

# Life lessons to be found in author's spiritual journey

One of my favorite authors is Anne Lamott. She is a poet and has written several novels, but she is best known by churchie folks as the author of two books about her own spiritual journey, "Traveling Mercies" and "Plan B."

Lamott did not grow up in what one would call a religious home, but she was exposed to an eclectic assortment of faith practices in her youth. Her paternal grandparents were Presbyterian missionaries, but her father called Presbyterians "God's frozen people."

Anne was raised not to believe in God, but she would go to mass with her Roman Catholic friends and loved the pomp and ceremony of the worship. She would also go to church on occasion with her grandparents, and she loved that experience as well.

Although her own parents discouraged any kind of involvement in organized religious activities she continued to attend services with friends and family members and delighted in reading books about religion and spirituality.

As a young adult Lamott led what might be described as a Bohemian lifestyle. She came to rely heavily on alcohol and drugs and during one very dark and scary moment she phoned a priest she had heard about who had been involved in peace and justice issues.

She thought she might be able to talk with him, and he agreed to meet with her. When she confessed that she was too far gone for God to love her he replied, "God has to love you. That's God's job." She continued to meet with this priest informally and began to experience some healing.

Every Sunday Lamott would go to a flea market not far from her home. Across the street from the market was a small and rather disheveled Presbyterian church. As she passed by on Sunday morning she would hear gospel music coming through the open doors of the church.

Often she would stop at the church to listen to the singing. There was a choir of five African-American women and one "Amish-looking" man. There were about thirty people in the congregation. But the music was



**Carol Rahn**

• From the Pulpit

moving and drew her to stand and take in the music.

Gradually she made her way into the church, always standing in the back. She would attend about once a month, and would stay through the passing of the peace, reluctantly and stiffly accepting the greetings and hugs from the other church goers. But she would always leave before the sermon.

One Sunday she was too exhausted to stand, so she sat down and stayed for the sermon. The sermon didn't particularly move her, but the last hymn overwhelmed her with the feeling of being held and rocked. She began to weep, but got up and left before the benediction.

Later, at home she and God had a conversation which ended with her saying, "All right. You can come in." She describes that as her conversion moment.

Lamott eventually joined that church and after her son was born became a dedicated Sunday school teacher. When he got to the age when he didn't want to go to church anymore Lamott consulted her friends. Many of them told her to pray.

Lamott writes that this led her to begin praying her two best prayers, "Help me, help me, help me" and "Thank you, thank you, thank you."

Much of Lamott's spiritual journey seems to be one of growing humility and an increasing awareness of God's love, care and compassion for her.

As she grew in her awareness of God's saving love she experienced this love, not always as warm fuzzy feelings, but often as a voice that challenged her to her to move deeper into her faith.

She discovered that God's love does not always keep bad things from happening, but, instead, provides the strength, guidance, patience, and companionship to move through and beyond the

situation. Her simple prayers show her reliance on a God who is always there to help, and that genuine gratitude for blessings great and small, those realized and those that remain hidden, is a most appropriate of responses.

We could do a lot worse than to follow Anne Lamott's simple yet heart-felt prayers in our own lives. They provide a way to bookend each day, acknowledging the need for and praying for God's help as each day begins and offering thanksgiving at the day's end. Each moment we are in God's hands, relying upon God's grace and living is God's abiding love. Why can't we simply and prayerfully recognize that every day? Help me and Thank you. Sometimes these are the best and most honest prayers we might ever pray.

Carol Rahn is pastor of the First Presbyterian Church in Colby. She may be reached at 462-6342.

## Adding to an international scene



CONNIE DAVIS/Colby Community College Colby Community College student Jihyun Li (South Korea) painted on the multicultural mural located in the north stairway entrance to the H.F. Davis Library. The mural is an on-going project of the college's Art Club and the International Students and Friends Organization.

## Senior Progress Center

The Senior Progress Center will be closed Monday for Labor Day. There will be no meals or bus service.

Activities for the week: **Monday:** closed. **Tuesday:** 10 a.m. exercise; 11 a.m. Health Department; board meeting after lunch. **Wednesday:** 10:30 a.m. cinnamon rolls and coffee. **Thursday:** 10 a.m. exercise; 10:30 domino game. **Friday:** 10 a.m. exercise; 10:30 a.m. Wii game.

Menus for the week: **Tuesday:**

Salisbury steak, mashed potatoes with gravy, peas, peaches. **Wednesday:** cook's choice entree, green bean casserole, Ambrosia fruit salad, cook's choice complement. **Thursday:** sloppy joe, cook's choice vegetable, coleslaw, watermelon. **Friday:** turkey slice with gravy, sweet potatoes, gelatin with mixed fruit and bananas, brownie.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday

through Friday. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others. For anyone under 60, home delivery is \$5.75. Make reservations at (784) 460-2901 by noon the day before.

## Colby Rotary Club

The Colby Rotary Club met Tuesday with 30 members present.

President Connie Renner read an invitation to the club from District Governor Keith Hooper to attend a Membership and Foundation Seminar in Beloit on Saturday, Sept. 10.

Melany Wilks had the program. Wilks read "It's A Book," by Lane Smith to the members. This book

compares physical books to today's technology. She also gave an overview of library services and free resources available from the Kansas State Library and the eBook, audio and video devices to which materials can be downloaded.

Les Loker won Roto-Lotto. Colby Rotary meets each Tuesday at the college.

- Relda Galli

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## Markets

Quotes as of close of previous business day

Wheat (bushel)	\$7.88
Corn (bushel)	\$7.33
Milo (hundredweight)	\$12.38
Soybeans (bushel)	\$13.24

## 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.

We would like to introduce and welcome our newest stylist **Whitney Patmon** to Personal Touch!

We are excited to have her, she is fun and outgoing. Take a minute to come by and welcome her to Colby!



Whitney is taking appointments and has some amazing specials for September.

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Search: Colby Trojans

## Worship in the church of your choice this weekend.



Our Saviors Lutheran Church

## 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. Pastor Steve Todd. Sunday School 9 a.m. for all ages. Worship 10:15 a.m. Kid's Church for Kindergarten-5th grade during Worship Service. Nursery available for kids birth - 5 yrs old. Wednesday night: Family night September - May. Meal served 6 - 6:30 p.m. CD Kidz for kids birth - 5th grade, Youth Group for 6th - 12th graders and Adult Bible Study at 7 p.m. 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. and Saturday, 5:30 p.m.. Pastor Mark Carlton, Senior Pastor and Pastor Jason Purdy, Youth Pastor. Middle School Group Wednesday 7 p.m. at the Attic and High School Youth Group Sunday 6 p.m. at the Attic. AWANA Wednesdays at 7 p.m. at the church.

**FIRST BAPTIST CHURCH**, (Affiliated with American Baptist Churches USA) Rev. Craig Crossman, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.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. Contemporary Evening Service at 4 p.m. through the semester.

**PLEASANT HOME CHURCH**, Pastor, Perry Baird, 785-728-7380, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m. (MST)

**WINONA METHODIST CHURCH**, 501 Bellview Ave. Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

**MINGO BIBLE CHURCH**, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Tom Peyton. Sunday School: 9:30AM - all ages. Worship Services: 10:45AM. Sunday Evenings 6:30. 3rd Sunday informal fellowship - bring a snack to share! First Sunday of month - carry-in dinner following morning worship.

**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 11:00 a.m. Podcasts of the worship services are available at the church website colbypres.org.

**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 - 785-460-6605, President Andy Rose, 785-460-6807. 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, 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, 9 a.m., Sunday worship, 10 a.m., Wednesday, R.L.M Training Centers (Bible School), 6p.m. Shoponline 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., Wednesday, Bible Study 7:00 p.m. www.colbychurch.com

**OASIS WORSHIP CENTER**, Colby, Pastor J. Curry, 785-462-0913. Sunday Service at 2 p.m.

**FIRST CHRISTIAN CHURCH**, (Disciples of Christ), Pastor Lyle Knebel, 385 W. 3rd - 785-460-2718, Sunday Morning Worship and Children's Church at 10:00 a.m.

**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. Robert Alexander. East 5th & Country Club, 785-462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:00 a.m.; Services, 10:30 a.m. Visit us at www.trinitycolby.com.

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

**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, Tue. 5:00 p.m. - Women's Bible Study.

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