

Physical, spiritual, emotional boundaries needed

I still remember the feelings today. My Jeep had broken down, so I was walking back to the house. It was no big deal; I was familiar with my surroundings and had walked that route several times when my two feet served as my primary means of transportation.



steve rains

● moments from calvary

At the end of the Cul-de-sac was a yard I had cut through to get home several times. I hopped over the fence and started making my way through the back yard when out of the corner of my eye I saw a dog start to charge after me (that dog had never been there in the past!).

It was huge — at least 175 pounds, two heads, and its bark sounded like sub-woofers in the back of some 18-year-old's car. Needless to say, "I saw the prize, and I took off running for the fence."

I was getting closer to the fence, and the dog was getting closer to me.

As the fence approached, I did my best Tatum Bell dive over the pile at the goal line for a game winning touchdown I could muster. I made it, and I didn't fumble.

I never cut through that yard again. That fence was there for a reason; it was a boundary line for someone's property. The Bible has a lot to say about boundaries and the importance of them.

Proverbs 23:10 says, "Do not move the ancient boundary stones." A boundary stone was the ancient equivalent of a "no trespassing" sign. Cross the line and there are

consequences. Proverbs 23:10 is talking about physical boundaries, but there are also spiritual, emotional, relational and personal boundaries that need to be established. If we cross the line, there are consequences. How do you know if you are missing boundaries?

Well, here are some symptoms of a boundary less life: You've lost spiritual intensity. You're consistently overcommitted. You've fallen back into some bad habits. You're in over your head financially.

You have time for everyone except the important people in your life. You're out of gas, out of sorts, out of balance and out of ideas.

You've made moral compromises. All of us can relate with some of those symptoms. What happened? At some point, consciously or unconsciously, a boundary stone moved. The solution to the problem is to put the boundary stone back where it belongs.

Here's how. Do something radical. Jesus said, "If your right eye causes you to sin, gouge it out and throw it away."

You shouldn't take this passage literally; Jesus is using hyperbole. But you should take it seriously. Jesus is saying: take radical measures to reestablish godly boundaries.

In 2 Kings 23:1-25, there is an incredible story of a young king named Josiah who took some radical steps to re-establish godly boundaries and rid the nation of idols that had been set-up.

Read it and see for yourself. Some of the words used to describe what Josiah did to the idols: "burned," "tore down," "pulled down," "broke down," "cut down," "demolished," "smashed" and "ground to powder."

Josiah took radical steps to remove sin. If you want to reestablish boundaries, it's not easy. The Bible is full of examples for you and me of people who at times did extreme things to overcome negative situations and establish life-giving boundaries for themselves.

Here's a definition of insanity: Doing the same thing and expecting different results. If you keep on doing what you've always done, you'll keep on getting what you've always gotten.

You need to try something new. Albert Einstein said, "Problems cannot be solved on the same level

they were created." Why not try something new? Isaiah 42:9 says, "The former things have passed away. Behold, I am doing a new thing."

God is always doing a "new thing." Psalm 96:1 says, "Sing to the Lord a new song."

In other words, find new ways to express your worship to God. Jesus said, "No one pours new wine into old wineskins."

You pour new wine into new wineskins.

It's easy to get stuck in the past. The way to get unstuck is to try something new. Establish some positive boundaries, and be careful crossing existing ones — there might be something ready to chase you.

Check us out at calvarygospel.net or e-mail us at calvarycolumn@st-tel.net.

Brewster may see spring bulbs popping up before snow melts

It seems the main topic around the coffee table is the snow and ice. I know everybody is getting cabin fever.



betty jo baird

● brewster news

We'll probably be seeing spring bulbs popping up in the snow before it is all melted. But we thank God for the moisture he has brought us and think how much better it is than blowing dirt.

I want to make a correction on what I reported last week. I reported that Warren Reid's brother Jerry had passed away. It was not Jerry, but Jerry's wife Shirley who passed away. I'm very sorry about that error.

Another misprint was the date of the birth of James and Musette Baldwin's baby. She was born Jan. 10, not Jan. 1. Sorry about that too.

We want to wish Rita Ackerman a very happy 89th birthday. Her birthday was Jan. 17. Even though she has lived in Goodland for many years, we feel she'll always be part of the Brewster community. Happy Birthday, Rita.

On Tuesday the Thomas County nurse will be speaking at the senior center at 1:30 p.m. The topic will be "Aging with Medication Grace."

Dorothy Evans is in the Colby Hospital. We hope she will be home very soon. Our prayers are with you Dorothy.

The Brewster boys basketball

team placed second in the Western Kansas Liberty League tournament. The girls placed third. Congratulations to all of you.

Commodities were scheduled to be given out Thursday. We will only be getting them four times this year, and there won't be as many items.

The Brewster Grocery Store has been doing very well. If you haven't been in since the first of the year, you need to stop by. They have a large variety of things.

You are blessed! It may not look or feel that way right now, but it's true. If you want to know how blessed you are, think back to a situation you thought was right for you and admit how wrong you were.

At the time, you may not have realized you were growing. There was no way to know back then that something bigger and better was on the other side of something painful, ugly and uncomfortable. Now look where you are and remember where you were.

Realize that where you are right now is not where you are going to be at some time in the near future. Whether you love it or hate it, your

current condition is only temporary. Do your best; do what you can. Give what you have to give, and re-

member, you are still growing. You are learning. In fact, you are earning new degrees of wisdom. Sure, you

have some grief. You will have some fears. You might even have bouts of pain and sadness. However, just

around the corner from where you are, you will be able to look back and see how truly blessed you are.

Cookbooks will be sold at Taste of Home school

The Goodland Star-News is going to sponsor a Taste of Home Cooking School at Max Jones Fieldhouse in Goodland on Tuesday, Feb. 20.



pat schiefen

● postscript

The school will "Savor Spring" with 10 flavorful fast-to-fix recipes with culinary specialist, Kristi Larson, preparing them. The tickets for the event are \$8 each.

Among other booths, the Star-News will be offering cookbooks for sale at the Taste of Home show.

"Taste of Home's Ground Beef Cookbook" has 205 dishes using the American favorite, hamburger. There are recipes for appetizers, snacks, soups, salads, sandwiches, pizzas, pies, pockets, meat loaves, meatballs, casseroles and skillet suppers.

Here are three samples from that cookbook.

Mini crescent burgers
1 pound ground beef
1 cup (4 ounces) shredded cheddar cheese
1 envelope onion soup mix
3 tubes (8 ounces each) refrigerated crescent rolls

Cook beef in skillet over medium heat until the meat is no longer pink and drain. Stir in cheese and soup mix and set aside.

Separate crescent dough into triangles and cut each triangle in half lengthwise to form two smaller triangles. Put a tablespoon of the beef mixture along the wide end of the triangle and roll up. Bake pointed side down on ungreased baking sheets for 15 minutes at 375 degrees or until golden brown.

Yields 4 dozen.

Mushroom burger cups
18 slices of bread with the crusts removed
1/4 cup softened butter
1 pound cooked and drained ground beef
1 can (10 3/4 ounce) undiluted condensed cream of mushroom soup
1 beaten egg
1/2 cup shredded cheddar cheese
1/4 cup chopped onion

1 teaspoon Worcestershire sauce salt and pepper to taste

Cut 1 1/2 in circles from the bread slices using a biscuit cutter. Butter one side. Press circles with buttered side down into ungreased miniature muffin cups.

Combine the remaining ingredients in a bowl and mix well. Spoon into the bread cups.

Bake at 350 degrees for 35 minutes or until golden brown.

Yields 1 1/2 dozen.

Stuffed meat loaf
2 eggs
2 tablespoons milk
1/4 cup ketchup
1 1/2 teaspoons salt
1/8 teaspoon pepper
1 1/2 pounds ground beef
Stuffing
1/2 pound fresh mushrooms, sliced
1 medium onion, chopped
2 tablespoons butter
2 cups soft bread crumbs
2 tablespoons chopped fresh parsley
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/8 teaspoon pepper

Beat eggs, milk, ketchup, salt and pepper in a large bowl. Crumble meat and mix well. Make a loaf of half of the beef mixture and put into a greased 9-inch by 5-inch by 3-inch loaf pan and set aside.

To make stuffing, sauté mushrooms and onions in butter until tender. It should take about three minutes. Add bread crumbs, parsley, thyme, salt and pepper. Sauté until bread crumbs are lightly browned.

Spoon stuffing mixture over loaf of meat in the loaf pan. Cover with remaining meat mixture and press down lightly. Bake for one hour at 350 degrees or until meat is done or 160 degrees on a meat thermometer. Drain fat as necessary. Yields six servings.

Worship warms the heart

<p>Calvary Gospel Church Pastor: Steve Rains, Ben Coats, youth pastor Fourth & College • 890-3605 Sunday: Kid's Church: 10:30 am Morning Service: 10:30 am Evening Service: 5:00 p.m. Wednesday: Royal Rangers Missionettes 6:30 p.m. Adult mid-week service: 7:00 p.m. Youth @ the Rock House: 7:00 p.m. Small Group Ministries meets through out the week. www.calvarygospel.net</p>	<p>Our Lady of Perpetual Help Pastor: Father Norbert Dlabal 307 W. 13th • 890-7205 Sacrament of Reconciliation: 4:30-5 pm Saturday or by appointment Mass Schedule: Saturday: 6 pm, Sunday: 10:30 am Spanish Mass: Sunday: 12:30 pm</p>
<p>Sonrise Christian Church Ninth & Caldwell • 899-5398 Minister: Charles E. Kerr, Jr. Sunday: Worship Service: 9:30 am Sunday School: 10:45 am Team Puppeteers: 6 pm Wednesday: Junior/Senior High Meeting: 7 pm Adult & Children's Classes: 7 pm Jets, 4th grade and under: 3:30 - 4:30</p>	<p>Word of Life Foursquare Church 10th & Clark • 899-5250 Pastor: John Coumerilh Sunday: Worship Celebration and Kids' Church: 10:30 am Wednesday: K.W.A.M.! Age 3 through grade 6, 6:30 p.m. (during school year)</p>
<p>Bible Baptist Church Pastor: Michael Estep Fifth & Broadway 890-7368 Sunday: Sunday School: 9 am Morning Service: 10 am Evening Service: 6:30 pm Wednesday: Evening Bible Study: 7 pm</p>	<p>Church of Jesus Christ of Latter-Day Saints 1200 15th Street • Burlington, CO (719) 346-7984 Sacrament Meeting: 10 am Sunday School: 11:15 am Priesthood/Relief Society: 12 am</p>
<p>United Methodist Church Brewster: Pastor: Dorine Chambers Worship Service: 10:45 am CST Sunday School: 9:45 am CST Winona: Minister: Sheryl Johnson Worship Service: 9 am CST Sunday School: 10:15 am CST</p>	<p>First Christian Church (Disciples of Christ) Pastor: Rev. Ted Amos Eighth & Arcade • 890-5233 Sunday: Worship Service: 10:30 am Sunday School: 9:15 a.m. 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</p>
<p>Church of the Nazarene Pastor: Bob Willis 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</p>	<p>First United Methodist Church 1116 Sherman 899-3631 Pastor: Rev. Janet Hernandez Saturday: Worship: 5:30 pm Sunday: Adult Classes: 9:15 am Worship: 10:30 am Wednesday: Wednesday Nite Live 5:45 - 6:45 Simple Supper "Free will Offering 6:30 - 7:30 p.m. Classes for all ages</p>
<p>First Baptist Church Pastor: Travis Blake Fifth & Center • 890-3450 Sunday: Sunday School for all ages: 9:15 am (Child care provided) Morning Worship: 10:30 am Wednesday: Bible study 7 p.m. Call church for information Thursday: Bible study 9:30 a.m. Wheatridge Center</p>	<p>St. Paul's Episcopal Church 13th & Center Church 890-2115 or Rectory 890-6969 Priest: Father Hal Lycett Holy Eucharist: 10:00 a.m. Sunday 10:00 a.m. Thursday Morning Prayer: 8:00 a.m. Wed. - Sun. For emergencies 890-6969</p>
<p>Seventh Day Adventist Church 1160 Cattletrail Pastor: Jim Martin Saturday: Sabbath School: 9:30 am Worship Service: 11 am</p>	<p>Emmanuel Lutheran Church 13th & Sherman • 890-6161 Sunday: Christian education/fellowship: 10:15 a.m. Worship Service: 9 am Wednesday: Confirmation: 6 pm</p>
<p>Goodland Bible Church 109 Willow Road • 899-6400 Pastor: Chad DeJong Sunday: Sunday School: 9:30 am Morning Worship: 10:45 am Evening Worship: 6 pm Wednesday: AWANA (Winter) and prayer: 7 p.m.</p>	<p>Harvest Evangelical Free Church 104 E. Hwy. 24 • 890-7918 Pastor: Brian Fugleberg Sunday: Worship: 10:30 am Sunday School: 9:30 a.m. Wednesday: Youth group meets at 7 p.m. at Scherlings', 827 Caldwell.</p>
<p>Church of Christ 401 Caldwell 890-6185 Sunday: Bible Study: 9:45 am Worship Service: 10:45 am Wednesday: Bible Study: 7 pm</p>	

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

Short & Son Trucking Hwy. 24	Koons Funeral Chapel North Main	Good Samaritan Center 208 W. 2nd
--	---	--

KLOEIKKQJIKWGB

3023 W. 31