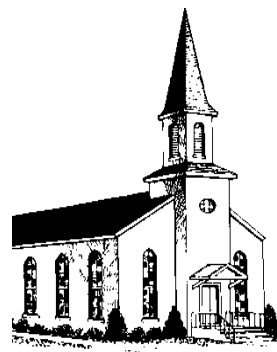


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WEEKLY SERMONETTE

Why Do We Sin?

By Pastor Kirk Kasson, Almena Congregational Church

Why do we sin? What makes us choose to do something we know is wrong? Or does anything actually "make" us sin?

To be honest, I really don't know myself. However, neither did the apostle Paul. He said, "I do not understand what I do. For what I want to do I do not do, but what I hate I do." (Romans 7:15).

Sin is any activity that is outside of God's will for us.

Since we know that God is all-knowing and completely good, we can deduce that any sin is not in our best interest. All sins are bad for us.

Some sins are unintentional - what some would call "venial sins". These are times when we just weren't thinking, but did something sinful because we didn't take time to think through what we were doing.

Other sins are graver, and are things we knew were wrong when we consciously chose to do them. But all sins are bad for us.

Sometimes we sin because we have this mistaken notion that God is holding out on us. We think that this present sinful activity will bring us pleasure that God does not want us to have. In actuality, God, who is good, wants us to have pleasure, but not the shallow, fleeting pleasures which turn to rust, or may in fact corrode.

One thing God

wants us to realize as that sin is self-destructive. When we sin we are choosing to live less of the abundant life than God has planned for us.

What should we do with sin? If I knew that the person reading this right now was never going to sin again, I would not have written this article. But in the likely event that you do sin,

God has an excellent plan for dealing with your guilt.

First, acknowledge your sin. If you sin, then you are guilty. Admit it was wrong and confess it.

Second, grieve your sin. Realize its consequences, its victims (including yourself) mourn the loss of God's better plan. If you aren't at least slightly embarrassed about what you've done,

you'll have a hard time with the next steps.

Third, repent. That is God's word for turning from your sin and not doing it the next time the opportunity arises. Ask for God's help, not only when you are tempted, but before.

Fourth, ask for forgiveness. God promises to forgive the repentant.


Fifth, trust God with your guilt and forgiveness. His son died on the cross to pay the penalty for your sin. If you cannot trust that Jesus' sacrifice was enough to pay the debt, you will not feel forgiven. God has said it is enough, that Jesus' act was in fact effective. Let's take His word for it. He is faithful, and does not lie.

Lastly, remind yourself that God loves you more than you will ever know. He does not love you because you are good, or smart, or gifted, but because you are His. Live the life of the forgiven, the beloved, not the life of the guilty. Henri Nouwen once said "Being the Beloved constitutes the core truth of our existence."

It is important to know that when we sin, when we do self-destructive things, we are choosing a path that is less than God's best for us. He is a loving God and His will is always in our best interests.

It is equally important to know that when we have been forgiven, we are in fact completely forgiven.

Calm Your Worries



Have you ever been so worried about something that you can't stop thinking about it? Do you worry about how you got into a situation, or how you'll get out of it? A worrisome thought can stick in your mind until you feel overwhelmed. What can you do to feel better and calm your worries?

In his letter to the Philippians, Paul says "Do not worry about anything, but in everything by prayer...let your request be made known." (Philippians 4:6-7) The worrying isn't getting us anywhere; taking action with prayer allows us to share our burden with God. We don't have to bear it alone!

Visit your church this week, tell God of your needs and thank Him for being there to listen. His peace will calm your worries.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Samuel	Nehemiah	Amos	Obadiah	Jeremiah	Jeremiah	Jeremiah
25:2-44	5:1-19	5:1-27	1-21	22:1-23	23:1-22	23:23-40

Scriptures Selected by The American Bible Society
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BOWLING

Ladies Inter-City

Standings Oct. 2 — Land Surveyors, 18-6; The Girls, 16-8; Nelson Bros, 15-9; Superior Livestock, 15-9; Animal Health, 7-17; High Game Scratch: Jean Johnson, 161; Laura Leidig, 153; Kathleen Berlier, 150; Land Surveyors, 439; Land Surveyors, 419; Land Surveyors, 400; High Series Scratch: Laura Leidig, 428; Kathleen Berlier, 419; Jackie Wright, 411; Land Surveyors, 1258; The Girls, 1051; Superior Livestock, 1009; High Game Handicap: Jean Johnson, 215; Donna VanKooten, 197; Vendla Tacha, 196; Animal Health, 566; Land Surveyors, 561; Land Surveyors, 541; High Series Handicap: Jean Johnson, 569; Donna VanKooten, 559; Kathleen Berlier, 551; Land Surveyors, 1624; Animal Health, 1590; Superior Livestock, 1519; The Girls, 1519.

Results Sept. 25 — High Game Scratch: Laura Leidig, 174; Jackie Wright, 149; Jackie Wright, 147; Land Surveyors, 461; Land Surveyors, 421; The Girls, 374; High Series Scratch: Laura Leidig, 425; Jackie Wright, 416; Kathleen Berlier, 393; Bertsie Bruinekool, 393; Land Surveyors, 1234; The Girls, 1060; Nelson Bros, 980; High Game Handicap: Laura Leidig, 214; Jan Beale, 195; Jackie Wright, 188; Land Surveyors, 583; Land Surveyors, 543; Nelson Bros, 523; High Series Handicap: Laura Leidig, 545; Jackie Wright, 53; Vida Perrill, 524; Land Surveyors, 1600; Nelson Bros, 1496; The Girls, 1495.

Results Sept. 18 — High Game Scratch: Bertsie Bruinekool, 157; Jackie Wright, 156; Kathleen Berlier, 151; Land Surveyors, 449; Land Surveyors, 441; Nelson Bros, 398; High Series Scratch: Laura Leidig, 424; Bertsie Bruinekool, 413; Jackie Wright, 408; Ellen Baker, 408; Land Surveyors, 1235; The Girls, 1107; Nelson Bros, 1061; High Game Handicap: Ellen Baker, 204; Helen Muirhead, 201; Bertsie Bruinekool, 198; Nelson Bros, 574; Land Surveyors, 574; Animal Health, 566; High Series Handicap: Ellen Baker, 597; Vendla Tacha, 555; Laura Leidig, 550; Land Surveyors, 1610; Nelson Bros, 1589; Animal Health, 1562.

Results Sept. 11 — High Game Scratch: Bertsie Bruinekool, 117; Laura Leidig, 169; Jean Johnson, 155; Land Surveyors, 409; Land Surveyors, 401; The Girls, 392; High Series Scratch: Laura Leidig, 461; Bertsie Bruinekool, 405; Jean Johnson, 401; Jackie Wright, 401; Land Surveyors, 1161; The Girls, 1133; Nelson Bros, 1066; High Game Handicap: Bertsie Bruinekool, 220; Laura Leidig, 217; Jean Johnson, 206; Nelson Bros, 568; Nelson Bros, 562; The Girls, 550; High Series Handicap: Laura Leidig, 605; Ellen Baker, 575; Jean Johnson, 554; Nelson Bros, 1618; The Girls, 1607; Superior Livestock, 1540.

Tuesday Housewife

Standings, Sept. 26 — JKL Inc., 19-5; Norton Co-op, 11-13; D&M Service, 9-15; Jamboree Foods, 9-15; Irene's, 9-11; High Scratch Game: JKL Inc, 483; JKL Inc, 460; D&M Service, 440; Sharron Smith, 188; Laura Leidig, 188; Sharron Smith, 161; Jackie Wright, 159; Kathleen Berlier, 159; High Scratch Series: JKL Inc, 1382; D&M Service, 1128; Norton Co-op, 1077; Sharron Smith, 488; Laura Leidig, 473; Jackie Wright, 456; High Handicap Game: JKL Inc, 612; D&M Service, 589; JKL Inc, 589; Laura Leidig, 230; Sharron Smith, 221; Kathleen Berlier, 204; High Handicap Series: JKL Inc, 1769; D&M Service, 1575; Norton Co-op, 1533; Laura Leidig, 599; Kathleen Berlier, 588; Sharron Smith, 587.

Results, Sept. 19 — High Scratch Game: JKL Inc, 412; JKL Inc, 397; Norton Co-op, 380; Jamie Wentz, 165; Sharron Smith, 159; Kathleen Berlier, 151; High Scratch Series: JKL Inc, 1196; D&M Services, 1062; Norton Co-op, 1033; Jackie Wright, 404; Kathleen Berlier, 403; Sharron Smith, 398; High Handicap Game: JKL Inc, 542; Irene's, 539; Norton Co-Co, 529; Jamie Wentz, 218; Geneva Tier, 215; Georgia Mosier, 198; High Handicap Series: JKL Inc, 1586; Irene's, 1552; D&M Service, 1500; Geneva Tier, 566; Jamie Wentz, 551; Kathleen Berlier, 541.

Results, Sept. 12 — High Scratch Game: JKL Inc, 456; JKL Inc, 402; D&M Service, 401; Jackie Wright, 168; Sharron Smith, 165; Kathleen Berlier, 156; High Scratch Series: JKL Inc, 1244; D&M Service, 1102; Norton Co-op, 1034; Sharron Smith, 460; Kathleen Berlier, 430; Jackie Wright, 409; High Handicap Game: JKL Inc, 590; D&M Service, 544; JKL Inc, 536; Jackie Wright, 210; Kathleen Berlier, 206; Jamie Wentz, 197; High Handicap Series: JKL Inc, 1646; D&M Service, 1531; Irene's, 1512; Kathleen Berlier, 580; Sharron Smith, 553; Jackie Wright, 535.

Stardust League

Standings, Oct. 9 — FSBT, 27-5; Fit to Go, 16-16; First State Bank, 16-16; Sheriff's Angel's, 5-27; Team 2, 2-22; High Line Scratch: Janice Russell, 198; Cindy Linner, 179; Bev Miller, 160; FSBT, 634; Fit to Go, 577; First State Bank, 492; High Series Scratch: Cindy Linner, 521; Janice Russell, 505; Becky Williams, 440; FSBT, 1740; Fit to Go, 1592; First State Bank, 1470; High Line Handicap: Janice Russell, 226; Cindy Linner, 207; Becky Williams, 194; FSBT, 760; Fit to Go, 746; Sheriff's Angels, 702; High Series Handicap: Cindy Linner, 605; Janice Russell, 589; Becky Williams, 557; FSBT, 2118; Fit to Go, 2099; First State Bank, 2025.

Results, Oct. 2 — High Line Scratch: Bev Miller, 187; Cindy Linner, 174; Janet Manning, 170; FSBT, 603; Fit to Go, 554; First State Bank, 534; High Series Scratch: Bev Miller, 488; Cindy Linner, 481; Janet Manning, 463; FSBT, 1749; Fit to Go, 1572; First

State Bank, 1535; High Line Handicap: Bev Miller, 213; Rachel Matzek, 211; Janet Manning, 206; FSBT, 730; Fit to Go, 723; First State Bank, 717; High Series Handicap: Rachel Matzek, 585; Janet Manning, 571; Cindy Linner, 568; FSBT, 2130; First State Bank, 2084; Fit to Go, 2079.

Results, Sept. 25 — High Line Scratch: Peggy Sevier, 223; Jane Engelhardt, 206; Janice Russell, 190; Fit to go, 602; FSBT, 596; First State Bank, 563; High Series Scratch: Janice Russell, 505; Peggy Sevier, 503; Jane Engelhardt, 491; FSBT, 1754; Fit to Go, 1634; First State Bank, 1576; High Line Handicap: Peggy Sevier, 250; Jane Engelhardt, 245; Janice Russell, 219; Fit to Go, 771; First State Bank, 750; FSBT, 720; High Series Handicap, Jane Engelhardt, 608; Janice Russell, 592; Peggy Sevier, 584; Fit to Go, 2141; First State Bank, 2137; FSBT, 2126.

Results, Sept. 18 — High Line Scratch: Cindy Linner, 192; Peggy Sevier, 166; Becky Williams, 161; FSBT, 592; Fit to Go, 541; High Series Scratch: Cindy Linner, 472; Becky Williams, 454; Janice Russell, 449; FSBT, 1736; Fit to Go, 1593; First State Bank, 1481; High Line Handicap: Cindy Linner, 223; Becky Williams, 203; Gloria Zwicke, 202; FSBT, 713; Fit to Go, 711; First State Bank, 703; High Series Handicap: Becky Williams, 580; Cindy Linner, 565; Jane Engelhardt, 541; Fit to Go, 2103; FSBT, 2099; First State Bank, 2039.

Tuesday Night Men's

Standings Oct 3 — Trigard Vaults, 40-20; Budweiser Western Dist, 37-23; D&M Service, 32-28; Norton Sports Center, 31-28; Affordable Classic Limos, 29-31; Carpet Munchers, 25-34; Team 5, 25-35; Don's Floor Coverings, 20-40; High Scratch Game: Mike Terrell, 191; Mark Saintz, 190; Rusty Miller, 189; Dale Carlson, 182; High Scratch Series: Rusty Miller, 498; Rich Hageman, 474; Mark Saintz, 474; Kirk Foley, 455; High Handicap Game: Drew Graham, 244; Rusty Miller, 234; Rich Hageman, 233; Dale Carlson, 231; Affordable Classic Limos, 1032; High Handicap Series: Rusty Miller, 633; Rich Hageman, 633; Drew Graham, 630; Merle Hawks, 613; Budweiser Western Dist, 2912.

Results Sept. 26 — High Scratch Game: Nick Daniels, 197; Craig Knapp, 190; Mike Jacobs, 190; Vance Poage, 188; High Scratch Series: Mike Terrell, 489; Mike Jacobs, 485; Mark Saintz, 484; Nick Daniels, 483; High Handicap Game: Sandy Horesky, 254; Brian Dicks, 250; Nick Daniels, 248; Craig Knapp, 247; D&M Service, 1078; High Handicap Series: Sandy Horesky, 645; Vance Poage, 641; Mike Jacobs, 641; Craig Knapp, 640; Trigard Vaults, 3023.

Results Sept. 12 — High Scratch Game: Tim Millan, 236; Dale Carlson, 216; Scott Schrum, 186; Craig Knapp, 178; High Scratch Series: Tim Millan, 554; Dale Carlson, 488; Dale Henry, 483; Joe Karabin, 480; High Handicap Game: Tim Millan, 273; Dale Carlson, 266; Sandy Horesky, 27; Scott Schrum, 231; Budweiser Western Dist., 1020; Team 5, 997; High Handicap Series: Tim Millan, 665; Brian Dicks, 643; Joe Karabin, 642; Dale Carlson, 638; Team 5, 2989; Trigard Vaults, 2908.

Results Sept. 5 — High Scratch Game: Tim Millan, 184; Craig Knapp, 166; Rusty Miller, 164; Gil Courtain, 163; High Scratch Series: Tim Millan, 461; Nick Daniels, 448; Gil Courtain, 431; Mark Saintz, 429; High Handicap Game: Brian Bozarth, 235; Bruce Rushton, 228; Ron Robinson, 227; Brent Carlton, 225; High Handicap Series: Ron Robinson, 643; Brett McChesney, 635; Brian Bozarth, 619; Toby Boller, 603.

Inter-City

Standings Oct. 5 — Ram Roofing, 29.5-24.5; Affordable Classic Limos, 29.5-24.5; Bailey Electric, 26-28; Select Seeds, 26-28; Buff, 24-30; Ghost Team, 0-0; High Scratch Game: Mark Saintz, 195; Dennis Balderston, 186; Bill LaSalle, 183; Denny Leichter, 176; High Scratch Series: Dennis Balderston, 518; Bill LaSalle, 484; Mark Saintz, 477; Dana Miller, 461; High Handicap Game: Mark Saintz, 238; Dennis Balderston, 237; Mark Bailey, 225; Bill LaSalle, 221; Buff, 823; High Handicap Series: Dennis Balderston, 671; Mark Bailey, 618; Dana Miller, 614; Mark Saintz, 606; Buff, 2396.

Results Sept. 28 — High Scratch Game: Mark Saintz, 191; Mary Upson, 189; Bill LaSalle, 178; Rusty Miller, 168; High Scratch Series: Mark Saintz, 486; Mary Upson, 464; Denny Leichter, 446; Rusty Miller, 445; High Handicap Game: Mary Upson, 242; Carolyn Counter, 238; Mark Saintz, 236; Bill LaSalle, 215; Buff, 797; High Handicap Series: Mary Upson, 623; Mark Saintz, 621; Brian Dicks, 610; Carolyn Counter, 605; Buff, 2252.

Results Sept. 14 — High Scratch Game: Bill LaSalle, 202; Dana Miller, 200; Tim Millan, 197; Rusty Miller, 183; High Scratch Series: Tim Millan, 554; Rick Salem, 513; Bill LaSalle, 510; Dana Miller, 502; High Handicap Game: Dana Miller, 255; Bill LaSalle, 248; Tim Millan, 236; Rusty Miller, 229; Ram Roofing, 829; High Handicap Series: Tim Millan, 671; Dana Miller, 667; Bill LaSalle, 648; Rick Salem, 636; Ram Roofing, 2405.

Results Sept. 7 — High Scratch Game: Mark Bailey, 193; Denny Leichter, 189; Rick Salem, 178; Tim Millan, 170; High Scratch Series: Denny Leichter, 520; Rick Salem, 485; Mark Bailey, 473; Tim Millan, 453; High Handicap Game: Mark Bailey, 263; Rick Salem, 228; Denny Leichter, 223; Craig Knapp, 217; Select Seeds, 820; High Handicap Series: Mark Bailey, 683; Rick Salem, 635; Denny Leichter, 622; Dana Miller, 605; Select Seeds, 2397.

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