

Molting eagles teach us lessons about renewal

If you go up to Bonny Reservoir, you can see the majestic eagle soaring above and diving toward the lake. They are truly amazing to watch, and you can learn many things from eagles.

That is what we have been doing over the past several weeks in this column.

I want to give you one more: I am going to go out on a limb making this statement, but your greatest need in life is not more money, bigger crops or nicer friends — your greatest need and my greatest need is renewal.

Paul writes the Ephesian church and tells them to be “made new in the attitude of their minds” (Ephesians 4:23 NIV). I like how the New Living Translation puts it, “Instead, there must be a spiritual renewal of your thoughts and attitudes.”

In the context of Scripture, it is clear that God’s desire for you and I



steve rains

- moments from calvary

is for us to experience Him and to be renewed by Him. Now if He wants that for you, the question you must ask next is: Are you putting yourself in position for that to happen?

Let’s learn some lessons on renewal from the eagle. The eagle has around 7,000 feathers that are locked together, and they help with insulation.

What happens with those feathers? A couple things: First, they molt. Over a several month period, their feathers are renewed.

What does renewal mean to you and me? It means to trust, to have

faith, to have urgency. Next, eagles primp. The feathers that are exposed to the elements are primed every day. The eagle runs the feather through its beak and exhales as it goes through, so it is steamed cleaned.

Understand, it takes some effort to be renewed, but renewal is needed. Look at Ephesians 4:17-19. The whole theme of the book is the Church being a living body.

The people of Ephesus viewed the church as just another institution. A place to socialize, borrow money and some other things.

But God is saying the church is to be alive and has a greater purpose than for you and I to just have an institutionalized religious experience.

With that as a backdrop, Paul begins to let everyone know that renewal is possible.

If you go to Ephesians 4:20-24, you see just how it is possible. God can change “habits,” “behaviors” and “attitudes.” When was the last time you experienced renewal? If you can’t remember, then it is time for renewal.

How do you do it? First, throw off your old evil (vs. 22). Get rid of the stuff in your life that is destructive.

Secondly, you display a new nature (vs. 24). God is a big God and able to do incredible things in your life. You have to display those things.

We said it earlier, but renewal takes commitment. I realize we like the path of least resistance, but honestly where has that gotten you in life? That is what I thought — the report isn’t too good is it?

Let me leave you with some nug-

gets that bring renewal. Be committed to the truth. Verse 25 tells us to put away falsehood and tell the truth. Quit trying to flatter people. Be real, be honest and be renewed.

That doesn’t mean instead of flattery you are into “flattenry” — running over people with your opinion.

Next, practice self-control (4:26-27). God never says don’t be angry, but He does say don’t sin in your anger. Don’t flap loose lips. In other words, practice self-control. You will never be sorry for the words you didn’t speak.

Next, demonstrate your new behavior (4:28-29). Those two verses are dealing with stealing and language. It says, “Let everything you say be good and helpful.” Why? “So your words will be an encouragement to those who hear them.”

Let stealing hands become helping hands and hurting words become encouraging words!

Fourth, have a new perspective (4:30), your conduct and behavior is important. Finally, live a new lifestyle (4:31-32); to make it really simple, renewal means that the old stuff (habits, behaviors, sins) are put away, and the new stuff begins.

As we bring this to a close today, remember to pursue God because He is pursuing you. When you see the storm approaching, don’t fly away from it; fly into it.

Finally, prepare yourself for renewal. I tell people all the time they have as much of God as they want, and the sad reality is most people have just enough to make them miserable but not enough to change them. Come on, spread those wings and start soaring.

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.

More need to know what Hospice does

More than 1.2 million people were served by the nation’s hospice programs last year, and Hospice Services Inc. provided care for 113 families in northwest and north central Kansas last year, the largest number in one year.

Yet for every person that received hospice care, it is estimated that another would have benefited from the services but didn’t get this compassionate care at the end of their lives, often because they didn’t know it was available to them.

There are eight key messages about hospice care that everyone, healthcare professionals and consumers alike, should understand.

1. Hospice is not a place but a special kind of care focusing on relief of pain, symptom control and spiritual and emotional support. Care goes out to the patient and family caregivers.

2. The majority of hospice care takes place in the home, where the person can be surrounded by family and familiar settings. Yet inpatient services are available if symptoms cannot be properly attended to at home.

3. Hospice costs are covered by Medicare, Medicaid in most states (including Kansas) and by most insurance programs and HMOs.

4. The expenses of all medicines related to the life-limiting illness are covered under the Medicare Hospice Benefit for those eligible for Medicare who elect Hospice.

5. Hospice is not about “giving up” but instead focuses on quality of

life, making the wishes of the patient and family caregivers a priority.

6. Hospice provides support and care giving training to family members and loved ones in the home.

7. Bereavement support is available to families for a year after the death of their loved one.

8. The most common statement made by families who chose hospice for their loved one is: “We wish we had known about hospice sooner.”

If a person isn’t facing decisions about care at the end of life for themselves or a family member, it’s likely that a close friend, neighbor or co-worker is struggling with these difficult issues.

The vision of Hospice Services is a world where individuals and families facing serious illness, death and grief will experience the best that humankind can offer.

November is National Hospice Month. If anyone wants additional information or an organization wants a program about hospice, call Hospice Services at (800) 315-5122.

Sandy Kuhlman is the executive director of Hospice Services Inc., Box 116, Phillipsburg, Kan. 67661. Contact her, Julia Schemper or Jennifer Kibbee at (800) 315-5122. Hospice serves northwest and north central Kansas and has been providing end-of-life care for more than 23 years.



sandy kuhlman

- hospice services

matters of record

Marriage Licenses
The following marriage licenses have been issued by the Sherman County District Court:

Jason Scott Showalter and Joni Lee Anne Meyer, both of Goodland.
Eric Gamboa and Nicole Rae Thomas, both of Kanorado.

Great Value



1307 Cherry
\$38,000.00

INVESTORS!!! Take a LOOK at this super, neat bungalow, which offers 2 main floor bedrooms, spacious living room, sunny kitchen and full basement. All appliances stay - range, refrigerator, dishwasher, washer and dryer.

Extras include an inviting front porch, single garage and all the charm of a well maintained older home. Just call Rose Koggie for your chance to see this HomeLand listing.



New Listing
611 W. 9th
\$24,500.00

First time homeowner or investment home. This bungalow has four bedrooms, 2 bathrooms. The seller is motivated to sell. Make an offer on this home which has many

possibilities. Call Tom for your viewing.

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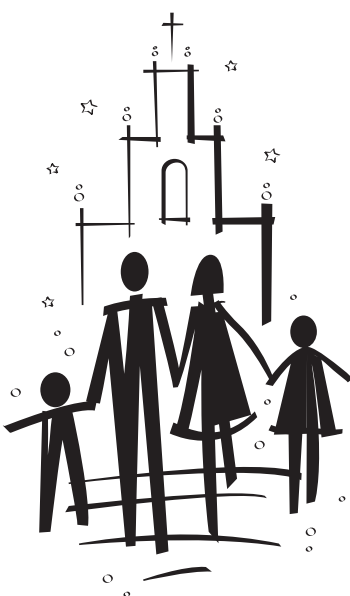
Worship warms the heart

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

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: 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

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: 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
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: 10:30 am
Sunday School: 9:30 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/KKCG/KWGB
3023 W. 31

Classifieds Work! 899-2338