

Father's promise drove him to rescue son from rubble

There is an incredible story told in the book "Chicken Soup for the Soul," edited by Jack Canfield and Mark Victor Hansen, of a father's commitment and dedication to his son. I would like to share it with you.

It comes out of the 1989 earthquake which almost flattened Armenia. This deadly tremor killed over 30,000 people in less than four minutes. In the midst of all the confusion of the earthquake, a father rushed to his son's school. When he arrived there, he discovered the building was flat as a pancake.

Standing there looking at what was left of the school, the father remembered a promise he made to his son, "No matter what, I'll always be there for you!"



steve rains

● moments from calvary

Tears began to fill his eyes. It looked like a hopeless situation, but he could not take his mind off his promise.

Remembering that his son's classroom was in the back right corner of the building, the father rushed there and started digging through the rubble. As he was digging, other grieving parents arrived, clutching their hearts, saying, "My son!" "My daughter!"

"Go home!"

Even a police officer and a fire fighter told him he should go home. To everyone who tried to stop him, he said, "Are you going to help me now?"

They did not answer him, and he continued digging for his son stone by stone.

He needed to know for himself: "Is my boy alive or is he dead?"

This man dug for eight hours and then 12 and then 24 and then 36. Fi-

nally in the 38th hour, as he pulled back a boulder, he heard his son's voice.

He screamed his son's name, "ARMAND!" and a voice answered him, "Dad? It's me, Dad!" Then the boy added these priceless words, "I told the other kids not to worry. I told 'em that if you were alive, you'd save me and when you saved me, they'd be saved. You promised that, Dad. 'no matter what,' you said, 'I'll always be there for you!' And here you are Dad. You kept your promise!"

That reminds me of a passage of Scripture found in 2 Samuel 5. David has just been anointed king over Israel. God promised he would rule and lead the nation of Israel.

The Philistines, who hated the Is-

raelites, heard about it and weren't to excited. How many know your enemies are never excited about you succeeding? Friend, you have an enemy of your soul.

The Philistines planned to do battle in the valley of Rephaim, which means valley of giants, and destroy this new king and his army. Perhaps your giant isn't some valley, but it's an ongoing relationship issue, an addiction, a financial situation, etc. It is the place where the problem seems so big and you feel so small.

Here is the short of what happened: David asked the Lord what he should do, if he should go to battle, and the Lord said do it. The result, the name of the place was changed to Ball Perazim which

means the Lord broke out! I don't know how you view God, but the Bible tells me that He is the God of the Breakthrough!

Your valley, the rubble of life with buried dreams and precious possessions inside of it, is an opportunity for a breakthrough. A problem is an opportunity for divine intervention and divine recognition. This Friday, I want challenge you to step courageously towards the Lord in faith and believe that He is the God of the breakthrough.

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

Steve Rains is the pastor at the Calvary Gospel Church, Fourth and College.

Tips help you deal effectively with six major kinds of life changes

Change is a constant part of life, from the death of a loved one to job and career moves to financial setbacks to divorce or remarriage.

Sometime life changes are a choice, but many times change is unexpected and uncontrollable. The six major kinds of change are:

1. Loss of anything important, such as a loved one or job, even loss of hope.
2. Separation and being physically or emotionally apart from anyone or anything that is important, such as your loved ones, home, job or friends.
3. Relocation from a house, job, city or your office down the hall.
4. Change in a relationship that is important, such as family members, close friends or people at work.
5. Change in direction, goals or focus, such as a new career, marriage, returning to school or retirement.



high plains mental health

● plain sense

6. Change in health due to an illness or a change toward improved health.

People who deal effectively with change know they have little or no control over the situation but recognize they do have control over how they react to change.

When dealing with change, a person needs to recognize and understand as much as possible. What is the worst thing that can happen? Can the negative effects be minimized? What result is desired?

It is necessary to review the possibilities and determine what the next step should be. As progress is gained, review the strategies that are working and those that are not and try something different if needed.

A major change that results in loss

or disappointment can bring about feelings of hopelessness, confusion and anger. These emotions don't feel good but are a normal reaction and necessary to work through in order to heal and move on.

If left unresolved, such feelings can undermine personal and professional relationships, leave one vulnerable to physical illness and trigger long-term depression.

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.

matters of record

Accidents

The following accidents were investigated by the Goodland Police Department:

June 20 — 3:43 p.m., 503 Clark, a 1999 Dodge driven by Becky Finnell was pulling into the driveway, and the brakes went out and the car hit the house.

June 26 — 3:54 p.m., 1400 Caldwell, a 2001 Chevrolet driven by Stefanie L. Keister was traveling north on Caldwell, and a 2000 Chevrolet driven by Jordan Albers

was headed west on 14th. The two cars hit each other in the intersection of 14th and Caldwell.

Goodland Police

The following crimes have been reported to the Goodland Police Department:

June 19 — 9:09 a.m., Robert Soellner went to police station to report criminal damage to property.

June 20 — 9:26 a.m., 2510 Commerce Road, Presto Convenience Store No. 14 reported theft of a Blue Rhino propane tank.

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

- | | |
|-----------|-----------|
| 1. _____ | 26. _____ |
| 2. _____ | 27. _____ |
| 3. _____ | 28. _____ |
| 4. _____ | 29. _____ |
| 5. _____ | 30. _____ |
| 6. _____ | 31. _____ |
| 7. _____ | 32. _____ |
| 8. _____ | 33. _____ |
| 9. _____ | 34. _____ |
| 10. _____ | 35. _____ |
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| 22. _____ | 47. _____ |
| 23. _____ | 48. _____ |
| 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

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

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:

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: 9:30 am
Sunday School: 8:30 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 Egleberg
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 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:

Short & Son Trucking

Hwy. 24

Koons Funeral Chapel

North Main

Good Samaritan Center

208 W. 2nd

KLOE/KKEJ/KWGB

3023 W. 31