

Living a life of transformation is attainable

As a society, we love the story of the underdog. We love the movies that are made that inspire us to believe anything is possible and to pursue our dreams and not to listen to the nay-sayers.

I, too, love those stories, but even more than the stories of the underdog, I love stories of transformation, stories like that of Jacob Koshy. He grew up in Singapore and was about to be hung for drug running.

Singapore doesn't show much mercy for such people. It has been said that when you get off the airplane and are walking into the terminal, there is a sign that reads, "If you are bringing drugs into our country, we are going to execute you."



steve rains

• moments from calvary

Anyway, Jacob was on death row and was facing execution in two days. While in prison, he is still dealing. The only problem, they lacked the paper to roll the stuff. The answer? A little New Testament.

The story is recounted that he read Matthew and smoked it. Went through Mark and Luke reading it and then smoked it. Then he got to John, and he said John smoked him!

Jacob gave his life to the Lord, was baptized in the Holy Spirit and met a little lady who was coming to the prison to minister. They fell in love and got married. By a miracle, Jacob was released. He and his wife went into the streets and began to minister in the Philippines. They started a Teen Challenge Center, which is a drug recovery ministry. They loved the people, and they saw transformation occur in their lives.

That is exciting to me. That is the romance of the gospel.

If God can transform Jacob, if God can transform Saul (Acts 9), if God can transform me, then I know God can transform you too.

I want to encourage you to look at Acts 9, because you see some characteristics of transformation. First, when a person gives his heart to Jesus, something wonderful happens — a change happens from the inside out.

When a person puts his faith in Christ, there is a supernatural transformation that occurs (See Ephesians 2). That faith can continue to transform a person as he journeys through life. Secondly, there is fervor in supplication. There is a passion to be in the Lord's presence. It

just isn't a once a week religious obligation, it is life!

The person who experiences transformation also experiences faithfulness in service. Read about Paul's account in Acts 9:15-16.

In the life of Saul (who becomes Paul) another mark of transformation is the filling of the Holy Spirit (Acts 9:17). Jesus sent Ananias to Paul. Why? So that his sight might be restored but also so that he might be filled with the Holy Spirit.

Friend, as you read through the book of Acts, it is clear that the infilling (baptism of the Holy Spirit) was essential to the early church. There is so much that God wants for you to experience in Him.

You celebrated the freedom that we enjoy as a nation this week, and I want to encourage you to celebrate all the freedoms and blessings that are available in Christ.

For almost 20 years now I have experienced a life that I would never trade. I know this: God doesn't play favorites and He isn't a respecter of people, so get ready and take a step into all that God has for you.

I encourage you to attend church this week and be expecting transformation in your life.

Steve Rains is the pastor at the Calvary Gospel Church, Fourth and College. Go to the church's web site at calvarygospel.net or e-mail Rains at calvarycolumn@st-tel.net.

Children need to learn decision-making, problem solving skills

Teaching children effective decision making and problem solving skills is an important part of being a good parent. Not only do parents need to be a positive role model as they work through decisions that affect their lives and family, they also need to teach children how to work through their own problems in dealing with peers, school, jobs and other life experiences.

Learning and using a problem-solving process will help children grow up to be responsible, independent and capable adults.

The steps to decision-making and problem solving (from 2002 Healthy Parenting Today) are:

1. Identify and define the problem: this may differ according to each person's point of view.

2. List possible options and alternatives: include all ideas.

3. Evaluate the options: encourage discussion among the children and family members. Consider if it is fair, realistic, honest and not hurtful to another.

4. Choose one option: it is important that the solution to the problem does not create a problem for someone else.

5. Make a plan and do it: this may be difficult if someone is not in agreement.

6. Evaluate the result: if the solution did not work well, then try another option.

This process helps children to learn to understand differing points of view and that even the most difficult problems can eventually be resolved in some way. When successful, they can take ownership and feel good about the results.

They may also learn that good solutions don't always work out and that failure is not the end of the process but a time to look at other alternatives.

During and after this process, parents should encourage their children to look at what caused the problem, how it was (or was not) solved and how to prevent similar problems in the future.

Contributed by Karen Schueler, manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.



high plains mental health

• plain sense

New approach needed for rural development

A new approach to rural development is needed — it is time to help rural communities develop the ability to bring citizens together around a shared vision for their communities and future.

We must give communities the knowledge and tools they need to come together and set their own course, and then we must ensure they have the skilled leadership needed to keep the community united on that course.

While on Capitol Hill testifying to the U.S. House Appropriations Committee's Agriculture Subcommittee as part of the National Rural Assembly, I highlighted the Public Square Process, which is being utilized in Greensburg and in other communities around Kansas.

The process brings the community together, rebuilding lines of communication and helping residents and business leaders come to a consensus about the direction they want to go. This then allows them to follow a long-term plan, rather than just applying for whatever grants and programs become available.

We're seeing the bonds between residents strengthened by the process of developing a shared vision for the community, which is outstanding and will help them overcome future challenges.

The current "alphabet soup" of federal programs leave too many rural communities behind because of overly restrictive rules and a one-size-fits-all mentality. I have asked



kathleen sebelius

• governor

for an easing of restrictions on those programs since small communities don't have the same resources as large ones when it comes to seeking and administering federal grants.

I pointed to Kansas' new Office of Rural Opportunity, which will help communities navigate the bureaucracy and develop a strategic plan that allows them to better use existing assistance programs and called for special help for rural entrepreneurs.

We've seen the success of micro-loans in other countries — it's time to bring that success home by giving entrepreneurs the start-up support they need to bring new businesses to rural communities. The opportunity to create off-farm jobs, to allow people to supplement their income and bring new businesses to small towns is too great for us to pass up.

GET LIFE INSURANCE FROM SOMEONE WHO ACTUALLY KNOWS ABOUT YOUR LIFE.

Being asked a few questions should be the beginning of the life insurance process, not the end of it.

Which is why at Edward Jones, your local investment representative meets with you face-to-face, so we can get to know you and your entire financial picture

To learn about out life insurance products, contact your local Edward Jones investment representative



Kris Yost
Financial Advisor
114 E 11th
Goodland, Kan
67735
785-899-3611

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Worship warms the heart

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 throughout the week.
www.calvarygospel.net

Our Lady of Perpetual Help
Pastor: Father Norbert Diabal
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



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

**Word of Life
Joursquare 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)

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

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

**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

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

**United Methodist Church
Brewster:**
Pastor: Dorine Chambers
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winoan:
Minister: Sheryl Johnson
Worship Service: 9 am CST
Sunday School: 10:15 am CST

**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

**Kanorado
United Methodist
Church**
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

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

First United Methodist Church
1116 Sherman 899-3631
Pastor: Rev. Kasey Crosby
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

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.

First Baptist Church
Pastor: Travis Blake
Bateman's Funeral Home, 211 E. 11th
890-3450
Sunday: Sunday School for all ages:
9:30 am (Child care provided)
Morning Worship: 10:30 am
Thursday: Bible study 9:30 a.m.
Wheatridge Center

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

**Harvest Evangelical
Free Church**
104 E. Hwy. 24 • 890-7918
Pastor: Brian Fugleberg
Sunday: Worship: 9:30 am
No Sunday School For Summer
Wednesday: Youth group
meets at 7 p.m.
at Scherlings', 827 Caldwell.

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Mike Larson
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Sunday: Christian education/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ
401 Caldwell
890-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

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

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

KLOEIKKQIKWGB
3023 W. 31

NEWMAN VISION CARE
Open Monday-Friday
785-890-3937
919 Main St.
Goodland, KS

We Accept Many Insurance Plans

- Offering the Latest in Technology
- Largest Frame Selection in Goodland