

Does anger take control of your reactions?

Here is the scenario. You are in the grocery store and in a hurry with your five items.

You head to the check out lane that says, "20 items or less." You know where I am going with this don't you? In front of you in the 20 items or less lines is someone that is, well let's be nice, "Over the limit." Has that ever got under your skin?

Here's another one. You are on the interstate and someone is in the left lane driving 68. How does that make you feel?

There has been a lot of talk concerning cell phone etiquette lately and that is good, but what about common sense. You are in the middle of an important conversation. Perhaps it is a meeting, but it might not be. A cell phone goes off and the individual opts to take the call rather than finish the conversation and you



steve rains

• moments from calvary

know it isn't a life or death call they are receiving.

There are hundreds of scenarios that occur that set people off. Some of them are silly, while others perhaps a little bit more justified.

Regardless, we have the potential to respond in anger, and your blood pressure goes up. Let's be honest anger problems don't have anything to do with your family lineage!

One college professor from the University of Hawaii labeled the time in which we live as the "Age of Rage."

I think we have to agree whether you are a Christian or not. Whether you are a person easily angered or not, we all have

to agree the "Age of Rage" is easily defined.

Years ago, in fact it was the late 300 AC. A guy by the name of Imbragous of Pontus compiled a list of deadly sins. He had eight of them.

Through the years the list dropped down to seven. The idea of creating this list of sins was that if a person could focus their attention on these seven, and bring the power of God to bear in their life as it relates to these areas, and allow the Spirit of God to work out their counterpart virtue than a person would be on their way to living by the Spirit instead of satisfying their sinful nature.

Today, I want us to look at one of those sins that made the list. I suppose you already figured out which one, but perhaps it was a long week and you need a little help. The sin is

that of anger. The counterpart virtue to anger would be restraint.

Frederick Buckner describes anger by using the metaphor of eating a meal. "To lick your wounds, to smack your lips over grievance long passed, to roll over your tongue the prospect of bitter conversation still to come. To savor to the last morsel both the pain you have been given and the pain you give. In many ways it is a feast fit for a king!"

The chief draw is that what you are wolfing down is yourself. The feet at the end of the skeleton is you!"

Have you ever been there? Proverbs 14:17 says, "A quick-tempered person does foolish things..." You get mad, and it cost you big money to fix what you broke. Proverbs 29:11, "A fool gives full vent to his anger, but a wise man keeps himself under control."

Here is an interesting thought when looking at the list of 7 Deadly Sins. Anger is the only one that can have a positive side to it.

You read Mark 3:1-6 and you see Jesus getting angry. He is upset with the religious leaders of the day. They

talked the talk, but didn't give a flip to those in need.

Some righteous indignation builds up within Jesus and He is compelled to do something. It is anger that can compel you to make a difference in your situation, and in society. In way that is healthy, and in a way that is life giving.

Here are some quick ways to move from anger to restraint. First, realize that things won't always go your way. Anger is often associated with missed expectations. But often our expectations are unrealistic.

We get upset because there is road work. Let's see how fast we can travel with no road! We poke fun at some silly examples that are all true in life, but sometimes life is mean.

Sometimes we feel like God missed our expectations. Are you going to respond in anger to that? Don't forget as good as Goodland may be it isn't heaven.

Secondly, realize that no one else causes our anger. I am sure that statement just won a lot of votes. Have you ever said, "That person

makes me so angry?" Think about that statement. Is that possible? Is it possible for another person to make you mad? I want to suggest that getting angry is a choice we make on our own. If we don't own it we won't overcome it. Anger is a heart problem (Luke 6:46).

Finally, we have to accept that we control our reaction. I like what James 1:19 says, "... Everyone should be quick to listen, slow to speak, and slow to become angry."

Here is what I know, when we control our reaction, we control our anger! And when you do that friend, you win!

This isn't about will power, this is about dying to yourself and submitting to the influence of God's Spirit in your life and to create in you the heart that longs to respond the way He wants you to. Praying for your victory!

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.

Senior Center to have soup, sandwich lunch

If you are 55 or over come into the Senior Center at noon, Tuesday, Jan. 29, for a soup and sandwich plus dessert lunch on us.

All you have to do is call the center at 694-2645 between now and noon,

Monday, Jan. 28, so I can get a head count. Don't forget free lunch, noon, Jan. 29.

Duane and Ruth Jones met their family in Limon, Colo., Saturday, Jan. 5, for the weekend. Those present were Linda and Larry Hoffner, Brad and Melissa Hoffner, Brittany and Braden, Eric and Crystal Hoffner and T.J. The children loved the swimming pool.

The Brewster Bulldogs lost their games on Friday, Jan. 4, to Tribune/Greeley County. The boys lost 58-48 and the girls lost 48-19. I'm sure they will be improving as the winter goes on.

The Frontier Ag has two new babies in their crew. Mr. and Mrs. Terry Niblock had a baby boy born



betty jo baird

• brewster news

Dec. 30 and Mr. and Mrs. Kevin Schmidt had a baby girl born Jan. 7. Both daddies work at Frontier Ag.

Commodities are in and can be picked up anytime.

It's nice to see most of the ice gone now off the streets. But we do need the moisture anytime we can get it.

A minister parked his car in a no-parking zone in a large city and attached the following message to his windshield: "I have circled this block 10 times. I have an appointment to keep. Forgive us our trespasses."

When he returned to his car he found this reply attached to his own note, along with a ticket: "I've circled this block for 10 years. If I don't give you a ticket, I lose my job."

kansas classifieds

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GROENDYKE TRANSPORT, INC. - Regional or 5-8 day out drivers needed in Wichita. Must be 23 yrs. of age and have CDL with X endorsement. Excellent benefit package and Safety Bonus package with 401K program, \$55K/year plus, and good hometime/weekends with any position. Please call 800-445-8711 or check us out on the Web and fill out application at www.groendyke.com.

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Misc.
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Steel Buildings For Sale
20x8x8; 40x8x8; 48x8.5x9.5 SHIPPING CONTAINERS. Cam-lock doors, hardwood floors support forklift. Delivery available. 1-785-655-9430 Solomon; 620-277-2367 Garden City. www.chuckhenry.com complete web listing, photos, specs, pricing.

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Dr. Ryan Newman, O.D.

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919 Main, Goodland, KS (785)-890-3937

WANTED:
Real hardwood coffee table. Prefer darker stain or black finish. Price is negotiable, depends on size and condition. Call (785)-694-8462 and please leave a message.

Russell Terrier Pups Available!
Go to www.flushingpheasantrussells.com for more information on these dogs & our current and upcoming arrivals. Litters registered with UKC and/or AKC fss. 1st 'round of pups will be ready for new homes January 26!

Jordie Mann
Flushing Pheasant Russells
Burlington, Colorado
719-397-2270

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 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

Word of Life
A Joursquare Church
10th & Clark • 899-5250
Pastor: John Coumerilh
Associate Pastor: Ben Coumerilh
Sunday: Worship Celebration and Kids' Church: 10:30 am
Life Groups - call for times and locations
www.wordoflifegoodland.org

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Perry Baird
890-3375
Sunday: Worship Service: 9 a.m.
Sunday School: 10 a.m.
Evening Service: 6 p.m.

Bible Baptist Church
Pastor: Clifford Middlebrooks
Fifth & Broadway
890-7368
Sunday: Sunday School: 9 a.m.
Morning Service: 10 a.m.
Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

Iglesia Del Dios Vivo
La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru Saturday: 5a.m. & 6 p.m.
Sunday: Sunday School: 10 a.m.

United Methodist Church
Brewster:
Pastor: Dorine Chambers
Worship Service: 10:45 a.m. CST
Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
Worship Service: 9 a.m. 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 a.m.
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 a.m.
Worship Service: 10:15 a.m.

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m.
Worship Service: 10:50 a.m.
Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

First United Methodist Church
1116 Sherman 899-3631
Pastor: Rev. Kasey Crosby
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live 5:45 - 6:45 p.m. 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 a.m.
Morning Worship: 10:45 a.m.
Evening Worship: 6 p.m.
Wednesday: AWANA (Winter) and prayer: 7 p.m.

First Baptist Church
Pastor: Travis Blake
Bateman's Funeral Home, 211 E. 11th
890-3450
Sunday: Sunday School for all ages: 9:30 a.m. (Child care provided)
Morning Worship: 10:30 a.m.
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: Daily, 8 a.m. Thursday and Sunday
For emergencies 890-6969

Harvest Evangelical Free Church
104 E. Hwy. 24 • 890-7918
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m.
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: Mike Larson
Saturday: Sabbath School: 9:30 a.m.
Worship Service: 11 a.m.

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Sunday: Christian education/fellowship: 10:15 a.m.
Worship Service: 9 a.m.
Wednesday: Confirmation: 6 p.m.

Church of Christ
401 Caldwell
890-6185
Sunday: Bible Study: 9:45 a.m.
Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

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

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