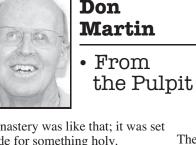
Family

Faith can saturate your life

About 50 years ago, while I was a college student, a friend invited me to spend a weekend with him at a monastery in New York City. I entered as a visitor with no personal experience whatsoever and a lot of ideas – most of them

wrong. From that weekend, I remember three things. First, the brothers and their guests ate meals at tables facing the wall, without any conversation. (I thought that quite odd.) Second, we were treated as strangers there with great kindness and patience by everyone. Third, there was a deep sense of spirituality, a life of continual prayer and worship, within the place.

Someone once said that, in very, very old church buildings – centuries old – we experience the saturation of countless prayers offered, and reverence and faith-



monastery was like that; it was set aside for something holy.

Jesus Christ are inheritors of the traditions of desert monastics, men and women of the fourth and fifth centuries. We might be named Pior who was part of a led to assume, as I certainly did, that they fled the evil influences of their society and sought to find God and his direction in solitude. filled it with sand from the desert There is some truth to this state- and carried it on his back. In a basment.

removed themselves to find the him what all of this meant. fulness oozes from the walls. The depth of life with their Lord and

others. In general, they were not hermits. They welcomed visitors and guided them to discover the grace of God in their own lives.

But if they provided direction, they did so with great humility, in full recognition of their own faults.

They never presented themselves All members of the Church of as role models. Their life with God was the foundation upon which they hoped to serve.

There is a story of a monk meeting to discuss the faults of one of the brothers. He said nothing. Afterwards, he found a sack, ket he carried a bit of sand in front The greater truth is that they of him. His fellow brothers asked

Pior explained that he carried him at 462-7198.

Savior, in order to serve in front of him the weight of the sin of his brother; behind him, in the heavy sack, was his own sin. But, he continued, this is wrong. My sin must be in front, that I may know who I am and ask for forgiveness. And how am I to judge my brother, whose sin is light in comparison with my own?

Humility before the Lord, and silence in which to listen, are pieces of our lives that go together. Early monastics had a deep appreciation for silence. I suspect that, for the most part, it is more difficult for us. We are bombarded from all sides by that which distracts and deafens us.

But it is hard to be guided by the Lord without listening for him.

Father Don Martin is rector of Ascension on the Plains Episcopal Church in Colby. You can reach

Hoxie

School of Pharmacy.

Jennifer Swenson, Prof 1,

Judy M. Guinard

Judy M. Guinard, 72, Garden den City; a daughter, Holly Gui-City, died Saturday, July 6, 2013, nard of Wichita; and a sister, Paat the Via Christi-St. Francis Hos- tricia Washburn, St. Charles, Mo. pice Center in Wichita

Deaths

She was born May 7, 1941, in Colby, the daughter of Albert and Price and Sons Funeral Home in Kathryn (Reitchek) Hoff. A resident of Garden City since 1968, she was an administrative assistant in the school district's copy center.

On Sept. 11, 1965, she married Norman P. Guinard in Salina.

She was preceded in death by her parents, a brother and a sister. Foundation, both in care of the Survivors include her husband,

and a son, Chris Guinard of Gar- Garden City, Kan., 67846.

Senior Progress Center

Come enjoy dominoes Tuesday at the Senior Progress Center. Activities for the week: Mon-

day: 10:30 a.m. Skip Bo. Tuesday: 10 a.m. exercise; 10:30 a.m. dominoes. Wednesday: cookies. Thursday: 10 a.m. exercise; 10:30 a.m. pinochle. Friday: 10 a.m. exercise; 10;30 a.m. Wii game.

hamburger gravy, mashed pota- per meal is suggested for seniors. toes, Italian blend Vegetables, \$5.25 for others. For anyone unbiscuit, mixed fruit. Tuesday: der 60, home delivery is \$5.75. chicken divan, gelatin with carrots and pineapple, rice, bar cookie. 2901 by noon the day before.

Wednesday: taco salad, tropical fruit salad, chips, cook's choice complement. Thursday: Waikiki meat balls, pea salad, mandarin oranges, rice, cake. Friday: pork patty, tater rounds, green bean casserole, bun, cantaloupe.

Memorial services will be at 2

p.m. Sunday, July 14, 2013, at the

Garden City, and at 2 p.m. Mon-

day at St. Martin Catholic Church

in Seguin. Inurnment will be in St.

The family suggests memori-

als to the American Diabetes As-

sociation or the American Kidney

funeral home, 620 N. Main St.

Martin Cemetery there.

No public visitation.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch at the Menus for the week: Monday: senior center. A contribution of \$3

Make reservations at (785) 460-

Students from northwest Kansas named to University of Kansas spring honor roll

Twelve University of Kansas students from Colby, Brewster and Hoxie have been named to the School of Arts. honor roll for the spring 2013 semester.

Honor roll criteria vary among academic units. Some schools honor the top 10 percent of students, some have a minimum grade average and others raise the minimum for each year students are in school. Students must be enrolled full time to be considered.

Colby Matthew Hull, senior, visual art, and Sciences.

David Kinderknecht, senior, science, School of Education. College of Liberal Arts and Sciences.

Tera Raymond, junior, prepharmacy, College of Liberal Arts computer science, School of Enand Sciences.

Rochelle Shoemaker, Prof 1, School of Pharmacy.

Aubrette Stephens, senior, sport science, School of Education. Corbin Stephens, junior, pre- business, College of Liberal Arts

medicine, College of Liberal Arts and Sciences.

Paige Stephens, senior, sport Torey Taylor, senior, finance,

School of Business. Michael Tubbs, sophomore,

gineering.

Garrett Zweygardt, Prof 1, School of Pharmacy.

Brewster Braden McKee, junior, pre-

K-State grads include Colby pair

State University this spring.

lative 3.5 average for all Emporia

State courses. Leiker is majoring

She was also named to the

in mathematics.

semester average.

Red Barn

Activities for the week: Monday: 2 p.m. Barnswallows. Wednesday: 10 a.m. ladies' Bible study. Thursday: 2 p.m. Come On Down; 6:30 p.m. Spuds 'n Splits. Friday: 9:30 a.m. Koffee Klatch; 2:30 p.m. Stitch and Chatter.

Brewster grad earns degree

Cancer..... Learn if you are at risk with **RightPath Health Screenings:**

CARDIOVASCULAR SCREENINGS

Is Your Health at Risk?

Heart Disease, Stroke,

Heart Ultrasound Atrial Fibrillation Stroke Screen (Carotid Arteries) Thyroid Ultrasound **Peripheral Arterial Disease** (PAD)

All 11 screenings for only \$200.00

Blood Pressure, Pulse and Blood Oxygen Saturation Level are included FREE with all health screenings.

Wednesday, July 24th, 2013



ABDOMINAL

ULTRASOUND SCREENINGS

Liver

Kidney

Gallbladder

Pancreas

Spleen

Abdominal Aortic Aneurysm

Two students from Colby grad- gineering, and Cody Wark, Bach- to 3.848. More than 350 Kansas

Bachelor of Science in civil en- with a grade average of 3.750

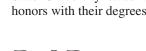
Colby woman on dean's list

Jessica Leiker of Colby was graduate study and have a cumunamed to the Spring 2013 College of Liberal Arts and Sciences dean's list at Emporia State University.

To qualify for the list, students Spring 2013 honor roll, qualifymust earn a semester grade aver- ing by earning a minimum 3.80 age in the top 10 percent of all students enrolled in full-time under-

Markets

uated cum laude from Kansas elor of Science in chemical engi- State University students earned neering, both received the honor honors with their degrees. Matthew Oesterreich, with a recognizing students graduating



Quotes as of close of previous business day **Hi-Plains Co-op**

Wheat (bushel) Corn (bushel) Milo (hundredweight) Soybeans (bushel)

The Colby Free Press wants to maintain an accurate record of our town. Please report any error \$6.94 or lack of clarity in a news story \$7.25 to us at 462-3963. \$11.79 \$15.47

Corrections

Please Recycle

Christi Somers, a 2001 Brewster High School graduate, received her law degree May 11 from Washburn University School of Law in Topeka.

Somers is the daughter of Brian and Carolyn Somers of Brewster. Her grandparents are Marion and Coleen Crumrine of Brewster and the late Bill and Lenora Somers of Edson.

First Presbyterian Church 515 West 4th Street, Colby

Appointment Required

Call 800-770-0240

www.cathedralhealthservices.org/screenings.htm

Services Directory

Worship in the church of your choice this weekend.



Sundays at 2 p.m. 785-462-0512.

CELEBRATION COMMUNITY CHURCH, 1890 S. Franklin ship 9:15 a.m. (CDT) Ave. - Colby Community Building. Pastor Eric Overmiller.Sunday Worship 10:45 a.m. www.celebratejesus.org

GATEWAY FELLOWSHIP, 2nd and Sunrise, Oakley. Pastor James Bloom, Sunday Morning Worship and Children's a.m.; Bible Study: 6:30 p.m. 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 (for- Sunday Bible Study 9:30 a.m., Sunday Worship services mer Jaycee's building), Pastor Bernard Heinz, 785-460-0313, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's. Con-Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; temporary Evening Service at 4 p.m. through the semester. Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

Martin, College Drive & Wheatridge Rd., 785-462-3041, Holy School 10:00 a.m. (MST) Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May.

Colby. Pastor Steve Todd. Sunday School 9 a.m. for all ages. Worship Services: 10:45AM. Sunday Evenings 6:30. First Worship 10:15 a.m. Kid's Church for Kindergarten-5th grade Sunday of month - carry-in dinner following morning worship. 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 BIBLE FELLOWSHIP, 1000 S. Franklin, 785-460- FIRST PRESBYTERIAN CHURCH, Rev. Carol Rahn, 515 W. 4th, 2763, www.colbyberean.com; Sunday School 9:30 a.m., 785-462-6342, Sunday Worship9:00a.m. Podcasts of the worship Sunday Worship 10:45 a.m. Pastor Mark Carlton, Youth Pastor services are available at the church website colbypres.org. Ben Phillips. 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. James Bridges, 615 W. Webster, 785-462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30

Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144,

PLEASANT HOME CHURCH, Pastor, Perry Baird, 785-728-ASCENSION-ON-THE-PRAIRIE EPISCOPAL, Rev. Don 7380, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Mis-COLLEGE DRIVE ASSEMBLY OF GOD, 245 W. College Dr., sions Pastor Tom Peyton. Sunday School: 9:30AM - all ages.

> 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 OUR SAVIORS LUTHERAN CHURCH, 217 Main St., p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

THE SHEPHERD'S STAFF, REXFORD, Joan Dingwerth, Director, 785-687-2565.

To become a sponsor call Kathryn or Sharon today at 462-3963.

Sheryl Johnson, Sunday School, 10:30 a.m., Morning Wor- 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 COLLEGE VIEW BAPTIST CHURCH (Affiliated with Southern a.m., Priesthood, Relief Society, YM/YW, 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 BREWSTER UNITED METHODIST CHURCH. PO Box School), 6 p.m. Shop online at: www.rlmregionalchurch.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

a.m., Sunday Worship 10:30 a.m., Wednesday, Bible Study 7:00 p.m. www.colbychurch.com

ewster, 785-694-2751. Sunday worship 10:00 a.m.

This feature is sponsored by these business firms as a contribution to the religious life of the community.

Brewster Community Church

FAITH FELLOWSHIP CHURCH, Pastor Dan Keel. 815 W. 3rd. WINONA METHODIST CHURCH, 501 Bellview Ave. Rev. WESLEYAN CHURCH, 320 W. Pine - 785-462-8391, Sunday FIRST CHRISTIAN CHURCH, (Disciples of Christ), 385 W. 3rd - 785-460-2718, Sunday Morning Worship and Children's Church at 10:00 a.m.

> TRINITY LUTHERAN CHURCH, Rev. Robert Alexander. East 5th & Country Club, 785-462-3497, Services, Sat., 5:30 p.m., Beginning Sept. 2 - Sunday Worship Service 10:30 a.m., Adult Bible Class & Sunday School 9:15 a.m. Visit us at www. trinitycolby.com

> LEVANT COMMUNITY CHURCH, 205 1st St., Pastor Charles Taff, 785-586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

> 250, Brewster. Pastor Mike Baughn, 785-694-2278, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.

> REXFORD COMMUNITY CHURCH, Rexford, Pastor Lane Purcell, 785-687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

BREWSTER COMMUNITY CHURCH, Mike Pinkelman, Pastor, CHURCH OF CHRIST, 510 E. 4th, Sunday Bible Study 9:30 Brewster - 785-694-2720, Sunday School (all ages) 9:30 a.m., Worship Service 10:30 a.m., Bible Study 7:00 p.m., Wed. mornings 6:30 a.m. - Men's Bible Study, Wed. 7:00 p.m. - Children's Ministries (Royal Rangers/Missionettes), Wed. 7:15 p.m. - Intercessory & Prayer, Tue. 5:00 p.m. - Women's Bible Study.

155 W. Fifth St.

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