

Family

Buddhism influences West

Most of us think of Buddhism as a religion or a philosophy of the Far East, but we, in the West are learning more about this very ancient religion.

The Dalai Lama of Tibet has become a familiar figure in popular culture as he has spoken out about the Chinese takeover of his country, and in spite of that, has urged for peaceful ways to co-exist.

The yellow-robed Buddhist monks of Burma (Myanmar) made headlines last year when they led peaceful protests against the military regime in their country.

As technology has made our world smaller, we have become more aware of faiths and beliefs that previously had seemed very foreign. And in recent decades, Buddhism has had a greater influence on religion in this country, particularly in the areas of spirituality and meditation.

However, many people do not even consider Buddhism to be a religion because there is no worship of any other deity. Instead, the focus is on developing an inner spiritual life that leads to a truer reality than our external senses are able to perceive.

Buddhism began about 2,500 years ago when Siddhartha Gautama, a prince in what is now Nepal, decided to leave his royal heritage for an aesthetic life of prayer and austere living. Eventually he came to preach the Middle Way—a path of moderation that lies midway between the extremes of self-indulgence and self-mortification.

He taught self-awareness, which included detachment from mundane living and not being controlled by one's emotions. He taught meditation as a way to find release from self-distractions and to find an inner harmony within the self. He also taught about karma—that how we act toward others will have consequences that



Carol Rahn

From the Pulpit

will eventually come back to us.

He became known as the Buddha, or Enlightened One, and his teachings began to spread on the Indian peninsula and throughout the Far East.

There are Four Noble Truths in Buddhism:

- Life is suffering.
- The cause of suffering is desire for self-fulfillment.
- The cure for selfish craving is to move away from focus on self to focus on the universal.
- The way to do this is the eight-fold path, which includes: right knowledge, right aspiration, right speech, right behavior (do not kill, steal, or lie, be unchaste, take drugs or drink intoxicating beverages), right occupations that promote and not destroy life, right effort, right mindfulness, since ignorance is life's primary enemy, and right absorption, that is seeking the infinite through pure living and meditation.

Although these are the basic tenets of Buddhism, numerous distinct groups have developed since the passing of the Buddha, with diverse teachings that vary widely in practice, philosophical emphasis and culture.

Most of these differences come from the countries where the religion is practiced. Because there are so many variations and because practices can be so individualized, it is impossible to explain or give specifics of Buddhist worship and other rituals.

In the West, most Buddhist practices involve simplicity of living,

regular meditation and working toward peace. Buddhism has become popular in this country because of its emphasis on relaxation and stress reduction. Many Christians incorporate the Buddhist practice of meditation into their

own spiritual life, including Christian prayers in the meditation. The goal of such meditation is to move away from focus on self and world to a focus on God.

Another Buddhist practice, yoga, has become very popular. This was once considered a Buddhist way to achieve balance in one's life, but it has now also become a physical exercise for strength and flexibility. Some who practice yoga incorporate it into their spiritual lives, while for others it is simply a means of physical well being.

About one-sixth of the world's population is Buddhist, making Buddhism is the fourth-largest religion behind Christianity, Islam and Hinduism.

Senior Center

We will be bowling with the Nintendo Wii game at the Senior Progress Center on Wednesday.

Other activities for the coming week: **Monday:** cookie day. **Tuesday:** 10 a.m., exercise; 10:30 a.m., pinochle game. **Wednesday:** 10:30 a.m., Wii bowling. **Thursday:** 10 a.m., exercise; 10:30 a.m. snow cones. **Friday:** 10 a.m., exercise; 10:30 pool game.

Menus for the coming week: **Monday:** Spanish rice with hamburger, winter mix vegetables, plums, pudding. **Tuesday:** turkey, sweet potatoes, green beans, roll, mixed fruit in gelatin. **Wednesday:** sausage gravy, tater tots, cook's choice vegetable, biscuit, mandarin oranges. **Thursday:** chef salad, tropical fruit, bread sticks, cake. **Friday:** cheeseburger upside down pizza, spinach cheese salad, applesauce, cookie.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service. A contribution of \$2.75 per meal is suggested for seniors, \$5 for others. For anyone under 60, home delivery is \$5.75.



Wyatt Werth



Bremenkamp



K. Gillispie

Artists win contest

The Colby Veterans of Foreign Wars Auxiliary gave awards to three Brewster art students for their efforts in showing what patriotism means to them in the Americanism Contest.

First place of \$35 went to Wyatt Werth, son of Larry and Michelle Werth; second place of \$25 to Aleisha Bremenkamp, daughter of Tony and Pam Bremenkamp; and third place to Karyn Gillispie, daughter of Amy and Jeff Nelson and James and Jessica House.

Students had to follow guidelines set by the national Auxiliary Entries were judged by Peggy Ohlrogge and Rosalie Seemann from the Auxiliary. One entry from each post gets to go to the state contest. Wyatt Werth's artwork was sent on to compete with other students from across the state, Seemann said.

Only Brewster students entered the contest this year, she said.

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Tanning Special
\$35
Month of June
(unlimited)

Personal Touch
KAREN O'NEAL, OWNER
BEAUTY SALON
375 N. Franklin • Colby • 785-462-8308

BEAD SHOW

FRIDAY AND SATURDAY, JUNE 12, 13 8AM FREE ADMISSION
COLBY COMMUNITY CENTER, ACTIVITY ROOM 1
SEMI PRECIOUS STRANDS, VINTAGE GERMAN BEADS, CZECH FIRE POLISH, OLD CRYSTAL, OLD CZECH AND GERMAN BUTTONS, SILVER BEADS AND FINDINGS, STRINGING WIRE, TOOLS, BOOKS, AND FREE DEMONSTRATIONS.
OPEN TO THE PUBLIC! INFO: 520-907-5124

Happenings

Steve and Berniece Arendt of Colby spent Memorial Day weekend in Chanute visiting the Duskin Arendt family.

They attended a celebration to honor recent graduates, Anthony Arendt from Canton-Galva High School, and Kelly Arendt from Hutchinson Community College. Anthony will attend Salina Tech-

nical College; Kelly received a degree in Criminal Justice. She joined the Navy earlier this spring and left for boot camp June 2 at Great Lakes, Ill.

We want your local news:
e-mail to
colby.editor@nwkansas.com

CHS Forensics says THANK YOU to the following for their support in getting to nationals.

- Colby High Plains Lions Club
- City of Colby Special Law Enforcement Fund at the Thomas Co. Community Foundation
- Colby Rotary Club
- Colby Pizza Hut
- Shakespeare Club
- Pi Gamma
- Peggy Frahm
- Cersovsky Insurance Inc.
- Jean Lowe
- Sorosis Club

And a special thank you to all community members who offered their generous support to the Colby High School Forensics Team.

Where Life Begins



NEW BEGINNINGS

The Birthing Center at

220 West 2nd • Goodland, KS
www.goodlandregional.com

Family Medicine/Obstetricians

Taking appointments:

Travis Daise, M.D.

David Younger, M.D.

Obed Saint-Louis, M.D.

Call (785) 890-6075



SERVICES DIRECTORY

Worship in the church of your choice this weekend.

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 Heartland Christian School Gym.

Schedule of church services

GATEWAY FELLOWSHIP, 2nd and Sunrise, Oakley. Pastor James Bloom, Sunday Morning Worship and Children's Church 10:15 a.m., Wednesday evening Bible Study and Intercessory Prayer 6:30 p.m. 785-671-4020.

COLBY INDEPENDENT BAPTIST CHURCH, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 785-460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

ASCENSION-ON-THE-PRAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 785-462-3041, 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, 245 W. College Dr., Colby, Interim Pastor, Sunday School 9 a.m. for all ages, Adults: choice of Fireproof, Crown Financial, or the Bible Class. 785-462-8234. cdag@st-tel.net.

BEREAN CHURCH, 1000 S. Franklin, 785-460-2763, 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 Heartland Christian School Gym.

FIRST BAPTIST CHURCH, (Affiliated with American Baptist Churches USA) Carroll H. Morony, Pastor, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m.; Bible Study: Sundays at 7 p.m. RC Club 2nd and 4th Sundays at 2 p.m.

COLLEGE VIEW BAPTIST CHURCH (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's.

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Intern Pastor Pat Colley. 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, 785-462-2179, 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, 785-462-6342, Sunday Worship 9:00 a.m.

WESLEYAN CHURCH, 320 W. Pine - 785-462-8391, 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.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 460-6605, President Gary Slavens, 785-460-2656; Jordan Barrett, 1st counselor, 785-460-1101; Tim Wilson, 2nd counselor, 785-846-7796. 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 785-462-3571.

REDEEMING LOVE MINISTRIES, INC., 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 10a.m., Sunday worship, 11a.m., Wednesday, R.L.M Training Centers (Bible School), 5 p.m. Shop online at: www.rlmregionalchurch.com

COLBY UNITED METHODIST CHURCH, Rev. James Mardock, pastor, 950 S. Franklin, 785-460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. www.colbyumc.org

CHURCH OF CHRIST, Minister, Jarrod Spencer. 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Interpretation for the deaf, Wednesday, Bible Study 7:00 p.m.

FIRST CHRISTIAN CHURCH, (Disciples of Christ), Pastor Lyle Knebel, 385 W. 3rd - 785-460-2718, Sunday Morning Worship at 10:00 a.m.; Sunday School at 11:15 a.m. E-mail: fccolby@st-tel.net.

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

TRINITY LUTHERAN CHURCH, Rev. John L. Schmidt, East 5th & Country Club, 785-462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:15 a.m.; Services, 10:30 a.m. Visit us at www.trinitycolby.com

PLEASANT HOME CHURCH, Pastor, Perry Baird, 785-890-3375, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m.

LEVANT COMMUNITY CHURCH, 205 1st St., Pastor Jerry Vincent, 785-586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

WINONA METHODIST CHURCH, Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

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

THE SHEPHERD'S STAFF, REXFORD, Joan Dingworth, Director, 785-687-2565.

REXFORD COMMUNITY CHURCH, Rexford, Pastor Lane Purcell, 785-687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

BREWSTER COMMUNITY CHURCH, Mike Pinkelman, Pastor, Brewster - 785-694-2720, 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.



This feature is sponsored by these business firms as a contribution to the religious life of the community.

SOUTH WIND REALTY
1085 Taylor Ave. Colby, KS
785-460-3721
www.colbysouthwindrealty.com

COLBY LUMBER
Bud Van Horn and Staff
1760 W. 4th 462-2181

COLBY FREE PRESS
155 W. 5th • Colby ~ 462-3963