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 minister. They fell in love and got and was facing execution in two married. By a miracle, Jacob was redays. While in prison, he is still dealthe paper to roll the stuff. The answer? A little New Testament.

Matthew and smoked it. Went people, and they saw transformation through Mark and Luke reading it occur in their lives. and then smoked it. Then he got to John, and he said John smoked him! romance of the gospel.

his life to the Lord, was baptized in the Holy Spirit and met a little lady who was coming to the prison to

Jacob gave

leased. He and his wife went into the ing. The only problem, they lacked streets and began to minister in the Philippines. They started a Teen Challenge Center, which is a drug The story is recounted that he read recovery ministry. They loved the

That is exciting to me. That is the

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

If God can transform Jacob, if just isn't a once a week religious obligation, it is life!

> transformation also experiences all the freedoms and blessings that 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 The person who experiences I want to encourage you to celebrate

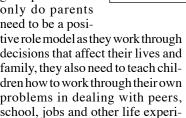
are available in Christ. For almost 20 years now I have experienced a life that I would never trade. I know this: God doesn't play favorites and He isn't a respecter of people, so get ready and take a step into all that God has for you.

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 posi-



LAINS

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

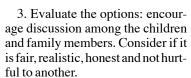
The steps to decision-making and problem solving (from 2002 Healthy Parenting Today) are:

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.

high plains mental health

plain sense



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

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 evenWhen successful, they can take natives. ownership and feel good about the

They may also learn that good

tually be resolved in some way. cess but a time to look at other alter-

During and after this process, parents should encourage their children to look at what caused the problem, solutions don't always work out and how it was (or was not) solved and vidual writer and should not be conthat failure is not the end of the pro- how to prevent similar problems in sidered a replacement for seeking www.highplainsmentalhealth.com.

Contributed by Karen Schueler, manager, Consultation and Educa- Mental Health Center, Plain Sense, tion Department. The views expressed here are those of the indi-

Mail questions to High Plains Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site:

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 through out the week. www.calvarygospel.net

Sonrise Christian Church

Ninth & Caldwell • 899-5398

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



New approach needed

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

for rural development kathleen

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 programs since small communities knowledge and tools they need to course, and then we must ensure and administering federal grants. 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 onesize-fits-all mentality. I have asked

don't have the same resources as come together and set their own large ones when it comes to seeking they have the skilled leadership Ipointed to Kansas' new Office of needed to keep the community Rural Opportunity, which will help

sebelius

governor

for an easing of restrictions on those

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 entrepre-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

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Being asked a few ques-

tions should be the be-

ginning of the life insur-

ance process, not the

Which is why at Edward

Jones, your local invest-

ment representative

meets with you face-to-

face, so we can get to

know you and your entire

Edward Jones invest-

To learn about out life

insurance products,

ment representative

contact your local

financial picture

end of it.

Pastor: Michael Estep Fifth & Broadway 890-7368

Bible Baptist Church

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

Iglisia 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 Winona:

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

Jirst United Methodist Church Church of the Nazarene 1116 Sherman 899-3631

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

Pastor: Travis Blake

9:30 am (Child care provided) Morning Worship: 10:30 am Thursday: Bible study 9:30 a.m. Wheatridge Center

Seventh Day Adventist Church

1160 Cattletrail

Pastor: Mike Larson

Saturday: Sabbath School: 9:30 am

Worship Service: 11 am

Wednesday: Wednesday Nite Live

Pastor: Rev. Kasey Crosby Saturday: Worship: 5:30 pm Sunday: Adult Classes: 9:15 am Worship: 10:30 am

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.

Harvest Evangelical

7ree 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.

First Baptist Church

Bateman's Funeral Home, 211 E. 11th 890-3450 **Sunday:** Sunday School for all ages:

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

Emmanuel Lutheran Church

13th & Sherman • *890-6161* **Sunday:** Christian eduction/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:

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Good Samaritan Center

208 W. 2nd

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www.edwardjones.com

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