

# Sunday morning may not be the best time for church

Sunday would seem to be an ideal time to go to church. Because you don't have to get up to go to work, you can sleep late, have a leisurely breakfast, read the Sunday paper, and still get your family to church on time.

Except that surveys show that between 60 and 75 percent of Americans don't attend church on a regular basis. Presumably, they have something better to do on Sunday. But don't blame Sunday for this state of affairs. Blame Sunday morning.

Psychologically, a morning worship service is all wrong.

This is especially true for our culture, because the mood of peace and quiet created by one hour of church on Sunday morning is soon broken by noisy crowds at the mall, impatient drivers on the highway, and excited football fans.

As long as people went home after church to

spend a restful afternoon and evening, the good effects of the morning lingered. It is not so with the modern Sabbath.

Much of the mood built up in the church in the morning is canceled by the way we spend the rest of Sunday.

But there is another reason why we should go back to evening services for our soul's health, joining the few churches that have such services.

Public speakers have noted that when they speak in the morning or afternoon, their remarks don't make as great an impression on audiences as the same speech given in the evening.

Psychologists explain this by saying that earlier in the day our mental faculties are keenest. We are more alert and not as likely to accept uncritically what a person speaking to us has to say.



george plagenz

• saints & sinners

But when we are tired and the darkness has its relaxing effect on us, our minds are more receptive to what is presented to us. The artificial darkness and the flickering candlelight in some churches can produce the same hypnotic effect.

Spiritual truths planted in our minds in such a setting will grow more easily. If we go to bed with these truths still fresh in our minds, they will reach deep into our subconscious while we

sleep and find their way, as one writer puts it, "To the hidden hallways of the mind where powerful and silent and unseen forces gather. With the morning they will advance into the wakened mind, bringing pleasant moods, healthy thoughts and creative ideas."

Most clergymen say there is no theological objection to choosing a day other than Sunday for worship, and an hour other than 10:30 or 11 a.m. Sunday is traditional because it is the day on which Christ rose.

The success of Saturday masses in the Catholic Church 40 years ago caused Protestant ministers to give serious thought to the idea of holding midweek services for those who preferred to keep Sunday free as a day of rest and relaxation.

But the idea never really caught on. An abbreviated Monday evening service (40 minutes)

was found to be successful in only a few churches.

The early Christians, like the Jews, met for worship in the evening. It was sometime later that Christian churches began worshipping on Sunday morning.

The earliest Scriptural reference to Sunday as a day of worship for Christians occurs in the Book of Acts. Speaking of Paul's visit to Troas in Greece, the King James version says, "And upon the first day of the week, when the disciples came together to break bread, Paul preached to them."

Most modern translations, however, substitute "on Saturday night" for "the first day of the week." This could mean that the early Christians held their worship services on Saturday night.

Would we be wise to copy their lead?  
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# Buddhist shrine brings eastern culture to ultimate Western setting

By Colleen Slevin

*Associated Press Writer*  
RED FEATHER LAKES, Colo. (AP) — Belinda Griswold stood in a pine-covered Rocky Mountain valley, dressed in a T-shirt, clogs and a cowboy hat. She looked toward the terraced, Buddhist shrine of white and gold and bowed.

The edifice, called the Great Stupa of Dharmakaya, brings Eastern culture to a very Western setting.

Situated about 100 miles northwest of Denver, the shrine was dedicated last month before about 2,000 people. It honors the late Chogyham Trungpa, who is credited with spreading Buddhism in North America in the 1970s.

Jeff Waltcher, executive director of Rocky Mountain Shambhala Center, said the structure is "an obvious ex-

ample of how Buddhism is taking root in this country."

Born in Tibet and educated at Oxford, Trungpa was a Buddhist monk who fled his homeland after the Chinese invaded in 1959. He later abandoned his monastic vows and married an Englishwoman.

Trungpa, who died in 1987, was best known for his ability to present Buddhist teachings in a way easily understood by Westerners. He traveled extensively throughout North America, establishing more than 100 meditation centers and what would become Boulder's Naropa University, giving countless lectures and publishing 14 books.

He was addressed as rinpoche, a religious title that means "precious one," which Buddhists use after the last

name.

Trungpa first visited this area after being invited to teach at the University of Colorado in Boulder in the early 1970s.

The mountains reminded him of Tibet and he settled in Colorado, driving himself from place to place in a Volkswagen Beetle.

He also taught meditation to people who were not necessarily interested in Buddhism, a practice continued at the Rocky Mountain Shambhala Center he founded in 1971.

The shrine is the centerpiece of the center. Rising 108 feet from the valley floor, the multitiered structure's whiteness stands out among the muted green and brown colors of the surrounding mountains. It is flanked by gateways decorated in gold leaf and brilliant col-

ors. Inside sits an 18-foot golden statue of Buddha.

Meditating at the site is "really a way for people to come back to their own minds," said Griswold, of San Francisco, the Buddhist in the cowboy hat.

On the main floor is the statue, which encases some of Trungpa's remains in its chest.

Relics of other great teachers dating back to the Buddha are sealed on an upper level and other sacred objects, some preserved in the Himalayas for hundreds of years, are deposited in the stupa's base and walls.

The stupa was built to last 1,000 years using the same type of concrete found in nuclear power plants. More than 500 volunteers from over a dozen countries worked alongside skilled laborers and artisans on its construction,

a sign of their devotion to Trungpa.

Building stupas, Sanskrit for "to heap" or "pile up" after their original mound-like shape, started as a practice for Asian royalty.

Before his death, the Buddha asked his followers to bury his remains in a stupa. They complied and the building of stupas spread with Buddhism across Asia.

The \$2.7-million shrine overlooks a collection of buildings, tents and trailers used for conferences, meditation, yoga classes and other events, both spiritual and secular.

Waltcher envisions another 10 years worth of construction to turn the site, surrounded by a Boy Scout camp and national forest land, into a year-round center used by Buddhists and other groups from the community.

Some visitors are Buddhists or people who have been touched by Trungpa's teachings. Others are drawn by the stupa's artwork and architecture, or are just curious to see what has been created so painstakingly by people the locals used to jokingly call "the Dharmites."

Zack Rhodes, a retired defense lawyer from St. Johnsbury, Vt., visited the stupa as his family prepared for the wedding of his son in one of the tents at the center, where his son met his wife-to-be.

"It's overwhelmingly majestic," he said in between taking photographs of the building. "It's breathtaking."

*On the Net:*  
Rocky Mountain Shambhala Center:  
<http://www.rmssc.shambhala.org/>

## Bible Baptist Church

**Pastor:** Don Crutcher  
Fifth & Broadway  
899-7368

**Sunday:** Sunday School: 9 am

Worship Service: 10 am

Evening Service: 6:30 pm

**Wednesday:** Evening Bible Study: 7 pm

## Calvary Gospel Church

**Pastor:** Rev. Steve Rains

Fourth & College • 899-3605

**Sunday:** Sunday School: 9:15 am

Morning Worship: 10:30 am

Evening Worship: 6:30 pm

**Wednesday:** Family Night: 7 pm

Adult Bible Study and Youth Group

**Saturday:** Prayer Meeting: 5-7 pm

If you would like to receive a free newsletter, please call the church office.

## Church of Christ

401 Caldwell  
899-6185

**Sunday:** Bible Study: 9:45 am

Worship Service: 10:45 am

Evening Service: 6 pm

**Wednesday:** Bible Study: 7 pm

## Church of the Nazarene

**Pastor:** Matthew Delp

Third & Caldwell

899-2080 or 899-3797

**Sunday:** Sunday School: 9:45 am

Worship Service: 10:50 am

Evening Service: 6 pm

**Wednesday:** Evening Service: 7 pm

## First Baptist Church

**Pastor:** Bud Chester

Fifth & Center • 899-3450

**Sunday:** Sunday School: 9:15 am

Morning Worship: 10:30 am

Evening Worship: 6:30 pm

**Tuesday:** Mens' Prayer Group: 6:00 am

**Thursday:** Night Bible Study: 7:00 pm

## Seventh Day Adventist Church

1160 Cattletrail

**Pastor:** Arlin Cochran • 785-332-2888

**Saturday:** Sabbath School: 9:30 am

Worship Service: 11 am



## Sonrise Christian Church

### First Christian Church

(Disciples of Christ)

**Pastor:** Loren Strait

Eighth & Arcade • 899-5233

**Sunday:** Worship Service: 9 am

**Activities:** Junior High & High School Youth Groups,

Adult Bible Study, Choir, Men's and Women's Groups,

Devotions Study, Monthly Fellowship

**Special Notice:** Handicap Accessible, Hearing

Assistance Equipment and Infant and Toddler

Nurseries Available

### First United Methodist Church

1116 Sherman

899-3631

**Pastor:** Rev. Carol Moore-Ramey

**Sunday:** Sunday School: 9:15 am

Worship Service: 10:30 am

### Sonrise Christian Church

Ninth & Caldwell • 899-5398

**Minister:** Tony Kafka

**Youth Minister:** Doug Bean

**Sunday:** Worship Service: 9:30 am

Sunday School: 10:45 am

**Wednesday:**

Junior/Senior High Meeting: 7 pm

Adult & Children's Classes: 7 pm

### Emmanuel Lutheran Church

13th & Sherman • 899-6161

**Pastor:** Scott Grimshaw

**Sunday:** Sunday School: 8:45 am

Worship Service: 10 am

**Wednesday:** Confirmation: 6 pm

### Kanorado

### United Methodist Church

**Pastor:** Leonard Cox

399-2468

**Sunday:** Sunday School: 9 am

Worship Service: 10:15 am

### Goodland Bible Church

109 Willow Road • 899-6400

**Pastor:**

**Sunday:** Sunday School: 9:45 am

Morning Worship: 11 am

Evening Worship: 6 pm

**Wednesday:** Call for location

### Grace Fellowship Church

104 E. Hwy 24 • 899-6423

**Pastor:** Bob Snyder • Residence: 899-0134

**Sunday:** Sunday School: 10 am

Worship Service: 11 am

### St. Paul's Episcopal Church

13th & Center

899-2115 or Rectory 899-2114

**Priest:** Father Charles Schneider

**Deacon:** Gretchen Talitha

**Adult Forum:** Sunday : 8:30 am

Morning Prayer: 9:30 am 1st & 5th Sundays

**Holy Eucharist:** 2nd, 3rd, & 4th Sundays: 9:30

Sr. Warden for emergencies during the week 899-2067

### Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO • (970) 664-2470

**Sacrament Meeting:** 9:30 am

**Sunday School:** 10:45 am

**Priesthood/Relief Society:** 11:30 am

### Word of Life Foursquare Church

223 E. 10th

899-5250

**Pastor:** John Coumerilh

**Sunday:** Worship Celebration &

Kids' Church: 10:30 am

### United Methodist Church

**Brewster:**

**Pastor:**

Worship Service: 10:45 am CST

Sunday School: 9:45 am CST

**Winona:**

**Minister:** Rev. Bob Winters

Worship Service: 9 am CST

Sunday School: 10:15 am CST

### Iglesia Del Dios Vivo

La Luz Del Mundo

Spanish Speaking Church

**Minister:** Esteban Ortiz B.

1601 Texas • 899-5275

**Daily Prayer:** Sunday thru

Saturday: 5 am & 6 pm

**Sunday:** Sunday School: 10 am

### Our Lady of Perpetual Help

**Pastor:** Father Daryl Olmstead

307 W. 13th • 899-7205

**Sacrament of Reconciliation:**

4:30-5 pm Saturday or by appointment

**Mass Schedule:**

**Saturday:** 6 pm

**Sunday:** 8 am and 9:30 am

**Spanish Mass:**

1st & 3rd Sunday: 2 pm

### Pleasant Home Church

Serving the rural community for over 100 years

Rt. 1, Box 180 • 694-2807 • 3190 Road 70

**Pastor:** Jim Cress

899-5784

**Sunday:** Worship Service: 9 am

Sunday School: 10 am

Evening Service: 6 pm

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

**Good Samaritan Center**  
208 W. 2nd

**Koons Funeral Chapel**  
North Main

**Golden Wheat Ranch**  
Office 110 E. 11th

**Topside Office Products, Inc.**  
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