

Lent not just giving: add on a discipline

It is Lent. For many, Lent is a time of giving things up. Sometimes what we give up for Lent is nothing more than a redo of lapsed New Year's resolutions. The New Year diet didn't work, so we'll give up junk food for Lent, or we'll try once again to give up smoking.



Carol Rahn

• From the Pulpit

Usually we give up something so we will improve our life in some way, and not as a reminder of all that Jesus gave up for us. But that is the main reason for giving something up. Jesus gave up his life. We can at least sacrifice in some small way, and when we feel the longing to give in we remember that Jesus willingly sacrificed, not just a piece of chocolate, but his life on our behalf.

Many in the church call our personal sacrifices for the season Lenten disciplines. These disciplines can be things we give up or things we might take on, such as extra Bible reading, more regular prayer time or church attendance. We discipline ourselves to be more aware of God's presence in our lives and of the great gift we have in Jesus Christ.

Every morning I receive a daily devotion written by the late Henri Nouwen. He was a priest and author whose writings were and continue to be read by people of all faiths around the world. In a recent devotion, Nouwen wrote about the connection between discipline and discipleship. He said that discipline is the other side of discipleship.

Discipline without discipleship is like always practicing the scales on a piano, but never playing a piece of music. And discipleship without discipline is like trying to play a great piece of music on the piano without ever practicing the scales. But this comparison is not totally accurate.

Discipline in music, or sports, or any kind of physical endeavor, is a concentrated effort to master your body so that it can obey your mind better. It is a way of developing what is called muscle memory, so our muscles respond more automatically to what the mind asks.

Spiritual disciplines are different. Discipline in the spiritual life is the concentrated effort to create the time and space so that God can

become our master and where we can respond freely to God's wisdom and guidance.

Spiritual disciplines are a way of developing faith memory, so that our faith life responds more automatically to what God asks of us. Spiritual disciplines help build more faithful discipleship.

Spiritual disciplines are the ways to create boundaries that keep time and space open for God. Prayer time requires discipline, worship requires discipline, reading Scripture or devotional literature requires discipline.

All these activities ask us to set aside a time and a place where God's gracious presence can be acknowledged and responded to. They all require that we set aside some time in our lives to put God first.

This kind of spiritual discipline can begin to build up our spiritual muscles, so that it becomes easier to make more and more time and space for God and for those things that God asks of us. Then this practice becomes not something we make special time for, but a way we choose to live our lives.

The better our discipline in setting aside time and space for God, the better disciples we become. Living as God asks us to becomes the way we want to live and not a guilt-ridden command that this is how God demands we live.

Lent is a good time to begin setting aside more intentional time to be with God on a more conscientious level, of finding ways to invite God to be more a part of our daily lives.

Start small, but start something. Begin or end the day with a prayer if you don't do that already. Read a verse or two from the Bible. Start reading a Psalm each day. There are a myriad of ways to set up extra time and space for God.

Perhaps then by Easter you will find the joy of being a more faithful disciple of Jesus Christ. It is well worth the try.

Carol Rahn is pastor of the First Presbyterian Church in Colby. She may be reached at 462-6342.

Rexford girls compete

By Rebecca Bange

Four Golden Plains girls competed in the Great West Activity League league forensics tournament Feb. 18 in Colby. This is the first year any of these girls have participated in forensics.

Kylie Jones, sophomore, performed the poem, "Mountain Whippoorwill" by Stephen Vincent Benet. This was her second tournament.

Also, three freshmen girls competed in this tournament for their

first time. Brooke Wark performed the poem "The Final Inspection," author unknown. Rebecca Bange competed in poetry with "Making Sarah Cry," by Cheryl Costello-Forshey. Taylor Todd did a prose piece called "I Want to be a Cowgirl," by Jeannie Willis.

"Forensics is a great experience. I really enjoy it, and plan to participate all the way through high school. I learned a lot," said Taylor Todd.

The next competition will be in Oakley Tuesday.

Shooting Stars Square Dance

Everyone is welcome to a square dance sponsored by the Shooting Stars Square Dance Club from 8 to 10:30 p.m. Saturday, March 10, at the Roosevelt Elementary School,

2000 MacArthur in Hays. Tammy Gough will call the squares. There will be refreshments and a Pot 'O Gold. For information, call Opal Flinn at (785) 726-4432.

Couple to marry in March ceremony

Leah Cox of Colby and Brian Morales of Providence, R.I., plan to marry Friday, March 16, 2012, at the College Drive Assembly of God church in Colby.

The bride is the daughter of Kevin and Jeanne Cox of Colby and the granddaughter of Joseph and Beverly Moss of Colby and Leonard and Elsie Cox of Sharon Springs.

She is a certified nursing assistant at Prairie Senior Living Complex in Colby and is studying for a degree in nutrition.

The groom is the son of Hilda Toyenst and grandson of Ramonita Paredes and the late Miguel Toyenst, all of Providence. He is studying business



Leah Cox and Brian Morales at Colby Community College.

Order trees now for spring pickup

The Thomas County Conservation District's spring tree day will be from 8 a.m. to noon Saturday, March 31, at the district office. That is when the district will distribute trees for orders placed by Tuesday, March 20.

Orders may be for individual landscaping trees or for quantities sufficient to plant an entire windbreak. A variety of trees are available, including hand-dug red cedars, cottonwood, hackberry and bur oak bare root trees and lilac, sumac and plum bushes. The smaller trees are bare root and considered "conservation grade" according to Debbie Potter, conservation district manager, which means that, while healthy, they may not be picture-perfect.

The district also has a selection of containerized larger landscaping trees that are from a nursery in Colorado; several districts in Northwest Kansas combine orders to get a bulk discount. Delivery of these trees is scheduled for Wednesday, April 11.

Potter stresses that trees must be ordered by Tuesday, March 20, and orders must be accompanied by payment. No extra trees are expected to be available.

Order forms can be printed from the website at thcoconservation.com, page 3 and 4 of the January newsletter (at the bottom of the home page) or picked up at the office, 915 E. Walnut in Colby.

If you have questions call the office at (785) 462-7482.

Meeting's focus on rural estate planning

Without Congressional action, the current estate tax law will undergo a major adjustment on Jan. 1. That's not good news for rural Kansas.

The equivalent current estate tax exemption is \$5,125,000 with a top tax rate of 35 percent. Unless Congress acts, the 2013 equivalent exemption will fall to \$1 million and the top tax rate jumps to 55 percent.

With the recent run up of land prices, the new numbers could devastate Kansas farm families and land owners, taking away funds that might otherwise benefit local families and rural communities.

A combined value of a few hundred acres, a savings account and retirement fund could easily exceed \$1 million. Planning ahead is the key to limiting estate taxes.

Thomas County Extension and the Thomas County Community Foundation will be holding an estate planning meeting, called "How to Survive the Death Tax" on Thursday, March 15, to aid citizens in planning for this possible change in estate tax law and recognizing essential elements to an estate plan.

Make arrangements to attend this informative meeting designed for everyone regardless

of your net worth. The program will be at the Thomas County 4-H Building and will start at 5 p.m. with a meal. Everyone young and old can benefit from attending.

Addressing the ever-changing estate tax laws and essential elements of an estate tax plan will be attorney Ken Wasserman.

Reservations are requested by Friday, March 9, by calling the Thomas County Extension office at (785) 460-4582. If you have questions or need more information feel free to call or e-mail Clint Milliman, Thomas County Extension agent at milliman@k-state.edu.

Brewster Prairie Gem 4-H Club

The Brewster Prairie Gem 4-H Club met Feb. 13 at Hunter Hall in Brewster.

President Kasey Hoyt called the meeting to order. Dylan Burkholder led the flag salute. Hunter House, Westin Schmidt and Justin Schmidt led the club in singing the ABC song. Fifteen members answered roll call by naming an animal native to Kansas. Minutes were read by secretary Dara Roulier.

Communications were read by parent leader, Michele Werth. A thank you note was received from the Kansas 4-H Foundation for the club's donation.

Parent leader Kathy Baird reported that County Club Day will be next Friday at Sacred Heart

School. All members are encouraged to participate. The club will hold a model meeting at the event.

Baird congratulated members for selling pizzas. Countywide sales for all 4-H clubs were good. Layton Werth ranked fifth in pizza sales.

Hoyt, livestock sign committee chair, and Michael Schmidt, committee member, announced ideas their committee has come up with to make signs. The committee is continuing research into costs.

Parliamentarian Brett Roulier reported on how to address the club president.

For the program, a project talk was given by Justin Schmidt on his market sheep project. Michael

Schmidt presented his swine project. Ben Baird demonstrated how to put together a Kansas award portfolio. Emeline Hutton gave a demonstration on how to clean a horse bit.

During the music and other portion of the meeting, Ashley Barrie showed the club how to put together a clarinet.

Alicia Barrie reminded everyone to buckle up for safety and health.

President Hoyt read announcements and reminded everyone of beef weigh-in and County Club Days signup deadline.

Vice-president Michael Schmidt read the program for next month's meeting, which will be Monday.

The 4-H Pledge was led by Hutton.

ton. Hosts were the Werth and Cersovsky families.

— Emeline Hutton

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Markets

	Quotes as of close of previous business day
Hi-Plains Co-op	
Wheat (bushel)	\$6.55
Corn (bushel)	\$6.34
Milo (hundredweight)	\$10.88
Soybeans (bushel)	\$11.83

Worship in the church of your choice this weekend.

Services Directory

Schedule of church services

GATEWAY FELLOWSHIP, 2nd and Sunrise, Oakley. Pastor James Bloom, Sunday Morning Worship and Children's Church 10:15 a.m., Wednesday evening Bible Study and Intercessory Prayer 6:30 p.m. 785-671-4020.

COLBY INDEPENDENT BAPTIST CHURCH, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 785-460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

ASCENSION-ON-THE-RAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 785-462-3041, Holy Eucharist, 9:00 a.m. every Sunday, Evening Prayer, 5:15 p.m. Wednesday, September through May. Christian Education for Youth, 6:30 p.m. Wednesday, September through May.

COLLEGE DRIVE ASSEMBLY OF GOD, 245 W. College Dr., Colby. Pastor Steve Todd. Sunday School 9 a.m. for all ages. Worship 10:15 a.m. Kid's Church for Kindergarten-5th grade during Worship Service. Nursery available for kids birth - 5 yrs old. Wednesday night: Family night September - May. Meal served 6 - 6:30 p.m. CD Kidz for kids birth - 5th grade, Youth Group for 6th - 12th graders and Adult Bible Study at 7 p.m. 785-462-8234. cdag@st-tel.net.

BEREAN CHURCH, 1000 S. Franklin, 785-460-2763, www.colbyborean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. and Saturday, 5:30 p.m.. Pastor Mark Carlton, Senior Pastor and Pastor Jason Purdy, Youth Pastor. Middle School Group Wednesday 7 p.m. at the Attic and High School Youth Group Sunday 6 p.m. at the Attic. AWANA Wednesdays at 7 p.m. at the church.

FIRST BAPTIST CHURCH, (Affiliated with American Baptist Churches USA) Rev. Craig Crossman, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m.; RC Club 2nd and 4th Sundays at 2 p.m.

COLLEGE VIEW BAPTIST CHURCH (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's. Contemporary Evening Service at 4 p.m. through the semester.

PLEASANT HOME CHURCH, Pastor, Perry Baird, 785-728-7380, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m. (MST)

WINONA METHODIST CHURCH, 501 Bellview Ave. Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Tom Peyton. Sunday School: 9:30AM - all ages. Worship Services: 10:45AM. Sunday Evenings 6:30. 3rd Sunday informal fellowship - bring a snack to share! First Sunday of month - carry-in dinner following morning worship.

SACRED HEART CATHOLIC, 785-462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

FIRST PRESBYTERIAN CHURCH, Rev. Carol Rahn, 515 W. 4th, 785-462-6342, Sunday Worship 9:00 a.m. Podcasts of the worship services are available at the church website colbypres.org.

WESLEYAN CHURCH, 320 W. Pine - 785-462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 785-460-6605, President Andy Rose, 785-460-6807. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YMYW, 12:10 p.m.; Family History Center open by appointment. Call 785-462-3571.

REDEEMING LOVE MINISTRIES, INC., 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 9 a.m., Sunday worship, 10 a.m., Wednesday, R.L.M Training Centers (Bible School), 6 p.m. Shoponline at: www.rlminternationalchurch.com.

COLBY UNITED METHODIST CHURCH, Rev. James Mardock, pastor, 950 S. Franklin, 785-460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. www.colbyumc.org

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Stop and Take a Moment

THE BUZZ>>>>

There is so much more to selling real estate, then just listing it and putting a sign up. The job to properly market and sell real estate just starts at the signing of the listing contract. I think it is very important to select a real estate agent that not only is knowledgeable, skilled at selling, but certainly one that is also creative and great at marketing. Think about the ads you see on television or in a magazine, what gets your attention? It is going to be a format and style that is both unique and attention getting... right? There are only 7.8 seconds for a first impression to be made that will last... so getting it right is vital in marketing and selling. I know I try very hard to give each of my seller's, regardless of the value of their real estate the same attention and marketing plan that will take them from for sale to sold. "THE" marketing plan is very important and my seller/client deserves to know how I am going to take him/her from for sale to sold... it only makes sense that we have a plan. The buzz word is "social marketing" that is the "how to" in today's real estate market. If an outdated marketing approach is used, today's real estate revival of social marketing will leave the seller in the dust. If you would like to know more about what I do for each of my sellers in regards to his/her market plan, a plan that sets my seller apart from others... than give me a call or stop by my office. I will make a fresh cup of coffee....

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