

How to help the grieving

The holidays are quickly approaching, and while many people look forward to yearly traditions, gatherings with family and friends and the general good feelings associated with the season, some people dread the holidays, said Sandy Kuhlman, executive director of Hospice Services, Inc. in Phillipsburg.

"For those who have lost a loved one during the past year, the holidays may emphasize their grief."

The holidays, especially the first ones after losing a loved one, are especially difficult for one who is grieving. Often, friends and family members of those affected by a loss are unsure how to act or what to say to support their grieving loved one during the holidays.

Many people are not aware that Hospice Services is a valuable resource that can help people who are struggling with grief and loss. Hospice Services provides bereavement support to the families served by hospice and also offers services to other members of the community as well, she said.

The following are tips for saying, doing the right things, Kuhlman said.

— Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to change their rituals. Remember, there is no right way or wrong way to handle the holidays.

— Offer to help the person with baking and/or cleaning. Both tasks can be overwhelming for one trying to deal with raw emotions. — Offer to help him or her decorate for the holidays.

— Offer to help with holiday shopping or give your loved one catalogs or on-line shopping sites that may be helpful.

— Invite the person to attend a religious service with you and your family.

— Invite your loved one to your home for the holidays.

— Help your loved one prepare and mail holiday cards.

— Ask the person if he or she is interested in volunteering with you during the holiday season. Doing something for someone else, such as helping at soup kitchens or working with children, may help your loved one feel better about the holidays.

— Donate a gift or money in memory of the person's loved one. Remind the person that his or her special person is not forgotten.

— Never tell someone that he or she should be "over it." Instead, give the person hope that, eventually, he or she will enjoy the holidays again.

— If he or she wants to talk about the deceased loved one or feelings associated with the loss, listen. Active listening from friends is an important step to helping him or her heal. Don't worry about being con-

versational — just listen. — Remind the person you are thinking of him or her and the loved one who died.

— Cards, phone calls and visits are great ways to stay in touch. In general, the best way to help those who are grieving during the holidays is to let them know you care.

They need to be remembered, and they need to know their loved ones are remembered, too. Friends and family members should never be afraid of saying or doing the wrong thing, because making an effort and showing concern will be appreciated. Hospice is a philosophy of care for patients with life-limiting illnesses. A team of professionals and trained volunteers offer care and comfort to patients and their families when a cure is no longer possible.

Information is available locally from Hospice Services, Inc. (785) 543-2900 or (800) 315-5122. The Hospice Helpline is also toll-free at (800) 658-8898.

Kansans upset at guidelines

LAWRENCE (AP) — Three members of the Kansas congressional delegation say proposed Air Force guidelines would restrict the rights of religious expression by members of the service.

The Air Force unveiled an interim version of the rules in August after claims that senior officers and cadets were imposing Christianity on others at the Air Force Academy in Colorado Springs, Colo. A former Air Force officer, joined by four other officers, has sued the academy over the issue.

"Freedom of religion as protected in the U.S. Constitution does not require the removal of all religion from public settings," Sen. Sam Brownback, R-Kan., said in letter to President Bush on Oct. 31.

Earlier, Republican Reps. Jim Ryun and Todd Tiahrt joined 33 other members of Congress in an Oct. 11 letter to the Air Force sec-

retary saying that parts of the guidelines "clearly restrict free exercise of religion and are misguided."

"The Air Force leadership has reacted to a small problem at the Air Force Academy by creating a different set of problems in these guidelines," the letter said.

The guidelines generally discourage public prayer for members of the Air Force, except under "extraordinary circumstances" such as mass casualties.

A code of ethics issued in January by the Air Force Chaplain Service said chaplains would not "actively proselytize" people from other religious bodies, while retaining the right to "instruct and/or evangelize" those without religious affiliation.

Congressional members who objected in the letter took issue with provisions discouraging officers from discussing their faith with subordinates, placing restrictions on where and how public prayer can be offered, and urging chaplains to be

sensitive to "professional settings where mandatory participation (in activities) may make expressions of religious faith inappropriate."

Sonja Swiatkiewicz of Focus on the Family told the Lawrence Journal-World the guidelines "are attempting to stifle religious expression."

"We should be encouraging spiritual reflection at the Air Force Academy and the other service academies," Swiatkiewicz said.

But Robert Boston, of Americans United for Separation of Church and State, said the Air Force "is not a faith-based institution."

"Its job is to defend the American people, not spread evangelical Christianity," he said.

In June an Air Force task force said it found no overt religious discrimination at the Air Force Academy, but that some cadets and staff were insensitive.

Professor of creation course criticized

LAWRENCE (AP) — Critics of a new course that equates creationism and intelligent design with mythology say an e-mail sent by the chairman of the University of Kansas religious studies department proves the course is designed to mock fundamentalist Christians.

In a recent message on a Yahoo listserv, Paul Mirecki said of the course "Special Topics in Religion: Intelligent Design, Creationisms and other Religious Mythologies:" "The fundies want it all taught in a science class, but this will be a nice slap in their big fat face by teaching it as a religious studies class under the category mythology."

He signed the note "Doing my part (to upset) the religious right, Evil Dr. P."

Kansas Provost David Shulenburg said Wednesday he regretted the words Mirecki used, but he supported the professor and believed the course would be taught in a professional manner.

"My understanding was that was a private e-mail communication that somehow was moved out of those channels and has become a public document," Shulenburg said.

The course was added to next semester's curriculum after Kansas Board of Education adopted new public school science standards that question the theory of evolution.

The course will explore intelligent design, which contends that life is too complex to have evolved without a "designer," presumably a god or other supernatural being. It also will cover the origins of creationism, why it's an American phenomenon and why Americans have allowed it to pervade politics and education.

State Sen. Karin Brownlee, R-Olathe, said she was concerned by Mirecki's comments in the e-mail.

"His intent to make a mockery of Christian beliefs is inappropriate," she said.

Mirecki said the private e-mail was accessed by an outsider.

"They had been reading my e-mails all along," he said. "Where are the ethics in that, I ask."

When asked about conservative anger directed at him and the new course, Mirecki said: "A lot of people are mad about what's going on in Kansas, and I'm one of them."

Mirecki has been taking criticism since the course was announced.

"This man is a hateful man," said state Sen. Kay O'Connor, R-Olathe. "Are we supposed to be using tax dollars to promote hatred?" But others support Mirecki.

Tim Miller, a fellow professor in the department of religious studies, said intelligent design proponents are showing that they don't like having their beliefs scrutinized.

"They want their religion taught as fact," Miller said. "That's simply something you can't do in a state university."

Hume Feldman, associate professor of physics and astronomy, said he planned to be a guest lecturer in the course. He said the department of religious studies was a good place for intelligent design.

"I think that is exactly the appropriate place to put these kinds of ideas," he said.

Mirecki said intelligent design proponents are pushing indoctrination, not education.

O'Connor countered that it is not indoctrination to give permission to teach what somebody believes to be the truth.

"He wants me to say thank you by giving more money," O'Connor said. "Who is the ignoramus here? Who is the uninformed one here? The professor with the degree or this high school graduate?"

Brownlee said she was watching to see how the university responded to the e-mail.

"We have to set a standard that it's not culturally acceptable to mock Christianity in America," she said.

Information from: Lawrence Journal-World, <http://www.ljworld.com>



Worship in the church of your choice this weekend.



COLLEGE DRIVE ASSEMBLY OF GOD, Pastor Jeremy Gundling, 245 W. College Dr. - 462-8234, Early Service - 8:00 a.m.; Sunday School 9:30 a.m., Morning Worship - 10:45 a.m.

Schedule of church services

ASCENSION-ON-THE-PRAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 462-3041, Holy Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May. Christian Education for Youth, 6:30 p.m. Wednesday, September through May

COLLEGE DRIVE ASSEMBLY OF GOD, Pastor, Jeremy Gundling, 245 W. College Dr. - 462-8234, Early Service - 8:00 a.m.; Sunday School 9:30 a.m., Morning Worship - 10:45 a.m.

BEREAN CHURCH, 1000 S. Franklin, 460-2763, www.colbyborean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. Awana Clubs, Wednesday, 7 p.m., Middle & High School, Wednesday, 7 p.m. @ the Colby Armory

FIRST BAPTIST CHURCH, Pastor Bradley L. Herndon, Grant & Webster Street, 462-2867, Morning Worship 10:30 a.m., Sunday School 9:15 a.m., Evening Worship 6:30 p.m., Wednesday Bible 7:30 p.m.

COLLEGE VIEW BAPTIST CHURCH, (SBC), Pastor Tom Huffman, 1185 Wheatridge Rd. at College Drive, 460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m.

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Chris Shubert. Sunday School: 9:30AM - all ages. Sunday Services: 10:45AM. Sunday Nights: 1st Sunday of the month: potluck following morning service - no evening service; 2nd Sunday: services at 6:30 PM; 3rd Sunday: informal fellowship - bring a snack to share! 4th and 5th Sunday: services at 6:30 p.m.

SACRED HEART CATHOLIC, 462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

FIRST PRESBYTERIAN CHURCH, Rev. Carol Rahn, 515 W. 4th, 462-6342, Sunday School

9:15 a.m., Worship, 11:00 a.m. September through May; Worship 9:30 a.m. June through Labor Day.

WESLEYAN CHURCH, 320 W. Pine - 462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

TEENS FOR CHRIST CONNECTION, Everett Robert, 462-7404, Both middle school and high school program.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 460-6605, President Dave Geldmacher, 846-7740; Calvin Haverfield, 1st counselor, 672-4165; Matt Christensen, 2nd counselor, 460-0146. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open to public, 7-9 p.m. Thursdays or by appointment. Call 462-3571.

COLBY UNITED METHODIST CHURCH, Rev. James Mardock, pastor, 950 S. Franklin, 462-6521, Sunday Worship Services at 8:30 and 11:00 a.m., 6:30 p.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. <http://www.gbgn-umc.org/colby-umc/>
REDEEMING LOVE CHURCH, 345 N. Franklin, Apostle W.G. and Rev. Orvella Romine, Equipping Service, Sunday, 10 a.m., Sunday worship, 11 a.m., Thursday, RLM Training Center (Bible School), 6 p.m.

CHURCH OF CHRIST, 510 E. 4th, Jay Kelley, minister, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Sunday Eve. Worship 6:00 p.m., Wednesday, Bible Study 7:00 p.m.

COLBY EVANGELISM CENTER, Rev. Robert Cooper, 815 West 3rd - 462-2062, Sunday School 9:45; Sunday service 10:00 and 6:30 p.m.; Wednesday Bible Study 6:30 p.m.; Friday Youth Power Hour at 7:00 p.m.

FIRST CHRISTIAN CHURCH, (Disciples of

Christ), Pastor Bradley L. Herndon, 385 W. 3rd - 460-2718, Sunday Morning Worship at 9:00 a.m.; Sunday School at 10:30 a.m. E-mail: fcoccolby@st-tel.net

TRINITY LUTHERAN CHURCH, Rev. John L. Schmidt, East 5th & Country Club, 462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:15 a.m.; Services, 10:30 a.m.; Lutheran Hour on KXXX at 10 a.m.; KGCR at 2 p.m.

OUR SAVIORS LUTHERAN CHURCH, Brewster, Sunday worship 9:00 a.m.; 2nd Sunday of the month at 8:00 a.m.

PLEASANT HOME CHURCH, Pastor, Charlie Busch, 694-2242, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m., Evening service, 6:00 p.m.

LEVANT COMMUNITY CHURCH, 112 Harrison, Pastor Jerry Vincent, 586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m., Sunday Evening Worship 7:00 p.m.

WINONA METHODIST CHURCH, Rev. Michael Eurit, Sunday School, 10:30 a.m., Morning Worship 9:30 a.m. (CDT)

BREWSTER UNITED METHODIST CHURCH, PO Box 250, Brewster. Pastor Dorine Chambers, 785-462-6044, Sunday School, 9:45 a.m., Morning Worship, 10:45 a.m.

THE SHEPHERD'S STAFF, REXFORD, Mr. Bob Leach, Director, 687-2565

REXFORD COMMUNITY CHURCH, Rexford, Pastor Lane Purcell, 687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

BREWSTER COMMUNITY CHURCH, Mike Pinkelman, Pastor, Brewster - 694-2720, Sunday School (all ages) 9:30 a.m., Worship Service 10:30 a.m., Bible Study 7:00 p.m., Wed. mornings 6:30 a.m. - Men's Bible Study, Wed. 7:00 p.m. - Children's Ministries (Royal Rangers/Missionettes), Wed. 7:15 p.m. - Intercessory & Prayer, Thurs. 4:00 p.m. - Women's Bible Study

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