

Sign says get in the last word — apologize

Have you ever heard the expression that goes something like this, "Get the monkey off your back"? Slogans are everywhere. While driving through Denver several months ago, I came upon a car that had a bumper sticker that caught my attention.



steve rains

● moments from calvary

It isn't cell phones that distract me, it is those bumper stickers! This guy's sticker said, "Exercise, eat right, die anyway." By the looks of it, he had mastered that philosophy.

One church had a slogan on their sign that said: "The best way to get in the last word is to apologize." I like that — when you mess up, 'fess up. That reminded me of a story I

read, which goes like this: Two monks were about to cross a stream and noticed a young lady afraid to cross since there was only a narrow log spanning the water.

One of the monks went up to her and asked if he could assist her. She agreed, so he told her to climb on his back and he would carry her across.

He did so, and when they got to the other side, he let her down, she thanked him, and she went on her way.

As soon as the other monk came across he was so appalled at what had just occurred he began to chastise his fellow minister friend and said, "How could you do such a thing?"

His friend replied, "What do you mean?"

He then began to remind him about their vows they took to *never*

touch a woman. He broke his vows by carrying her across the stream. The kind monk looked at his friend and said, "When I got across, I put her down and let her go. Why can't you?"

Forgiveness is probably one of the toughest things we will ever have to do and yet so very necessary. Can I suggest three things for you to do today if you are still carrying something (or someone) that you desperately need to let go? Forgive someone else's wrongs towards you. Let them go. Quit carrying them! It's Biblical, and it's best.

Secondly, free yourself. Forgiving others frees you as well as them.

It's a weight you don't need to carry. And the longer you do, the longer it will drag you down and keep you from God's best for your life.

Finally, forget the past and move on. Look forward, not backwards. You can't change the past, but you can make the future more positive. It's your choice — no one else can choose that for you.

Matthew 6:13-15 says, "And lead us not into temptation, but deliver us from the evil one. For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins."

The Message translation says verses 14 and 15 this way, "In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others. If you refuse to do your part, you cut yourself off from God's part."

Can I encourage you this weekend to take those words to heart and began to live out forgiveness. I promise you this — you will become a freer person.

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.

Many benefit from recording events, feelings in journals

A journal is a continued series of writings made by a person in response to their life experiences and events. A journal may include a description of daily events, but it also contains reflections on what took place and expresses emotions and understandings about them.

Many people find benefit in expressing their feelings in "journaling." Such writings are personal and usually limited to only the person doing the writing. Sometimes journal writing is used by members of a support group as a means of sharing some of their thoughts with others and receiving encouragement in return.

Journal writing is not something that everyone would enjoy or benefit from. For those who do, journal writing can be used as a format for organizing thoughts and ideas, addressing specific questions or problems and evaluating goals and plans.



high plains mental health

● plain sense

Through unsent letters, a person can express feelings to a particular person in the form of a letter, then keep it for future reference or destroy. The process of putting feelings into words can be an emotional release for some people, as well as the opportunity to reread and try to make sense of the feelings and issues involved.

Journal writing also provides time for self-reflection: an opportunity to note the positive aspects of one's life, to reflect on the little things that make a difference and to give self praise.

In 1977, at the age of 68, Elizabeth Layton, a woman in Wellsville, began to use drawing and writing as a way to deal with grief and loss. She found

these combined activities to be a means of expressing her innermost thoughts and feelings, and they eventually helped her to overcome depression.

She continued, until her death at age 83, to use these techniques to examine her own aging issues as well as many other personal and

social issues, including women's rights, racism, poverty, homelessness, AIDS and terminal illness. To see or buy her art, go to www.lawrenceartscenter.org.

Contributed by Karen Schueler, manager, Consultation and Education Department. The views expressed here are those of the indi-

vidual 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.

Spend time on solutions, not complaining

What area of your business creates the most stress and frustration for you? Set aside time to focus on the issue and brainstorm solutions.

You can't get rid of all your problems, but you can develop ways to better handle them.

After getting the first issue under control, move to the next problem. Once that is under control, move to the next, and so on.

Spend more time working on solutions than you do complaining about the problems.

This tip was brought to you by



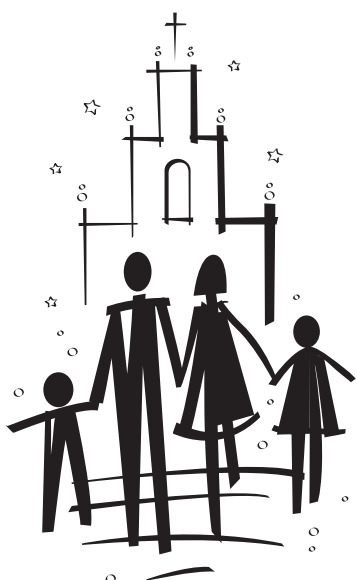
jamie morpew

● business tips

Western Kansas Business Consulting. We offer free and confidential business consulting in Kearny, Scott, Sherman, and Wichita Counties. For more information or to set up an appointment, contact Jamie Morpew at (620) 874-0771 or e-mail wkbc@wbsnet.org.

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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: 12:30 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)

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 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
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Sunday: Sunday School: 10 am

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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 education/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

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