nursing care, or assistance with bathing, meals, personal care, medications and moving around.

According to the National Institute on Aging, there are several steps to take when choosing a care facility.

- First, you should ask questions and research your options.

- Second, call and get in touch with each of your options and ask questions as to services provided,

costs and methods of payment, meals, etc.

- Then make a visit to several of the available choices to get a feel of what you are looking for. Ask yourself if you could see yourself leaving a loved one there.

- Make a second visit to the ones that fit your needs and are possibly a match. Meet as many staff as you can, and see if your first impression is still the same.

There are many factors that play a role in making this decision.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, 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, 877-5755.

Extension council to hold elections next week

Elections for the Norton County Extension Council will be held Monday through Nov. 4 at the county extension office on the first floor of the courthouse from 8 a.m. to noon and 1-5 p.m.

Voters can also cast their ballots from 5 to 7 p.m. Sunday, Nov. 6, at the 4-H Building in Norton during the annual 4-H Achievement Night.

Any resident of Norton County

18 years or older is eligible to vote.

The extension council has 24 representatives, who plan and evaluate the extension's educational programs. It is made up of four program development committees—agriculture, family and consumer sciences, 4-H and youth and economic development.

At this election, 12 representatives, three from each committee, will be elected.

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