

Paul defended accurate knowledge, true worship

In my last column, I talked about the value of the apostle Paul's letters to three Christian congregations. Paul wrote to other congregations and to individuals in letters I will discuss this week.

While in prison in Rome, Paul wrote letters to the congregation in Colossae and to Philemon; both were delivered by Onesimus, Phileman's escaped slave whom Paul had helped to become a Christian.

Paul sent Onesimus back to Phileman, a Christian in Colossae, asking him to forgive Onesimus for running away. To the congregation, Paul wrote a strong defense for accurate knowledge and true worship.

New religions were formed constantly in the area by combining



sharon corcoran

• use it or lose it

parts of old ones. Paul wrote at Colossians 2:6-8, "Therefore, as you have accepted Christ Jesus the Lord, go on walking in union with him, rooted and being built up in him and being stabilized in the faith, just as you were taught, overflowing with faith in thanksgiving. Look out; perhaps there may be someone who will carry you off as his prey through the philosophy and empty deception according to the tradition of men, ac-

cording to the elementary things of the world and not according to Christ." Paul commended the congregation in Thessalonica for their strong stand for Christian teachings. At 1 Thessalonians 1:5, 6, we read: "because the good news we preach did not turn up among you with speech alone but also with power and with holy spirit and strong conviction, just as you know what sort of men we became to you for your sakes; and you became imitators of us and of the Lord, seeing that you accepted the word under tribulation with joy of holy spirit."

When Paul wrote his second let-

ter to the Thessalonians, he again commended them. At 2 Thessalonians 1:4, he wrote, "As a result we ourselves take pride in you among the congregations of God because of your endurance and faith in all your persecutions and the tribulations that you are bearing."

He followed up that commendation with a warning of upcoming apostasy in chapter 2. He tells them in verse 3, "Let no one seduce you in any manner, because it will not come unless the apostasy comes first and the man of lawlessness gets revealed, the son of destruction."

Paul wrote two letters also to Timothy, a Christian overseer, and one to Titus, another overseer. The

letters included instructions on organizing Christian congregations, including the qualifications for Christian overseers.

The conclusion of the first letter to Timothy is another warning about false teachings. 1 Timothy 6:20, 21 says, "O Timothy, guard what is laid up in trust with you, turning away from the empty speeches that violate what it holy and from the contradictions of the falsely called 'knowledge.' For making a show of such knowledge some have deviated from the faith. May the undeserved kindness be with you people."

These warnings are practical for Christians today, as human opinions and traditions abound. 2 Timothy 3:16, 17 tell us the only way to be

sure our beliefs are accurate: "All scripture is inspired of God and beneficial for teaching, for reproof, for setting things straight, for disciplining in righteousness, that the man of God may be fully competent, completely equipped for every good work."

Among the valuable instructions in the Bible are the examples of faithful servants of God from times past. In his letter to the Hebrews, Paul reminded them of many of those examples in chapter 11.

In chapter 12, verse 1, he said, "So, then, because we have so great a cloud of witnesses surrounding us, let us also put off every weight and the sin that easily entangles us, and let us run with endurance the race that is set before us."

Plan, social support needed to achieve New Year's resolutions

At the beginning of a new year, about half of American make resolutions to change something for the better in their lives, including losing weight, quitting smoking and saving money.

Most people say they also need to improve their lives in more specific areas, such as family relationships, self-esteem, volunteer work and community involvement, supportive friendships, physical appearance (other than weight), career and education.

Most people are serious about changing and improving areas of their lives, yet few get really serious about accomplishing their goals. One of the primary reasons is that they don't have a good plan in place, which then results in procrastination and a lack of follow-through.

Another important component of achieving personal goals is the need for social support. People who have friends, family or a support group

high plains mental health

• plain sense

and work at this together tend to be more successful.

The following are suggestions to help accomplish resolutions:

- Get serious about your own personal goals; write them down and set yourself a time-line to meet, whether it is one month, one year or five.

- Have a support system of family, friends and/or coworkers and get together to set goals and plan how to achieve those.

- Get busy! Use a daily planner or calendar to identify specific dates and times to begin and the task you want to accomplish.

- Celebrate even the small successes. People tend to focus on the negatives that are more obvious, but this can cause discouragement and lack of motivation. Instead, give

matters of record

Goodland Police

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

Nov. 17 — 1:26 p.m., 310 Grand, arrested a juvenile on a warrant from another jurisdiction. Case referred to county attorney.

Nov. 19 — 4:34, 2810 Commerce, Tanya Weiss reported theft, criminal damage to property and burglary of a motor vehicle.

5:37 p.m., 204 W. 11, Linda Fuller reported an assault and disorderly conduct. Case referred to county attorney.

Nov. 20 — 2:39, 2810 Commerce, Apt. 16, arrested Eugene Fuller for domestic battery against Linda Fuller disorderly conduct and obstruction legal process against William Fulcher. Case referred to county attorney.

Nov. 21 — 11:38 p.m., 1317 Cherry, Rene Garcia reported burglary of motor vehicle and theft.

Nov. 25 — 11:31 a.m., 405 Center, Cynthia Salmans reported criminal damage to property.

12:34 a.m., 1622 Wyoming, Rodney Yarbrough reported criminal damage to property.

5:59 p.m., 1200 Broadway, report of a verbal dispute.

7:27 p.m., 903 W. 9, Margie Albers reported criminal damage to property.

Nov. 27 — 10 a.m., 2510 Commerce, Presto convenience store reported a theft and forgery.

3:49, 512 W. 12, Regina Fischer reported a burglary and theft.

Nov. 29 — 7:44 a.m., 124 W. Business U.S. 24, Witzel and Rhea Implement reported a burglary, theft and criminal damage to property.

7:46 a.m., 1933 Caldwell, Lonnie's Quality Auto Body reported a burglary, theft and criminal damage to property.

12:02 p.m., 2510 Commerce, arrested Gregory Wendland for theft of motor fuel from Presto. Case referred to city attorney.

4:08 p.m., 1609 Clark, arrested Matthew Rivera for criminal threat against Joyce and Wilda Rivera, and abusing toxic vapors. Case referred to county attorney.

7:31 p.m., 419 E. 19, Goodland Machine and Automotive reported criminal damage to property.

Nov. 30 — 9:26, 1209 Harrison, Northwest Kansas Technical College reported aggravated criminal threat and criminal damage to property.

4:12 p.m., 315 E. 13, Scott Frazier reported criminal trespass and criminal damage to property. Case referred to city attorney.

11:25 p.m., 1601 Caldwell, Tisha

A. Melton and Kenneth C. Clayton, reported a domestic battery. Case referred to city attorney.

Dec. 1 — 7:44, 217 W. 11, Apt. 1, Brent Morris reported criminal damage to property.

Dec. 2 — 3:29 p.m., 314 W. 7, Kenneth Clayton reported an assault, violation of protective order and driving while suspended. Case referred to city attorney.

Dec. 4 — 11:04 a.m., 813 1/2 Broadway, arrested Matthew Rivera on a warrant for another jurisdiction. Case referred to county attorney.

7:10 p.m., 500 Grand, arrested James Barrera for driving while suspended. Case referred to city attorney.

11:10 p.m., 1016 W. Business U.S. 24, arrested Daron Hovis for protective custody. Case referred to county attorney.

Dec. 5 — 354 p.m., 2160 Commerce, Wal-Mart reported at theft. Case referred to city attorney.

Dec. 6 — 10:20 a.m., 818 Walnut, arrested Christopher Paul Wahrman, on a warrant for another jurisdiction. Case referred to county attorney.

7:39 p.m., 903 W. 9, Margie Albers reported criminal damage to property.

Dec. 8 — 9:39 p.m., 2160 Commerce, arrested Gary Fisher on warrant for another jurisdiction. Case referred to county attorney.

Dec. 9 — 10:06 a.m., 317 Broadway, Harold Johnson reported criminal damage to property.

7:52 p.m., 1803 Cherry, Page Stephens reported a theft.

Dec. 10 — 9:25 p.m., 1407 Grand, Dwayne Bottcher reported a burglary and theft.

Dec. 11 — 5:19 a.m., 1601 Texas, Light of the World Church reported a burglary and theft.

Dec. 12 — 11:29 a.m., 813 Broadway, arrested Cayetano Vela for probation violation. Case referred to county attorney.

11:40 a.m., 2160 Commerce, Patricia M. Downen reported a theft.

Dec. 13 — 2:36 p.m., 707 Wheat Ridge Circle, arrested Clifford Crites for theft of services from the City of Goodland. Case referred to city attorney.

Dec. 15 — 1:33 a.m., 1600 Cherry, arrested Jeanie Lynn Mousel for driving under the influence, disorderly conduct against Joni Showalter and obstructing legal process. Case referred to county attorney.

6:19 p.m., 1104 E. 13, William John Emmerling reported burglary and theft.

Dec. 16 — 1:13 a.m., 1100 E. 13, arrested William John Emmerling for minor in consumption of alcohol. Case referred to city attorney.

yourself credit for any effort and keep the momentum going.

The process of setting goals and sticking to them can become a personal growth experience, whether it is joining a health club, enrolling in

a college class or learning more about your home computer. Long term positive results are often the reward, along with a great deal of personal self-satisfaction.

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.

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 890-6969

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
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