

# Attend Church Regularly

...and read your Bible daily



## WEEKLY SERMONETTE

### "Have You Discovered Christmas?"

By Pastor Terry Laughlin, CrossRoads Church, Norton

"But the angel said unto them, 'Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; He is Christ the Lord.'" (Luke 2: 10 - 11)

One of the most familiar holidays of the year is Christmas. To children it is thought to be the most wonderful day of the year. What does the Biblical account of the Christmas story tell us?

1.) Christmas Is an Event: It is history and the baby Jesus born in Bethlehem was one of the greatest events of all time. Even though we cannot be sure of the actual date of Christ's birth, Christmas is as real as our own birthday.

The baby that laid in the manger was the miracle we call the incarnation. God became man without ceasing to be God. The creator of the world became a child.

The birth of Christ has had more of an impact on the world than the birth of anyone else. To anyone who is a Christian, becoming born again was a real event in their life and Jesus Christ has had more of an influence on them than anyone else ever has or ever will.

2.) Christmas Is an Evangel: Christmas is good news because it proclaims that in spite of what we are, God loves us so much that He has provided a rem-

edy from the destruction of sin. "Here is a trustworthy saying that deserves full acceptance, 'Christ Jesus came into the world to save sinners.'" (1 Timothy 1: 15) Since the time of Adam's and Eve's disobedience, God had promised a deliverer. In the baby born in Bethlehem, God fulfilled

His promise to bring salvation to the world. By the sacrifice of Himself on the cross, Jesus overthrew the lawlessness of sin and He sets Christians free from sin's bondage.

3.) Christmas Is an Experience: As you think of how Jesus was delivered in a lowly stable, most

certainly an unfit place for the birth of a king, be reminded of His humility, for He came out of perfection to walk this guilty earth and suffer crucifixion for the sins of the world.

You can walk into any stable that is cleaned three times daily, even into places that stable horses worth tens of thousands of dollars, you will find that all stables stink! When you allow the Holy Spirit to examine your heart with the Word of God, you will come to understand that you too are like a stinky stable, unfit for the King of kings to be born and reside in. However, born again Christians do have Jesus Christ living in them through the indwelling of the Holy Spirit of God.

2 Corinthians 5:17 says, "Therefore, if anyone is in Christ he is a new creation; the old has gone, the new has come." Jesus comes to live within Christians to make them like Himself. The sure sign and seal of the in-dwelling Savior is increasing Christ-likeness. Receiving God's Christmas gift, Jesus Christ as personal Savior and Lord, will give you new motives, new desires and Holy Spirit empowerment to overcome the sins that try to demand dominion in your life.

Have you discovered Christmas?

## Our Greatest Wish

Have you ever heard it said, "Be careful what you wish for, it might just come true"? What does that mean?

Maybe we don't always know what's best for us. Sometimes we put all our time and effort into achieving the one thing we're sure will make us happy only to be disappointed when we reach our goal.

Perhaps we wished for the wrong thing. So how are we supposed to know what's best for us? Proverbs 3:5-6 tells us, "Trust in the Lord with all your heart, and do

not rely on your own insight. In all ways acknowledge Him, and He will make straight your paths."

As you worship Him each week, know that God will make your greatest wish come true...if it is His will. Ask God to reveal His will for your life, ask Him what to wish for.



Sunday Isaiah 40.1-11	Monday Malachi 3.1-15	Tuesday Matthew 3.1-12	Wednesday Isaiah 35.1-10	Thursday Isaiah 49.1-26	Friday Isaiah 60.1-22	Saturday Isaiah 65.17-25
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## JENNINGS NEWS

By LOUISE CRESSLER

No church was held in United Methodist Church Sunday because of stormy weather.

Burning of garden waste and small twigs will be permitted within the city limits of Jennings from Dec. 12 to Dec. 19. Be sure to call dispatch to let them know it is a controlled burn.

Sympathy is extended to the family of Elmo Bailey. Elmo died Sunday, Dec. 2 and the funeral was Wednesday. Elmo and Marguerite were residents in Jennings for many years.

The community also extends sympathy to Merle Snyder. Her daughter, Kim Atkinson, Knob Noster, Mo., died Saturday, Nov. 28. Memorial services were held on Saturday in Knob Noster.

Tom Votapka had eye surgery in Kansas City on Nov. 29. He

and Terri Hanke returned home Friday. Jason Rowh is doing well after having shoulder surgery in Wichita.

Jennings City Library is having a Children's Story Hour the second Saturday of each month from 9 to 10 a.m. in the library.

Leotha Bohl, Phillipsburg, is in a swing bed in the Phillipsburg hospital. She suffered a stroke on Oct. 18. Leotha is a sister of Louise Cressler.

Reminder: The Lions Soup and Pie lunch will be held from 11 a.m. to 1 p.m. Saturday, Dec. 15 at the Community Hall. Santa will arrive at 1 p.m.

Following lunch there will be a community drawing. If you have something to put in the drawing, you may give it to any Lions member or a member of the City Council.

## NEW ALMELO

By BETTY OTTER

Jeremy and Brandi Gassmann, Lee's Summit, Mo., became the parents of a daughter, Alexis, Lea, on Nov. 12. She has a big sister, Alaina. George and Vicki Gassmann are her grandparents and Maggie Gassmann, Park, is her great-grandmother.

On Nov. 17, Marion and Marilyn Otter celebrated their 50th wedding anniversary. A reception, dinner and dance were held at the New Almelo Parish Hall. The event was hosted by their children, Frank and Lavinne Otter, Greg and Tammy Otter, Steve Otter and Emily Kessler. The big surprise was that their grandson, Brandon Otter, was able to come from overseas to attend the event.

On the evening of Nov. 18, the children of Paul and Linda Becker held a surprise 30th wedding anniversary celebration for them at the Norton Senior Center. Their son, Jason Becker, came from Italy for the event. Their son, Nathan, was not able to attend. Their other children are Raymond and Olivia Becker and Dianne Becker and they were in attendance.

Nov. 18, Father Vincent Thu Laing baptized Gabriel Louis Wallgren, son of James and Tammy Wallgren, Brainerd, Minn., at St. Joseph Church, New Almelo. His godparents were Dan and Shelly Wahlmeier.

Raymond and Bonita Slipke and children hosted an early Thanksgiving dinner on Nov. 18 at their home in New Almelo. Guests were Bonita's mother, Vicki and Glen Kendall, Phillipsburg; Bonita's father, Frank McClurg, Logan; Pam McClurg, home on leave; Dustin and Crystal McClurg and family, Logan. On Nov. 24, the Slipke family gathered at the home of their mother, Miriam Slipke, in Hoxie. Those enjoying the day were Crystal and Brady Cline, Michael and Kathy Slipke and Sarah, Downs; Cheryl and Ryan Goheen and son, Pratt; Linda and Ron Baumberger and Kendra, Salina; Raymond and

Bonita Slipke and family, New Almelo; William and Michelle Slipke and family, Hoxie; Alan and Phyllis Slipke, Netawake; and Marvin Wutke, Norton.

Family coming to the home of Roger and JoAnn Long for the Thanksgiving week were Stephanie Kirk, Jonathan, Phillip and Luke, Keller, Texas; Renee and Jack Cella and family, Denver, Colo.; Roxie and Ed Schuster and family, Milford, Ohio; Joanie and Darin Winkel and girls, Norton.

Jeremy and Missy Rumback and girls spent Thanksgiving with Marcia and Russ Aumiller.

Family coming to the home of Alfred and Betty Otter for the holiday were Karl Otter, Paul and Sharon Otter and girls, Great Bend; Misty and Tyler Paul, Topeka; Tina and Will Ritter and family, Olathe; Tom Otter, DeSoto; Mark Otter and family, Ulysses (Sheila was in Hawaii); Ashley Otter, Norton; Jolene and Jim Moss and family, Jewell; Charles Otter and family, Salina. On Thanksgiving evening they were joined for a meal by Gary and Bertise Bruinekool, Lenora, Renee Bruinekool and Kirk Persinger, Norton; Chad and Amy Bates, Arthur and Karen Bates, Edmond, Okla.; Rod and Cheryl Bates, Oakley; and Jeff and Jerry Bates and family, Beloit.

On Nov. 23, Dustin and Joni Shellito, Oakley, became the parents of a daughter, Johanna Kay Shellito, weighing 4 pounds 14 ounces. She has two sisters, Lexus and Rayleigh. Grandparents are Bridgett (Otter) Gillis and the late Doug Otter, Randy and Marlene Shellito and Dave and Linda Porter. Great-grandparents are George Jones and the late Beulah Jones and Marion and Marilyn Otter.

Tina and Will Ritter were overnight guests of her parents, Alfred and Betty Otter, on Nov. 27. They attended the funeral of Will's grandmother, Anna Reinert, at Sequin. Charles Otter returned to spend a few days deer hunting.

## Hints for holiday eating

If you will be attending a lot of holiday parties this year, you may be wondering if there are any ideas to help avoid gaining weight.

According to the New England Journal of Medicine, the average weight gain over the holidays tends to be less than two pounds, but people who are already overweight are more likely to gain more. Here are a few ideas:

- Don't starve yourself the day of a party. Rather, eat light but regular meals.
- An hour or two before a party, eat a high-fiber snack. It will help you feel full.
- When at a party, always use a plate or napkin for appetizers. It helps you quantify what you're eating.
- If appetizers have toothpicks, hold on to your used toothpicks. That lets you keep track of how many appetizers you've eaten.
- Use a smaller plate, if available, to put your food on. That helps with portion control.
- If attending an open house or other event for which you don't have to arrive at a set time, plan to arrive later rather than earlier. After others have picked over the buffet table, the food won't look as tempting.
- Attending a potluck? Bring something healthful — a veg-

**Home ed**  
Tranda  
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etable or fruit tray with low-fat dip, for example.

- After eating, find a place away from the food table to situate yourself, or offer to help with hosting duties to allow you to focus on something other than food.
  - Drink enough fluid. Sometimes people mistake hunger for thirst.
  - Avoid your trigger foods. Everyone has something they can't stop eating when they start.
  - Get enough rest. Feeling tired can make it easy to overeat.
  - Baking holiday cookies? Make them smaller — bite size. And store them in the freezer or in a container high in a cupboard.
- 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](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.