

School Activities and Menus

Colby Public Schools
Activities: Monday: 4 p.m. eighth basketball vs. Holcomb; 4 p.m. seventh basketball, Holcomb; 4 p.m. scholars bowl, Norton; 6:30-7:30 p.m. junior varsity basketball tourney, Community Building and high school. **Tuesday:** 2, 7 p.m. fifth grade musical, grade school auditorium; 4:45, 6:30, 8 p.m. basketball vs. Ulysses, Community Building. **Thursday:** 4 p.m. eighth basketball vs. Scott City; 4 p.m. seventh basketball, Scott City; 7:30-8 p.m. junior varsity basketball tourney, Community Building and high school. **Friday:** 1:30 p.m. middle school Fab Friday; 4:45, 6:30, 8 p.m. basketball, Hugoton. **Saturday:** regional piano festival, Fort Hays State University; 8 a.m. forensics, Oberlin; 10 a.m. Great West Activities Conference wrestling, Scott City; 10:30 a.m. junior varsity wrestling, Stratton.
Menus: Monday: breakfast: biscuits, gravy, orange juice; lunch: Chicken-fried steak, mashed potatoes, white gravy, peas, fruit cocktail. **Tuesday:** breakfast: cereal, apple juice; lunch: hamburgers, baked beans, corn, apple wedges, biscuit, jelly. **Wednesday:** breakfast: pancakes, syrup, apricots; lunch: taco salad, refried beans, peaches, sherbet cup. **Thursday:** breakfast: blueberry muffin, grape juice; lunch: chili, cinnamon rolls, baby carrots, rosy applesauce.
Sacred Heart
Activities: Catholic Schools Week. **Monday:** wear group colors for McGyver Day. **Tuesday:** dress Western for Kansas Day; pastries for parents; collection for Genesis. **Wednesday:** dress up day; volunteers invited to lunch. **Thursday:** mismatch dress day; grandparents day. **Friday:** dress with school spirit; 8 a.m. to 1 p.m. field trip to St. Joseph's in Oakley; 3 p.m. ice cream in gym.
Menus: Monday: whole grain corn dogs, garden spinach salad, seasoned peas, apple wedges. **Tuesday:** taco soup, whole grain corn tortilla chips, fresh broccoli, sliced pears, Kansas Day sunflower seed cookies. **Wednesday:** beef and noodles, mashed potatoes,

fresh baby carrots, blueberry oat muffins, pineapple tidbits. **Thursday:** grandparents day: ham, mashed potatoes, gravy, corn, whole wheat roll, cherry cheese-cake. **Friday:** chicken quesadilla, salsa, whole grain tortilla chips, refried beans, orange wedges.
Heartland
Activities: Monday: 6 p.m. junior varsity basketball vs. Goodland. **Wednesday:** 10 a.m. Thomas County Spelling Bee, Colby Middle School. **Friday:** no school, staff work day.
Golden Plains
Activities: Monday: middle school scholar's bowl, Grinnell; 7 p.m. financial aid meeting with Colby Community College, ITV room, Rexford. **Tuesday:** high school basketball, Cheylin; 11:35 a.m. Fort Hays State University representative. **Wednesday:** Thomas County Spelling Bee. **Thursday:** high school scholar's bowl regionals; middle school basketball, Weskan; 11:35 a.m. Garden City Community College representative. **Friday:** high school basketball, Logan. **Saturday:** 8 a.m. high school forensics, Oberlin; 1 p.m. 2013 basketball camp, Rexford.
Menus: Rexford: Monday: breakfast: French toast; lunch: ham steak. **Tuesday:** breakfast: bagels; lunch: chicken tender. **Wednesday:** breakfast: breakfast combo; lunch: chili. **Thursday:** breakfast: grilled ham and cheese; lunch: beef and noodles.
Selden: Monday: breakfast: burrito; lunch: ham and cheese pocket. **Tuesday:** breakfast: waffle sticks; lunch: pizza. **Wednesday:** breakfast: biscuit and gravy; lunch: sloppy joe. **Thursday:** breakfast: pancake; lunch: Italian pash bake.
Brewster
Activities: Tuesday: 4:45 p.m. high school basketball, St. Francis. **Thursday:** 4 p.m. junior high basketball, Damar; regional high school scholars bowl. **Friday:** no school; 6:30, 8 p.m. high school basketball vs. Weskan at Winona.
Menus: Monday: breakfast: French toast sticks; lunch: pork

rib on bun, tri-tater, lettuce, tomato, green beans, kiwi. **Tuesday:** breakfast: coffee cake; lunch: baked chicken, savory rice, fresh broccoli, corn, oatmeal roll, peaches. **Wednesday:** breakfast: scrambled eggs; lunch: lasagna, garden salad, apple, bread stick. **Thursday:** breakfast: breakfast pizza; lunch: sloppy joe, potato puffs, baked beans.
Colby Community College
Activities: Wednesday: 6 p.m. women's basketball vs. Pratt; 8 p.m. men's basketball vs. Pratt. **Thursday:** 7 p.m. Talent Show, Cultural Arts Center. **Friday:** 7:30 p.m. bonfire. **Saturday:** noon - Homecoming luncheon to recognize "Hall of Fame" recipients; 6 p.m. basketball.
Triplains
Activities: Monday: no school; 1 p.m. decorate for Swirl; 4 p.m. junior high scholars bowl, Grinnell. **Tuesday:** 4:30 p.m. high school basketball games, St. Francis. **Wednesday:** 5 p.m. decorate for Swirl. **Thursday:** high school regional scholar's bowl, Wilson; 4 p.m. junior high basketball, Damar. **Friday:** 4 p.m. high school basketball games vs. Weskan, Winona; Swirl crowning ceremony at boys' halftime; music class cake raffle during game. **Saturday:** Christian Family Educators basketball tournament.
Menus: Tuesday: pizza. **Wednesday:** Salisbury steak. **Thursday:** sloppy joes. **Friday:** tornadoes.
Send your calendar and menus to colby.society@nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.

Awake to new ways of worship

How do you connect to God? Is there something you do or like that helps you connect? A certain song, a biblical passage, meditation, prayer? Whatever it is, I hope you are able to achieve this strong, close connection to God. Often when one thinks about worship, music comes to mind. Our religious culture often associates formal worship with music. Have you ever thought we may put too much emphasis on music? Matt Redman, a songwriter in England, composed a song called "Heart of Worship," which centers on this. He speaks of taking away all the "music" and says what you have left is you, the worshipper. One of the greatest parts of the Bible is in the Old Testament about the various sacrifices. They were personal to the worshiper, all about worship of some type. Those which pertained to the worshiper's sin allowed that person to reconnect with God. One of these was that the worshiper killed their own animal. Imagine having to kill one of your own. Not take it to someone else to kill, but kill it yourself. This was all without music. Worship was just that connection between you and God. When it comes to worship, it may or may not include music. However, that may be a way for you to get in touch with God. I enjoy songs that lift me up, cause me to become closer to God. I cannot help but sing when they come on the radio. When I hear them in worship, I can deeply connect with him. Something else that may bring us closer to him in worship is scripture. Because we are all different, we use various scriptures to become closer, including popular ones like Jeremiah 29:11, Philippians 4:13, John 3:16, Psalm 23, Psalm 119:105 and Matthew 19:26. No matter what scripture causes you to connect with him



Jarrod Spencer

From the Pulpit

and worship, it is all good. Sometimes it may be a time of confession and assurance that causes us to connect with our God. If you're like me, sometimes you carry the weight of your problems much longer than necessary. It can become wearisome. That weight blocks closeness in relationships. If the other party is God, then our connection or worship cannot be what it should be. We become closer when we work things out in human relationships. The same goes for relationships with God. When I've wronged him and I confess my wrongs, I can release the weight and become closer to God. This is a time of worship for me, as I can confess my wrongs and have assurance he will forgive. Growing up, I only saw worship as what I did with the church family. It usually took the form of songs, prayer, the Lord's Supper and preaching. If those elements were not in place, then it was not "worship." However, after

studying the subject more intensely, I have found that everything I do has a sense of worship. Not all worship is the same but our lifestyle is worship. It is serving God with all that we have to glorify him. May your life be awakened in worship.

How will you do worship today, tomorrow, or this week? Will it involve one or all of the suggestions I posed? Whatever you do, do it well and do it with all your heart! May you enjoy the closeness you experience with God as you have your moments of worship. I know I will.

Jarrod Spencer is the minister, at the Colby Church of Christ, 510 East Fourth. He can be reached at (785) 460-6322 or by e-mail at jarrods@att.net.

Deaths

Darrell Barnett

Darrell D. Barnett, 77, Colby, died today, Friday, Jan. 25, 2013, at Citizens Medical Center in Colby. Services Monday at Sacred Heart Catholic Church in Colby are pending with Baalmann Mortuary in Colby, 462-2331.

Corrections

The story "Archaeologist gives talk at museum here," which ran on Page 1 of the Nov. 28, Colby Free Press contained an inaccurate statement. Nancy Arendt is the president of the Kansas Anthropological Association, not just the High Plains chapter. This was a reporting error. Due to a computer error at the college, the Colby Community

College honor roll printed on Page 3 of the Thursday, Jan. 24, Colby Free Press was incomplete. The full version will be reprinted next week.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$7.61
Corn (bushel)	\$7.30
Milo (hundredweight)	\$12.39
Soybeans (bushel)	\$13.45

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 9 a.m. Saturday, Feb. 9 Sacred Heart Church—Colby
 for registration form email: rvineyard@ruraltel.net
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Farmers & Merchants Bank of Colby Member FDIC

Kansas Day
 JANUARY 29TH

We would like to **INVITE** you to come down on Tuesday, Jan 29th to our main bank location and enjoy refreshments while viewing Kansas' great history on a **limited edition** hand painted wall mural by Dennis Schiel.

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Services Directory
 Worship in the church of your choice this weekend.

- FAITH FELLOWSHIP CHURCH**, Pastor Dan Keel, 815 W. 3rd. Sundays at 2 p.m. 337-401-7207 (temp)
- CELEBRATION COMMUNITY CHURCH**, 1890 S. Franklin Ave. - Colby Community Building. Pastor Dave Funk. Sunday Worship 10:45 a.m. www.celebratejesus.org
- 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, Youth Pastor Ben Phillips. 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.
- WINONA METHODIST CHURCH**, 501 Bellview Ave. Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)
- FIRST BAPTIST CHURCH**, (Affiliated with American Baptist Churches USA) Rev. James Bridges, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m.; Bible Study: 6:30 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)
- 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 9:00 a.m. Podcasts of the worship services are available at the church website colbypres.org.
- THE SHEPHERD'S STAFF, REXFORD**, Joan Dingwerth, Director, 785-687-2565.
- 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 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), 6 p.m. Shop online at: www.rlmregionalchurch.com.
- COLBY UNITED METHODIST CHURCH**, Rev. James Markdock, 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
- OUR SAVIORS LUTHERAN CHURCH**, 217 Main St., Brewster, 785-694-2751. Sunday worship 10:00 a.m.
- FIRST CHRISTIAN CHURCH**, (Disciples of Christ), 385 W. 3rd - 785-460-2718, Sunday Morning Worship and Children's Church at 10:00 a.m.
- TRINITY LUTHERAN CHURCH**, Rev. Robert Alexander. East 5th & Country Club, 785-462-3497, Services, Sat., 5:30 p.m., Beginning Sept. 2 - Sunday Worship Service 10:30 a.m., Adult Bible Class & Sunday School 9:15 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 Mike Baughn, 785-694-2278, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.
- 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.



The Shepherd's Staff, Rexford

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