

Divided focus makes lion tame, weak and disabled

Have you ever felt like the lion in the cage that has a trainer waving a four-legged stool in front of your face?

William H. Hinson tells why the animal trainer carries a stool when he goes into the cage of lions. He has his whips and pistol at his side, but he also carries that stool.

Hinson says it is the most important tool of the trainer. He holds the stool by the back and thrusts the legs toward the face of the wild animal. Those who know maintain that the animal tries to focus on all four legs at once.

In the attempt to focus on all four, a kind of paralysis overwhelms the lion, and it becomes tame, weak and disabled because its attention is



steve rains

● moments from calvary

fragmented (From "Developing the Leader within You," by John Maxwell).

That is stress isn't it? It can make a person tame, weak and disabled because it causes a person's attention to be fragmented. Stress is the body's defense in handling moments of tension, and too much of it can be detrimental to your health.

It would be interesting if we could take a poll today and find out how

many of you are stressed out. You can e-mail me and let me know. The truth about stress is it doesn't care what the demographics are — rich or poor, white or Hispanic, young or old. Stress is here.

The question then is, "Does the Bible have anything to say about stress or at least handling stress?"

The answer is yes! The first 10 chapters of Matthew give the credentials of the King (Jesus). They are statements of Christ's deity. Chapters 11 and 12 are turning points, as people begin to respond to who He is.

Just a quick sidebar of religious history, the Jews had been waiting for the Messiah. In one section of the Talmud (63 volume book containing Jewish civil and canonical law), it has 24 chapters listing Sabbath laws.

I don't know about you but that sounds stressful to me, I have a hard time keeping track of my keys. If your belief system is a list of "do's," you will be stressed out from your beliefs.

What Jesus had to say to them, He has to say to you, and it is this: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matt 11:28-30).

What does Jesus say about handling stress? "Come to me, all you who are weary and burdened, and I will give you rest." The "I" is in the emphatic meaning He is the only one who can give it.

You can do things that may offer relief, but only Jesus is the cure. If Jesus can carry the weight of the world on His shoulders, then my friend, He can carry you.

Spend some time at the feet of

Jesus. Mary of Bethany is mentioned three times in the Gospel record and on each occasion guess where she is? At the feet of Jesus. Why? I believe she knew where the cure was. Because of that she was blessed (See Luke 10:39; John 11:32; 12:3).

Understand secondly that this is a call to submission. Look at verse 29 — Jesus says, "Take my yoke." You know what a yoke is, I assume. It was the part of the harness that is placed on an animal used to pull a cart or a plow. It was the means by which the master was able to control the animal and guide it so it was useful.

Also, the yoke served to prevent chaffing from the leather straps rubbing on the animal's body. You see, Jesus wants to guide us and protect us from those things that rub up against us to cause us harm.

As you look at this passage, there is one last thing I want you to see. It is the call to remedy. Jesus says, "For my yoke is easy and my burden is light." Answering Christ's call to

come doesn't bring chains — it brings keys, keys that can bring blessing and keys that can bring deliverance.

I love how the Message paraphrase Bible puts this passage: "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

May you experience the peace of Christ, and know His unforced rhythms of grace. Hope to see you soon. Check us out at calvarygospel.net or e-mail us at calvarycolumn@st-tel.net.

Steve Rains is the pastor at the Calvary Gospel Church, Fourth and College. Services are held at 10:30 a.m. and 5 p.m. Sunday and 7 p.m. Wednesday. Call the church at 890-3605.

Brewster graduate honored with party

Branson Gilley held a graduation party at his house on May 13.

Out of town guests were Carmelita Clark and Virginia Smiley

of Goodland, Jessica Ruffolo of Louisburg, Barbara and Nic Hoover of Colorado Springs, Maria Giarratano of Phoenix, Ron Bassler of Scottsdale, Ariz., Tim, Pam and Chasity Gilley of Broomfield, Colo., and Lynn and Alex Gilligan of Chapel Hill, N.C.

Rod and Susan Gilley would like to thank everyone who stopped by during the evening.

Word was received this week that Bonnie Rawson Jones died on May 4. Her husband Cliff lives at 1218 Holley, Ardmore, Okla., 73401. Bonnie graduated from Brewster in 1946. Her sister Erma Fleming lives in Nixa, Mo. Her brothers, Gilbert and Don, live in Oklahoma City.

Former Brewster principal, Floyd Foos, died May 16 during heart surgery. After retirement, the Fooses lived in Ness City.

Anna Sullivan is home from the hospital and feeling much better.

Joe and Carlene Crumrine Moore from Lakin were on their way back home from South Dakota fishing Sunday evening and called her folks Marion and Coleen Crumrine to meet them in Colby for supper. It ended up with sister Carolyn and Brian Somers going and brother Willard and Maria Crumrine and son coming also. A wonderful time



betty jo baird

● brewster news

was had by all.

Don't forget Brewster's 10th Annual City Wide Garage Sale will be Saturday, June 3, 8:30 a.m. to ?. Sign up at Gloria's Beauty Shop or the Brewster Senior Center. Sign up fee \$5 per person. Please list your address and item descriptions for advertising. Register by today to be included in advertising and maps.

My dearest child, You are blessed indeed when you are hungry and thirsty for me, for you will be satisfied; you will be filled. Be thankful when you find yourself yearning for more of me, more guidance, more courage, more comfort, more company. The deep longings in your spirit for me will most surely be answered.

Nothing is more compelling to my Holy Spirit than a sincere heart that longs for me and my righteousness. To "long for my righteousness" is to yearn for a right relationship with me.

And what is a right relationship? One in which you become so infused by and empowered with my Holy Spirit that you bear the mark of my character to all who know you. This is what it means for you to "become less important" so that I may "become greater." Hunger and thirst for me, God. John 3:30.

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: 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

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: 4 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 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)

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:
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

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. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

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
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

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 Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Harvest Evangelical Free Church

104 E. Hwy. 24 • 890-7918
Pastor: Brian Fugleberg
Sunday: Worship: 9:30 am
Sunday School: 10:45 a.m.
Wednesday: Youth group
meets at 7 p.m.
at Scherlings', 827 Caldwell.

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 890-6161
Pastor: Scott Grimshaw
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
Hwy. 24

Koons Funeral Chapel
North Main

Good Samaritan Center
208 W. 2nd

KLOE/KKEG/KWGB
3023 W. 31

Sunflower Contest

RULES

- Write down as many words (at least 3 letters) that you can think of using the word "Nutrient"
- Do not use proper names
- Bring your completed list to The Goodland Star-News office at 1205 Main or at our booth at the Fair by 12:00 p.m. by Monday, August 14th

Winner will be announced in the Friday, August 18th edition

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| 24. _____ | 49. _____ |
| 25. _____ | 50. _____ |

(If you have more than 50, please attach an additional sheet)

Name _____

Address _____

Phone _____ Age _____

Winner of the Sunflower Contest will receive a FREE 1 year subscription to:

The Goodland Star-News

Internet tonight! Call 899-2338.