

You can change life by having attitude of gratitude

The turkey, or at least most of it, was devoured Thursday, but perhaps round two will happen shortly. Wasn't that good food?

I hope your thanksgiving was as enjoyable as mine. We started Tuesday night with one of my favorite services of the year.

Every year we do a communion and prayer time with our church family. It is a come and go service, but I sure do look forward to having the joy of praying with each family. It is great to stop and count your blessings isn't it?

William James said, "The greatest discovery of my generation is that people can alter their lives by altering their attitudes."

You cannot always choose or control your circumstances, but you can always choose and control your at-



steve rains

● moments from calvary

titude. A part of that is having an attitude of gratitude.

In Philippians 4:11, Paul says, "I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation."

Hopefully one of the desires we all have is to know the will of God for our life. Well, let me give you part of God's will for your life. 1 Thessalonians 5:18 says, "Give

thanks in all circumstances, for this is God's will for you in Christ Jesus."

God's will for you is to be thankful.

Thankful not just when things are going your way, but in all things!

As one individual put it, "the ultimate goal in life is not to take anything for granted — not a sunrise, not a flower, not a laugh." Is it your goal to be grateful for absolutely everything?

The challenge for most of us is we tend to take for granted that which we already have. When we are healthy we take our health for granted. When we are wealthy, we take our wealth for granted.

One gratitude killer is taking for granted that which we already have. Another killer is always wanting more.

Dr. Vincent Ryan said, "The secret to life is to know when enough is enough."

Greed is always wanting more because enough is never enough. Gratitude is being thankful for what you already have. That is living a life of conscious gratitude, and that, my friend, is the will of God for you and me.

Living a life of gratitude is always about focus. Susan Jeffers says, "When we focus on our abundance, our life feels abundant; when we focus on our lack, our life feels lacking. It is purely a matter of focus."

The Bible tells us to be watchful and thankful (Colossians 4:2). So

look around right now, what do you see, what do you hear? Now, how about giving thanks to the Lord?

Let's be honest, who doesn't like it when we are surprised by a gift? By an unexpected check in the mail or by a situation or circumstance that goes in your favor?

That produces what we are calling spontaneous gratitude. It is defined as being surprised by life and overwhelmed with gratitude. It just happens naturally. It is what all you K-State fans felt after the Wildcats knocked off Texas.

The challenging attitude of gratitude is living a life of conscious gratitude. Conscious gratitude is an intentional approach to life that focuses on what's right instead of what's wrong, what we have instead of what we don't have.

Well, it is time to end this column. Let me wrap it up with two thoughts. First, I want to encourage you to make the prayer of 17th century Anglican poet George Herbert your prayer, "You have given me so much. Give me one more thing — a grateful heart."

Secondly, may Psalms 103:2 resonate within you. "Praise the LORD, I tell myself, and never forget the good things he does for me."

Sometimes you have to tell yourself, "Self, it is time to give thanks, because you have plenty to be thankful for."

Have a great weekend!

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.

4-H news

The November 20, 2006 meeting was called to order by Vice President Jason Cowan with roll call of "What is your favorite dessert?"

There were 31 members, two leaders and two guests. Kristina Stasser led us in a song she composed with her father entitled "The Glendale Livewires." The flag salute followed. The previous minutes were approved and signed by Julicia Bonsall, who filled in as Secretary.

In reports of officers, council members and leaders, Treasurer Kaleb Zwick announced the club's balance after all bills had been paid. As reporter, I announced that I had typed last month's report and sent it to the newspaper where it appeared Tuesday, Oct. 31.

Cheer person Raquel Tomsic lead

the club in singing "Happy Birthday" to Tristan Cooper, the only November Birthday. Historians Lacie Cowan and Cassie Cooper announced that they still needed school pictures for the Historian Book.

Leader Gennifer House talked about Achievement Awards Banquet and 4-H talent night. Leader Mary Beth Zwick talked about enrollment forms and announced that 17 members from our club did radio talks for November. We congratulated Brennan Clouse, Courtney Sheldon, Kade Sheldon and Julicia Bonsall for their wonderful performance in the Goodland High School musical, "Oklahoma!"

There was no unfinished business. In new business, the club voted

to donate money to Genesis. Then the program started. Ellie House presented a program on origami, and Carlee Cooper presented a program on optical illusions.

Alexis Berquist provided recreation of Musical Chairs. It was moved and seconded to adjourn the

meeting by saying the club motto: "To Make the Best Better."

Our next meeting will be held at 9 a.m. Saturday, Dec. 2, at the First

United Methodist Church. The club will then pick up food for the Genesis Food Drive.

Submitted by Ellie House.

matters of record

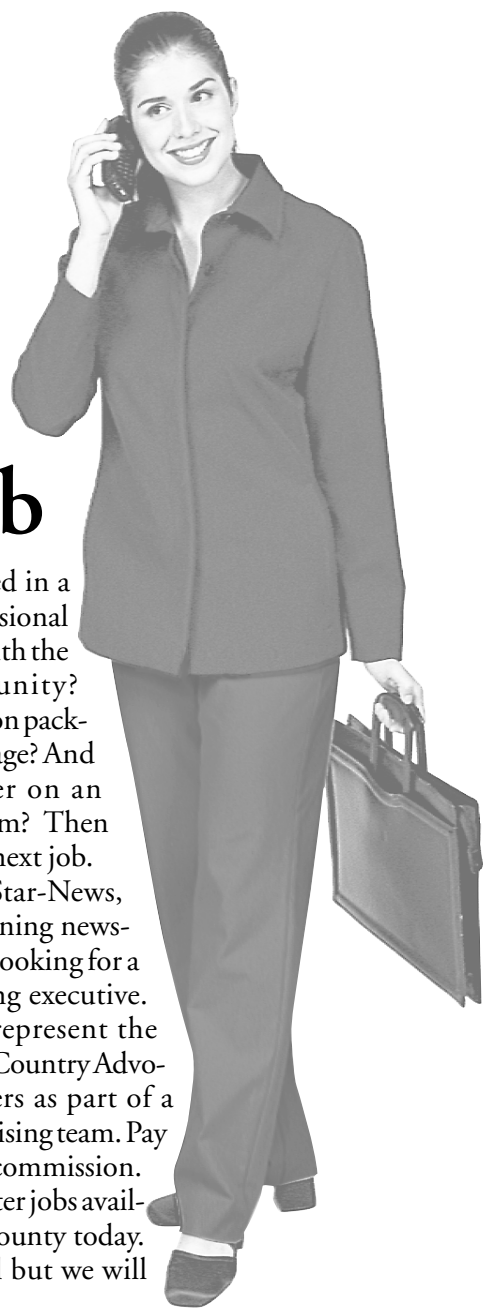
Real Estate

The following real estate transaction was reported by the Sherman County Register of Deeds:

Elmer M. Jacobs quit claims to trustees of JACO Trust, West part Block 7, subdivision of Original Town of Goodland; Lots 18 and 19, Block 16, Second Addition to the Town of Goodland; Lots 9 and 10, Block 38, Beahm's Addition to the City of Goodland; E80' Lots 9, 10, 11 and 12, Block 11, Third or College Addition to the City of Goodland; W70' Lots 1 and 2, Block 22, Beahm's Addition to the City of Goodland; E74' Lots 1 and E74' of N18' of Lot 2, Block 6, Third Addition to the City of Goodland; Lot 16, Block 51, original town of Goodland.

The Goodland Star-News
SUBSCRIBER
Mary David
You receive two free passes to see
The Santa Clause 3:
The Escape Clause
G
Clip and bring to the show.
Non Transferable
Sherman
1203 MAIN - Phone 899-6103

This could be your next job



Are you interested in a better job? A professional position, dealing with the business community? With a compensation package well above average? And being a key player on an award-winning team? Then this could be your next job.

The Goodland Star-News, the Top award-winning newspaper in Kansas, is looking for a full-time advertising executive. This person will represent the newspaper and the Country Advocate with customers as part of a three-person advertising team. Pay includes generous commission.

There are few better jobs available in Sherman County today. Experience helpful but we will train.

Call Steve Haynes, president, or Shelia Smith for an interview.
EOE m/f/h

The Goodland Star-News
1205 Main, Goodland, Kan. 67735 785-899-2338

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: 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

KLOEIKKQIKWGB
3023 W. 31