

Is your sports car body running like a wreck?

Tomorrow morning you are awakened by a knock on your door. You get up to find out who is disturbing you on your one day to sleep in, because you are working five days and week and heading to church Sunday.

You open the door only to find a person standing there holding out keys in their hand. Sitting in your driveway is a beautiful candy apple red European sports car.

Their only comment to you is "Happy Saturday to you, this car is yours. Enjoy."

One thing, though. It's an engineering marvel with a powerful engine. It won't run on regular unleaded fuel. It takes super unleaded. If you use anything else it will eventually ruin the motor."

Most of us would say, "Thanks that is the least I could do is put the best fuel in that car."

Sounds good doesn't it! Here is the catch many of us have done the same thing to God's engineering marvel, our bodies.

We have filled them with inferior foods, and have hindered the possibilities of the marvel you are.



steve rains

• moments from calvary

Understand, this week's article isn't about eating healthy and exercising, though it is something we should all do.

Rather it is a continuation of looking at the seven deadly sins which we began last week as we looked at anger.

Today, I want us to look at gluttony, and move to moderation. Remember, we said last week that the idea of creating this list of the seven deadly 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.

Then allow the Spirit of God to work out their counterpart virtue that a person would be on their way to living by the Spirit instead of satisfying their sinful nature.

As we tackle this issue I under-

stand that most likely you have never heard such a message addressed. We are all aware of it.

We all hear jokes about it, but what is it? There are several Proverbs given about it, but it doesn't define it.

I like how Nelson's Bible Dictionary defines gluttony, "One who lives a life given to excess!" Unger's Bible Dictionary says, "One who is unrestrained."

With those two definitions as our framework, we quickly understand that gluttony goes well beyond food doesn't it? If you know anything about Roman history you know that excess was lived out in how they designed some of the fine homes of the day. If you toured some of those homes you would find a room in them that was called the vomitorium? Here is what it was used for. Guests and residents would actually gorge themselves on food

and then excuse themselves to the vomitorium and purge and come back and eat some more! Gross I know, but an unrestrained life is a destructive life no matter what the object is. Let's deal with a heart given to excesses.

How do we move from gluttony to moderation, from unrestrained appetite to self-control? Recognize your body is not your own. You are an engineering marvel.

You were created in the image of God. You are fearfully and wonderfully made. You my friend are not an accident.

I recognize that as I write that it flies in the face of a core value that is so embraced by our culture. The idea that this is my body, and I can do with it what I want, when I want, is not true for someone who follows Christ. Our bodies are not our own.

Look at 1 Corinthians 6:19-20. True worship isn't just about going to church on Sundays, our liking Amazing Grace as your favorite worship song. True worship is giv-

ing all of your self to God. We are called to be stewards of this body God has given you. When you adopt and begin to live with that mind set all of a sudden how you eat becomes a spiritual thing, sleeping patterns, exercising, and personal hygiene.

All those issues have spiritual connotations to our lives, because we are called to be stewards of our bodies. One of the dangers of unrestrained appetites is that they often lead to addictions in our lives. Some of those addictions may not even be inherently sinful, but suddenly you can't live without it.

At the heart of the sin of gluttony is a life given to excess, and to overcome it you have to realize your true identity. The truth is God has already defined your identity. You have to settle in your heart where you identity comes from?

Perhaps this will help, imagine a tour of heaven and you are taken from room to room. One of the rooms is dealing with all the animals, another room deals with the

solar system. There is one where you view the mountains. Finally, you are standing outside a room and the angel who is your guide says, "Inside this room is God's masterpiece." Anticipation builds in your heart and mind. What could it be you think?

Suddenly, the door opens and the lights come on, it takes a moment for your eyes to adjust. You look around and the room is covered with mirrors, and that which your eyes are beholding is you. You are God's masterpiece! It doesn't matter what the culture says about you, or what some kid at school says. God says, "You are mine, and you are the apple of my eye!"

I trust you will live in that truth, and you will include the Lord in every area of your life. Hope to see you in church Sunday.

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.

club news

September

The regular monthly meeting of the Glendale Livewires 4-H Club was held Monday, Sept. 17 at the Sherman County 4-H Building. There were 16 members, two leaders and one guest.

The meeting was opened by Secretary Brennan Clouse at 7:20 with the Flag Salute. Brennan read the minutes to the August meeting. There were no corrections to the minutes.

We received two items of correspondence. The first item was a \$250 donation to the Glendale Livewires from Hawkeye Spraying. The second item was a \$300 donation to Glendale Livewires from Peg and Duane Hanke.

Reports of officer, council members and leaders - Reporter Ellie House reported that the reporters book had been submitted for judging. Cheer Person Jesse Cooper wished September birthdays a Happy Birthday. Jason Cowan, council rep, reported that if you would like to be a 4-H Ambassador and are currently in high school, you may apply to be an ambassador. You may pick up your state fair items Tuesday, Sept. 18. Glendale is the co-hostess for the Achievement Awards on Sunday, Nov. 4, which will be held at the Methodist Church Fellowship Hall. Officer training will be Friday, Nov. 2. Historian Lacie Cowan was unsure if a book had been completed

and turned in.

Leader Jennifer House mentioned that thank you letters should be signed for Hawkeye and Hanke's. Please consider being a 4-H Ambassador. The 4-H Open House will be Sunday, Oct. 7, at the Methodist Church.

Leader Mary Beth Zwick presented that new 4-H t-shirts can be purchased for \$8.75. Payment needs to be presented before the shirts can be ordered. Mary Beth also announced that we should decide on what type of a Club Holiday Party we are going to have. She also announced the State Fair Results for the Glendale Livewires.

There was no unfinished business. Under new business, Brennen moved to hold our annual party at the Cole Family Farms. The next item of business was the election of officers. The following officers were elected for the 2007-8 Club Year, President Brennen Clouse, Vice President Jason Cowan, Secretary Ellie House, Treasurer Cooper Slough, Historians Kristina Stasser and Courtney Sheldon, Reporter Kaleb Zwick and Cheer Persons Simon Basset, Shelbi Johnson and Tristian Cooper.

The next meeting date will be Monday, Oct. 15, 2007. Julica Bonsall moved and Kristina Stasser seconded that we adjourn the meeting by saying the club motto and putting up our chairs.

matters of record

Accidents

The following accidents were investigated by the Goodland Police Department.

June 29 - 9:32 a.m., 1100 Kansas Ave., a 2004 Chevrolet driven by Kelly R. James was heading west from a stop sign at the intersection of 11th Street and Kansas and a 1995 Oldsmobile driven by Marshall Kennedy was turning west onto 11th Street and both vehicles entered the intersection and collided.

The Goodland Star-News
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Jeff Gray
You receive two free passes to see

Alvin and the Chipmunks
(PG)

Clip and bring to the show. Non Transferable

Sherman
1203 MAIN - Phone 899-6103

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 Foursquare 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
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

KLOEIKKQJIKWGB
3023 W. 31

Proudly Display Your Patriotism!

With the help of the Goodland Kiwanis Club, you can help support your country and community by displaying an American flag.

For only \$30, Kiwanis members will provide and do everything for you! We will insert a capped-sleeve in your front yard and will place the flag out at sunrise and retire the flag at sunset at your home on the following five United States holidays:

**Memorial Day
Independence Day
Veterans Day
Flag Day
Labor Day**

Just stop by The Goodland Star News office at 1205 Main Street, sign the contract and leave your check for \$30 made out to the Kiwanis Club of Goodland. The contract allows Kiwanis members to confirm which Goodland residents would like to participate in the program. Interested Goodland residents that have questions about the United States Flag Project may stop by any of the following businesses:

**Finley Motors/Steve Sitton
Vignery and Mason Attorneys
Wilkins Truck & Trailer**

Classifieds work! 899-2338