

# Attend Church Regularly

...and read your Bible daily



## WEEKLY SERMONETTE

By Jeff Nielsen, Senior Minister, Norton Christian Church

The Lord said to her, "My dear Martha, you are so upset over all these details! There is really only one thing worth being concerned about. Mary has discovered it—and I won't take it away from her" Luke 10:41 and 42

In the mid-life crisis cult-classic film, "City Slickers", Curly (played by Jack Palance) turns to Mitch (played by Billy Crystal) and asks him if he knows what the secret to life is. The dialogue that follows goes like this:

"No, what?" Mitch stammers.

Then Curly holds up one finger and says, "This!"

"Your finger?" Mitch questions.

"One thing, just one thing," Curly emphasizes.

"That's great, but what's the one thing?" Mitch asks.

"That's for you to figure out," Curly responds.

We can look on these lines as trite, simplistic, or simply comedic commentary. However, if we are honest with ourselves, we know that something deep in our hearts resonates with the truth of this dialogue. Somewhere down in our soul, we know we are not here by accident and that we are not some random result of genetic matter.

Then, we remember Jesus' comments to Martha about "only one thing worth being concerned about." We also recall the apostle Paul's autobiographical statement, "One thing I do!"

Our souls feel the truth: each of us was made for "one thing" — one God-

determined, God-pleasing, thing. And to find out what that "one thing" is for us individually, we've got to sit at the feet of Jesus.

When we lose sight of what our "one thing" truly is, we're distracted by many things. We run from task to task, never really understanding

where our orienting center is. We lose track of the "why" behind the "what" of each day. We don't have a way of prioritizing and ordering our task lists and our life's goals. We become buried under an avalanche of "to do's" and appointments without a reason or purpose for the whole

burdensome schedule.

So how do we find out that "one thing" we are supposed to do? "That's for you to figure out," Curly said. However, Jesus tells us differently.

Jesus said the "one thing necessary" was to sit at his feet and learn from him. He also taught his closest followers to train others to do the same, "teaching them to obey everything I have commanded you" (Matthew 28:20).

I'm glad you're reading this devotional today. But, please remember that this and any thing like it is purely supplemental.

We've got to sit at the feet of Jesus. We must fill our souls with the stories of his life and the teaching from his heart by reading the Gospels — Matthew, Mark, Luke, and John. We need to walk with him, listen to his teaching, and marvel at his miracles. In coming to know him better, we will find him gently nudging us, revealing new insights to us, and opening doors of opportunity for us as we live out that "one thing" God made us to do!

So in 2008 let's spend time like Mary, at the feet of Jesus, listening and learning and finding the "one thing" we need to do to honor God. Let's live that "one thing" that the Father made us to be.

But one thing I do: Forgetting what is behind and straining toward what is ahead. I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus Philippians 3:13-14.



The winter dawn is quiet, but there is an almost imperceptible impression of angel wings swishing to and fro. One sleepy peek out the window solves the mystery; the first snow of the season is brushing the earth with its palate of white velvet.

Later in the morning, another sound will be evident... children's squeals of glee. Snow brings an unexpected holiday. Boots are on and sleds are out, playing outside all day makes cheeks and noses glow! Windows frame that joyous scene each winter; the hill is the same, the sounds are the same. Over the years, there is only one change — a new generation of children play in the snow.

Generations come and go, but there will always be snow covered hills, children, laughter...and God. Worship Him this week and celebrate the joy of His creation!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Matthew	Matthew	Matthew	Matthew	Matthew	Matthew	Matthew
9.18-38	10.1-25	10.26-42	11.1-30	16.1-12	16.13-28	17.1-21

Copyright 2008, Keister-Williams Newspaper Services, P. O. Box 8187, Charlottesville, VA 22906, www.kwnnews.com

### The sponsors of this church page do so with pride in our community

<p><b>Pizza Hut/Taco Bell</b> Come Join Us For Our "SUNDAY BRUNCH BUFFET" Pizza, Pasta, Salad &amp; Dessert FREE COFFEE or TEA W. Hwy. 36 - Norton - 877-3359</p>	<p><b>Norton Animal Health Center</b> Complete Large &amp; Small Animal Service 801 W. Holme • Norton • 877-2411 Aaron R. White, DVM Sarah Ketterl White, DVM Mon.thru Fri. 8-5, Sat. 9-12</p>	<p><b>McMullen Real Estate</b> Donald McMullen, Broker; Robert Wyatt McMullen &amp; Wyatt Auctions Auctioneers * Realtors Farm*Estate*Antiques*Households 113 N. State - 877-3299 - Norton</p>
<p><b>Felton's Ace Building Center</b> "For All Your Building Needs" -Home Owned and Operated- Joe and Janet Felton 415 E. Holme - 877-3070 - Norton</p>	<p><b>Engel's Sales &amp; Service</b> Complete Auto Repair Small Engines &amp; Lawn Care Equip. Toro * Lawnboy * Stihl Chain Saws 209 W. Lincoln - 877-3391 - Norton</p>	<p><b>Bridges Group Inc.</b> "Serving the Norton Area Since 1894" 117 N. Kansas * Norton, Kan. 785-877-4016</p>
<p><b>Moffet Drug Store</b> "Prescription Specialists" Hallmark Cards and Russell Stover Candies 102 S. State - 877-2721 - Norton</p>	<p><b>Whitney Construction and Farms</b> Dry Fertilizer Sales and Applications Terracing • Dozer Work • Ponds Route 1 - 877-3745 - Norton</p>	<p><b>Nelson Bros. Construction, Inc.</b> Gen. Contractors * Butler Bldg. Equipment Rental Route 3 - 877-2554 - Norton</p>
<p><b>Ag Valley Co-operative</b> Elevator-Service Station 877-5131 or 877-5188 - Norton 693-4522 - Clayton Branch</p>	<p><b>Sander Furniture &amp; Gifts</b> Mon.-Fri. 9 a.m.-6 p.m., Sat. 9 a.m.-5 p.m. Bradley and Kim Sander 301 W. Holme • 874-4974</p>	<p><b>First State Bank</b> "Your Progressive Community Bank" Member FDIC 105 W. Main - 877-3341 - Norton</p>
<p><b>Norton Shop &amp; Save</b> "Your Local Affiliated Full Service Grocer" 313 W. Main • Norton, Kan. 785-877-2422</p>		<p><b>Norton Telegram</b> Your Local Newspaper 215 S. Kansas • Norton, Kan. 785-877-3361</p>
<p><b>Security Abstract Company</b> Abstracters Title Insurance Agents -Home Loans- Prompt - Efficient - Confidential 214 E. Washington - Norton - 877-2141 Jolene L. Weiser, owner</p>	<p><b>Norton Flowers, Gifts &amp; Greenhouse</b> Fresh &amp; Silk Arrangements Trees, Shrubs, Bedding Plants 209 N. Kansas, Norton - 877-3345</p>	<p><b>Hardy Construction</b> New Construction Concrete Roofing Remodeling Decks — Seamless Guttering — 877-3892/871-0832—Lee Hardy Ask Us About Durable Alternative To Vinyl Or Metal Siding</p>
<p><b>Norton Telegram</b> Your Local Newspaper 215 S. Kansas • Norton, Kan. 785-877-3361 nortontelegram@nwkans.com</p>	<p><b>Don's Floor Covering</b> Residential &amp; Commercial Carpet * Sheet Vinyl * Tile Levolor Blinds * Panasonic Vacuums 113 W. Washington - Norton 877-3002 - Don Kaus - FREE Estimates</p>	<p><b>Countryside Veterinary Clinic of Oberlin, P.A.</b> N. Hwy. 83, Oberlin, KS (North of Sale Barn) 785-475-3808 • 1-800-953-3808 Mark R. Olson, D.V.M. • Travis A. Hissong, D.V.M. 24-Hour Emergency Service</p>

## Tiny tastes can add big calorie counts

The extra calories sometimes sneak up on us over the winter. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day.

Let's look at "Holly Day's" food diary for one day and view how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.

Taste 1: OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work. Approximately 30 calories.

Taste 2: Someone brought candy to work today! I'll just have one small piece of the peanut brittle. Approximately 80 calories.

Taste 3: It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast-food place for a quick bite. The grocery store is offering food samples. I'll just eat a little cracker with spread to tide me over until I get to lunch. Approximately 40 calories.

Taste 4: The fast-food place is giving out 1/4 cup samples of its special flavored coffee. I can't pass that up! Approximately 20 calories.

Taste 5: Still a couple of hours to go to work before I head to that dinner party tonight. I think I'll check out the break room to see if any more goodies have shown up.... Some chocolate-covered cherries have appeared! Chocolate is good for you, right? I'll just have one. Approximately 60 calories.

Taste 6: It's a great dinner party,

**Home ed**  
Tranda Watts,  
Extension specialist



but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. Approximately 75 calories.

Taste 7: Who can pass up old-fashioned eggnog? I'll just have a half cup. Approximately 200 calories.

Taste 8: There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them — it might as well be me! Approximately 60 calories.

Taste 9: The nice thing about helping dish up dessert is you can take a little "preview" taste — using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up! Approximately 100 calories.

TOTAL TASTING CALORIES FOR THE DAY: 665

If comparable types of "tiny tastes" are continued, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

Maybe that tiny taste isn't so tiny after all.....

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.

The paper you read for the news you need!

THE NORTON TELEGRAM



## Cross Roads VICTORIOUSLY LIVING OVER THE FLESH

Romans 8:12-14, "Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God."

Donald Ballar, Reader's Digest, shared this story of an instructor of student truck drivers. The instructor gave this scenario to his class. "You are in an 18-wheeler with a heavy load, barreling down a mountainous two-lane highway. Ed, your co-driver, is asleep. There are six trucks behind you, and as you come over the top of a hill, one of the trucks behind you pulls out into the left lane to pass. As he comes along side you, you see several trucks coming from the opposite direction moving towards you. One of the trucks coming at you is in your lane because it is passing an on coming truck. There are five trucks behind and one beside you. There are several trucks in front of you and the two out front have both lanes blocked. The question is, 'What will you do?'

'The answer is simple' a student called out. 'I would wake up Ed.' 'Why would you do that?' asked the instructor. The student replied with, 'Because, Ed ain't never seen a truck wreck like this before!'

I would propose to you that anyone who is living without Christ being personal Savior and Lord of their entire life is going to have a wreck and they will end on the worse side of this tragic accident with their most aggressive enemy, "The Flesh."

Where is this battle with "the flesh" fought and how is victory achieved? What are our obligations in regards to the price that Jesus paid upon the Cross of Calvary? Where is the power to overcome "the flesh" to be found?

To Be Continued next week!

CrossRoads Church, 313 W. Lincoln, Norton, KS (785) 877-2416  
[www.standatthecrossroads.com](http://www.standatthecrossroads.com) - e-mail [crossroads@ruraltel.net](mailto:crossroads@ruraltel.net)

This message is in complete transcript (Microsoft® Word™) and spoken (MP3) format. Go to our website and find the button "Messages" and go to heading "Christian Living." Praying the Lord's best for you. Pastor Terry L. Laughlin