

A publication of the Ellis County Ministerial Alliance October 2015

“None of us truly dies until all of
the goodness left behind
vanishes and until all
the lives that have
been touched are
gone”



INSIDE:

- + Healing after a loss.
- + Seven sins in review.

WE ALL BATTLE SINS IN ONE WAY OR ANOTHER

Welcome to this special Seven Deadly Sins edition of ONE! This month we have asked different contributors to write a devotion based on one of the Seven Deadly Sins.

As we begin, I want to point out that the list is not found in Scripture. Of course, all of these sins are addressed in Scripture, but they are not found in one list and labeled "deadly." The list began as eight sins, called Eight Evil Thoughts, by the 4th century monk Evagrius Ponticus. In 570, Pope Gregory I refined the list down to the seven we know today. In his list, he organized them in order of severity based on how they offended against love.

Of course Dante wrote a poem called, "The Divine Comedy," which included the list of the seven sins, along with a lot of speculation as to what the appropriate punishment in hell will be for the person. "The Picture Book of Devils, Demons and Witchcraft," by Ernst and Johanna Lehner, expands on that idea and provides a list of the sins, the animal which represents it, the color the sin represents and the punishment. There is also a list of corresponding virtues that sits opposite the sins.

So what's the point of studying or spending time on a list such as this?

The fact is that there is a lot of sin in the world, and we as followers of Christ are not immune to it. In fact, if we hold ourselves to the standard that Jesus does – that if we

commit a sin in our mind we are just as guilty in God's eyes – then we can all see how these sins have an impact on our lives. Without an understanding of how far short we have fallen compared to God's standard of perfection, we are left thinking that we are overall good people and that we have a chance to get to

God on our own accord. However, Paul tells us that all have sinned and fallen short of the glory of God. No matter how good we may be, we still fall short and need Jesus as our Savior.

In addition, as we follow Christ, we should long to exhibit the virtues of the list and flee from the temptation of the sins. This is done through the work of the Holy Spirit, who gives us the strength to stand against the pressures of this world. Without the Holy Spirit working in us, we can see little to no lasting change in our efforts to conform to the will and way of Christ.

As writers this month, we don't seek to condemn; we seek to walk alongside you as we all battle these sins in one form or another. May God bless you,

Kevin Daniels is the chairman of the ONE Advisory Board and pastor at Hays Christian Church. kevin@hayschristianchurch.org.



Pastor
Kevin Daniels



Hays Christian
Church

RECIPE

Perfect Mint Brownies

3 squares unsweetened chocolate, melted
1 cup margarine, softened
2 cups sugar
4 eggs
2 teaspoons vanilla extract
1 cup flour
Preheat oven to 325 degrees F.

Combine all ingredients in a mixing bowl and stir until smooth. Pour batter into a 9"x12" pan and bake for 35 minutes. Allow to cool.

Frosting

4 tablespoons butter, softened
2 tablespoons milk or cream

2 teaspoons peppermint extract
2 cups powdered sugar
Mix ingredients and spread on cooled brownies. Refrigerate for 5-10 minutes until firm.

Chocolate topping

2 squares semisweet chocolate
2 tablespoons butter
Melt butter and chocolate together and spread over frosted brownies. Refrigerate until ready to enjoy!

*Submitted by
Amy Hockersmith from Hays Christian Church.*

The Seven Deadly Sins

Sin.....Animal Color..... Virtue

Pride..... Horse..... VioletHumility

Envy..... Dog Green Kindness

AngerBearRedPatience

Sloth..... Goat.....Light Blue.....Diligence

GreedFrog Yellow Charity

Gluttony Pig Orange.. Temperance

Lust.....Cow Blue.....Chastity

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HOLY HUMOR

If Adam & Eve sacrificed the human race for an apple, what would they do for a Klondike bar?

SUBMISSIONS

ONE and the Ellis County Ministerial Alliance encourage submissions from ECMA congregations. Photographs, stories, testimonies and other submissions should be directed toward your church leaders or sent via email to one@dailynews.net.

The ECMA advisory board will choose appropriate and timely submissions for publication.

The columns in ONE represent the views of the author.

ADVISERS

Pastor Kevin Daniels
Hays Christian Church
rev.kevin.daniels@gmail.com

Pastor Steve Dinkel
Liberty Foursquare Church
lcfcsd@ruraltel.net

Steve Johnson
United Methodist Campus Ministry
umcmfhs@yahoo.com

Pastora Lory Herrick
First Baptist Church
loryseparados@yahoo.com



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SLOTH KEEPS US FROM FULFILLING OUR OBLIGATIONS

Why would a cute furry mammal that spends most its time hanging upside down from trees be included in a list of sins? Oh, not that kind of sloth... When you hear the word sloth, what first comes to mind? An image of someone so lazy he or she can't be bothered to move all day — perhaps surrounded by a ring of pizza boxes, chip bags and empty soda cans? If the sin of sloth at its core is about laziness, does that mean it is holy and God-pleasing to work without ceasing? Can you avoid this sin simply by working harder?

I believe sloth can get in the way of the kind of life God desires for us, but for deeper and perhaps more challenging

reasons than simple laziness.

The Greek word we translate as sloth means absence of care; indifference or negligence about God. While it is true, sloth might sometimes look like boredom and not care about soul matters, it is also true that sloth can also look like frantic busyness and non-stop activity. Sloth also can be a frenetic pace that pushes away spiritual questions, prayer, worship, community or space to live a more reflective life. After all, who has time...?

What if, instead of feeling guilty and lazy about uncheduled time, we embraced it as time to draw closer to God?

When was the last time you simply sat still without any diversion? Rested in God's presence? Felt the breath of God moving in and through you?

Talked to God about what was joyous and life giving, as well as troubling? When we value productivity and activity above all else, even mindless diversions lead us to think we are accomplishing something.



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Pride: A starting point for all other sins

Pride. It's something we come across almost every day of our lives. "Take pride in America!" "Hays High Indian Pride!" "Tiger Pride!" You get the idea. We are told to take pride in things. We take pride in our hard work. We take pride in our children. We take pride in our churches, schools or communities. Pride is all around us — and in many cases it's celebrated as the appropriate response. Yet pride is listed first in most lists of the Seven Deadly Sins, and being humble — the opposite virtue of pride — is continually held up as the Christian standard throughout Scripture. So is having pride in our school really a sin?

The answer to that question is difficult at best. Being proud of an accomplishment, either collectively or individually is a good thing. We should feel good when something we do goes well. It's a cause for celebration. Yet biblically speaking, those times of celebration must also include a recognition of the fact that God has allowed the blessing

to take place, or that God has given you the talent to complete the task at hand.

That last statement rubs some people the wrong way. They will argue they have worked hard to get where they are at and that God had nothing to do with it. That's the sin of pride creeping in. God has created each one of us with certain talents, abilities and gifts. To ignore that fact or to take all of the credit when a job is completed is to cut God out of the picture. Certainly your hard work and dedication are commendable and essential to the win, but ultimately it is God who allows and blesses us to succeed.

Pride is an excessive belief in one's own abilities that interferes with the individual's recognition of the grace of God. It is putting someone or something ahead of God's rightful place at the head of your life. Augustine

said it is "the love of one's own excellence."

In many ways, pride is the starting point of all of the other sins; it is the sin from which all others arise. We feel that our way is better than God's, therefore we go against God's directives. Medieval theologian Thomas Aquinas said, "inordinate self-love is the cause of every sin ... the root of pride is found to consist in man not being, in some way, subject to God and His rule." When we follow our own path as opposed to the path God has laid out, we are usurping God's rightful place as Lord of our lives. That is pride.

Pride is a universal sin that affects everyone in some way. Counting the cost of pride, President Thomas Jefferson said that, "Pride costs more than hunger, thirst and cold."

Thomas Merton, a 20th century American author said, "Pride makes us artificial

and humility makes us real."

Josh Billings, an American comedian from the 19th century, said, "One of the best temporary cures for pride and affectation is seasickness; a man who wants to vomit never puts on airs."

When we see pride rear its ugly head in our lives, our first response needs to be repentance. We need to change our behaviors and our attitude. One quick way to do that is to start recognizing what we have been given by the Lord, and how blessed we actually are. Then turn our moment of pride into a time of thanks for the Lord. A grateful person is not a prideful person. "A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves," said Henry Ward Beecher, an American pastor.

If we combat arrogance and pride with humility and gratefulness, we will be well on our way to eliminating the sin of pride.

Kevin Daniels is pastor of Hays Christian Church, kevin@hayschristianchurch.org.



Pastor
Kevin Daniels

Hays Christian
Church

In today's world, it's easy to forget greed exists

Greed is pretty much the heartbeat of selfishness to the point there is no room for God (Eph 5:5; Col 3:5). Idolatry is the *opposite* of doing the First Commandment! Idolatry is the illusion that we ourselves can be the source of our own joy! God is the source of our life and sustenance so it is evil to choose to love pots of gold instead. It can be the love of stuff, things, property, money, power, prestige, material goods, winning, being "up" at the expense of others being "down," being included at the expense of others being excluded, pretty much everything a person can focus one's heart desires upon instead of God. Proverbs 22 tells us the distinction (the presumed differences, the hierarchies, the status levels, the rankings, the win/lose competitions, the "who-is-up" and "who-is-down" alpha dominance games) people like to make between themselves and others are illusory, even vain, and

certainly not consistent with the truth of why we are here. Our life does NOT consist of abundance of possessions (Luke 12:15). God wants us to share and not to be hoarders (Prov 3:27; 21:26). Love of money (the most common greed) and other riches is a root source of many evils (1 Tim 6:9-10)

As for things one can ingest, swallow, inhale, or inject, "have some and want more?" That's gluttony! Of course those other things people take into their bodies (drugs) are in the gluttony category as well, which is the reason addicts need a spiritual program to recover. Greed covers all of the other non-ingestible things one might desire and be consumed with. Love of other people's stuff that one desires for oneself is covetousness (Ex 20:17)

listed in the Ten Commandments and which appears in the lists of vices in the New Testament (Rm 1:29; Col 3:5). It is inherent in the nature of greed that there is never enough.

The list of deadly sins come from the 4th century monk

Evagrius Ponticus, which he compiled from Holy Scripture passages. Those sins are serious enough to lead a person to hell (which is what alienation from God is about). Perhaps CS Lewis was correct in saying "all who are in hell chose it" and "the door to hell is locked from the inside" because selfishness is the core of shutting out God from one's heart. It is putting one's self on the pedestal instead of worshipping God.

In today's world, it's easy to forget that greed exists. It is

hidden with words like "lifestyle" (more, bigger, better, or newer) or "ambition" or "the American dream," or just the "practicality" of putting oneself first. Putting "me" first is a double whammy of breaking the first two Commandments. Greed is a defining characteristic of not wanting to belong to God (Matt 6:32-34). Greed started in the Garden of Eden with the choice to eat the fruit of the tree of knowledge of good and evil ("ye shall be as gods" Gen 3:5). As Christians, we are to flee from greed (1 Tim 6:10-11; 1 John 2:16).

The Lord's Prayer (which is a prayer and also a teaching template for "how to pray" when the disciples asked Jesus how to do this) starts with "Our" (not I or me) and the words "give us this day our daily bread" is a reminder to trust God, and not to greedily pray for a whole barn full of bread. In a world where there is no consideration of God, one simply

embraces the illusion that one is nothing more than a "consumer."

When we honor the first commandment and truly love God, God fills us with the spirit to love others around us, even creatures around us. I am convinced that guilt and shame are never from God. They are merely the defenses of selfish pride as it is shocked at its own poverty—the "little" self who wants to be "big." That's what "poor in spirit" means which Jesus told us in the Beatitudes (Matt 5:3). They are the ones who will see God! Poor in spirit means getting over ourselves, getting off our high horse, giving up the desire to be "up" at the expense of others being down or abandoned. This makes connection with God inaccessible because of our attachment to the shiny things we prefer to consume. Greed is just the willingness to take the bait. And we all know what bait is attached to, or do we?



Father Harvey
Hillin

St. Michael's
Episcopal

ENVY CAUSES SEPARATION IN OUR LIVES

God's word about envy came down from the mountain in the final commandment, when God instructed his chosen people not to covet their neighbor's wife and all his stuff (Exodus 20:17). Simply stated, God tells God's children, "do not want what you do not and cannot have!"

In his 13th century work, *Summa Theologica*, Thomas Aquinas describes envy as "sorrow for another's good." Almost 800 years later, that definition still rings true. We live in a world saturated with advertising for material things and a culture in which "keeping up with the Jones" is a way of life. Greed may be at the heart of our desire to accumulate stuff, but Envy (and its first cousin Jealousy) play their parts, too.

While Facebook provides us ways to keep connected with friends and family, it is also a great catalyst for envy in the

modern world. Our newsfeeds are filled with announcements and pictures of the new home, the big promotion, the dream vacation, the perfect marriage, the growing family, the weight loss, the beautiful clothes.... the list goes on and on.

Certainly, what one person envies is not what the next person does, but you get the idea.

Envy is insidious — it has the tendency to creep in slowly. Sometimes, without even knowing it, celebration for what others have or do, can turn to wistfulness, longing, resentment, bitterness. This wanting is visceral; the desire for that-which-we-do-not-have becomes a reflexive, gut-level reaction. Worse, it can become habitual.

The idiom "green with envy" harkens back to an ancient

Greek notion that such emotions cause the body to produce more bile, thus turning a person yellowish green. Yuck. If that were indeed the case, how many of us would be walking around yellowish green?

But why is envy so "deadly"? Just like all sin, it turns our hearts

and minds away from love.

Envy separates us from God, from others, and from our true selves, formed in the image of Christ. But unlike other deadly sins, this one is first directed inward. Proverbs 14:30 expresses well that "a heart at peace gives life to the body, but envy rots in the bones." Envy is the root of self-loathing. It has the power to destroy us, from the inside, even if we never say a jealous word.

Casey Rohleder



St. Michael's Episcopal

'A soft answer turns away wrath, but a harsh word stirs up anger'

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. -James 1:19-20

We all have at least one story of a time when we got really angry really quickly and later regretted it. Mine had to do with New Guy.

You see in college, Marlys and I were good friends, great friends. And we were friends to our friends.

In our group at the dorm, Marlys had a car and I had a car, but most of our friends did not. Or at least they didn't have gas. So when four or five of us would go out, she or I would drive.

And when she drove, I always sat in the front seat. When I drove, she always sat in the front seat. Always.

Then one weekend, New Guy showed up.

We were gathered in the lounge as was

often the case, and although neither Marlys or I usually dominated the conversation, we would do our fair share of talking. Guess who did most of the talking that night. New Guy.

I kind of let it pass. When someone said "let's go grab a bite to eat," New Guy said "Marlys, you should drive." I mean I usually would drive but she did sometimes so I was OK.

The five of us walked out to the parking lot, and guess who got in the front seat of Marlys' car? Right, New Guy!

I was starting to get upset. Everybody else knew I always rode in front — driving or not. Always. Nobody said anything, so I didn't either, and I got in the back seat. At least, I didn't have to sit in the middle.

I didn't say much from the back because

New Guy sure seemed to have plenty of nothing to say. And most of it directed directly to Marlys. I didn't listen much, but I was muttering all these thoughts about New Guy. Inside I was fuming.

We arrived at the restaurant. Not one we often went to, and I didn't remember it being discussed. It was probably New Guy's idea. We walked inside together.

I might not have always sat beside Marlys when we went out to eat, but I usually did. But that night New Guy did. Who did this guy think he was? I was betting that our friends were mad right along with me.

We ordered our food and the conversation continued without me. I didn't need to talk out loud. I had plenty going on inside my head about New Guy.

Steve Johnson



United Methodist Campus Ministry

Then I heard something. I don't remember exactly what it was but it might have been something about mom or dad . . .

Yeah, New Guy was Marlys' brother.

In our circle of friends, I always sat in front. Always. But a brother kind of trumps a friend, even a really good friend. And who else but your brother would sit beside you at the restaurant when he was around?

Luckily, angry as I was, I never had said a word. I muttered plenty to myself, but didn't say anything out loud. I wish it was because I always followed the scriptures in holding my tongue but it was probably more likely that God kept me from showing my anger because I had no real reason to be angry.

Imagine what would have happened if I had spoke up.

A soft answer turns away wrath, but a harsh word stirs up anger. - Proverbs 15:1

Support group helps with healing

By MIKE KESSINGER
one@dailynews.net

Every first and third Tuesday of the month, the Healing after Loss grief support group meets in the library room of the Center for Life Experiences at First Presbyterian Church in Hays.

Name cards sitting in front of the participants at the table, the meeting starts with facilitator Ann Gustad-Leiker giving the group a short introduction. She then opens the floor to the individuals there with something as simple as a two word question — “What’s new?” From there, the group — which is part of a program offering support to those who have lost an adult in their life, such as a spouse, parent, sibling or friend — begins an open discussion.

The program can range in size from 12 to 25 people on a given Tuesday, and is one of three different support groups Gustad-Leiker facilitates that is for people going through a loss. She has been at the center since 2001. Before that, she was the director of the Social Work Department at Hays Medical Center. ‘Healing Hearts,’ one of the support groups offered, was one that followed Gustad-Leiker from HaysMed, and it was started in 1986. Healing After Loss of Suicide (HALOS) was introduced six years ago. Healing Hearts meets every second Thursday of the month. The support group is for family members dealing with the loss of a child. HALOS meets every second and fourth Monday of every month. All of the meetings are next to Gustad-Leiker’s office in the Center for Life Experiences.

“It takes a while for some people to open up,” said Gustad-Leiker, who is the executive director and mission outreach coordinator of the Center for Life Experiences. “We want people to know this is a safe place. This is a place for people seeking healthy ways to heal. It’s just a process.”

At a Healing After Loss meeting, the participants will open about many different topics. On a Tuesday, JoAnn shares a story of a friend who comes back to Hays



Leiker



NICK SCHWIEN, one@dailynews.net

Doris wipes away a tear as she tells a story about her husband during a Healing Hearts group meeting Sept. 15 at First Presbyterian Church in Hays.

to grieve his wife’s death that happened decades ago. Leroy talked about signs to help remember loved ones. A few days before he came to the meeting, he was working irrigation in a field and he looked down and found a rock, shaped perfectly like a heart. He pulled it from his pocket to show the group. When he found it, the rock made him think of his wife.

“That’s how you get through,” JoAnn shares with the group.

The group continues with their stories of different experiences, each person listening, and joining in when there’s an open opportunity. Gustad-Leiker is there to contribute in any way she can, but she too,

gets something special out of these healing groups. She lost her husband, Gilbert, in 2003, and in recent months three people very close to her have died. The program is there for anyone who needs the support and a listening ear. The group members have become close. Many of them meet for supper before the meeting.

“We have all become a family,” said Doris, a participant in the Healing after Loss group who lost her husband in 2006. “We are all here for each other.”

“We know that people grieve in their own way,” Gustad-Leiker said.

Each of the groups has its special meaning for those who participate in them. They

are all different in their own way. The Healing Hearts takes part in a few events each year. The first is the Avenue of Pinwheels at Mount Allen Cemetary on Memorial Day. In the children’s area the group puts out pinwheels, parents or someone has requested in the name of their child.

There were more than 70 pinwheels displayed this year in the memory of children. A holiday memorial tree that goes up a week before Thanksgiving holds ornaments that have been given or dedicated in memory of a child. The tree is in the window at Jackie Creamer’s Dance Studio on Main Street in Hays, and this year there were more than 200 ornaments.

Youth Spotlight

Group stays busy at North Oak

By MIKE KESSINGER
one@dailynews.net

As the years have passed, North Oak Community Church has seen a strong, steady pace of high school and middle school children come through its youth ministry program.

Many of those who attend aren't even members of the church. It's a group that has grown by those involved in the ministry believing in the program and asking friends and others to come join.

"There's been lots of fun things about it," said Jeff Neher, the church's youth pastor. "Just getting to know students over the years — it's been a lot of fun to see what they're doing and what God does with them in their life. That's the fun part of it — looking back over that time and seeing where students are and how they're doing, how they're raising their own family."

For 15 years, Neher has been the church's first youth minister — after spending three years as a volunteer. Neher has asked the teenagers in the group to be the one's who make the ministry program grow. What he has found is those involved have done their part.

"I encourage the kids that if this means something in your life, invite your friends to come and join you and to learn as well," Neher said. "It seems to work pretty well. We see kid's lives change because of that."

Through the youth ministry, kids have the chance to be a part of a weekly group that meets Wednesdays on the church grounds. They also have an opportunity to go out into the community and also be a part of the group outside of Hays. Some of the trips youth group members take are mission trips. Many of them are in the United States, but there are also those who have taken trips outside of the country. Neher said he has been to Mexico, the Dominican Republic and Belarus just to name a few places



The North Oak group at the Named conference this past spring in Colorado.

they have been. Neher has had opportunities to show today's students what some of the church's youth group members from the past are doing outside of Hays and how they help spread messages from the Bible. This summer Neher took a group on a mission trip to visit one of his first students in the youth ministry.

"This summer was kind of special to me," Neher said. "We went to Wichita where one of our former students live. We got to go serve with them where they live and minister to the people in their neighborhood. We got to do a (Vacation Bible Study) and a soccer camp. To do that with a student



Caleb Pfeifer helps with games at Trunk or Treat.

that was one of my first students was really special and fun to do that with them."

Along with the weekly group meet-

ing where students get to hear testimonies from volunteer youth leaders — something the ministry recently has started — the program has been able to evolve.

The members spend their final Wednesday of the month outside of the church setting, taking part in the community.

What it includes is students doing activities together, such as visiting people they know who have been to the hospital and bringing them flowers. There also have been times when group members brought treats to the fire and police departments, just to say thank you for their work.

GLUTTONY: A TOUGH HABIT TO BREAK

The word, gluttony, comes from the Latin, *gluttire*, which means to swallow or gulp down. The glutton gulps down too much food or drink. To put it another way gluttony is a disordered attachment to food or drink. This has to do with appetite, which is a natural thing. The appetite is ordered toward keeping us healthy and alive. That is good. That is the proper goal of eating and drinking. The proper goal of all our actions, furthermore, is to praise God. We want to eat and drink in such a way as to keep alive and healthy and to give glory to God.

While the appetite is natural, gluttony is disordered. It is not eating and drinking for the reasonable goal of maintaining health and life, it is eating and drinking for the sake of the pleasure found in eating and drinking. This is not necessarily of huge consequence, since what is eaten or drunk may not be in itself either good or bad. It becomes of great consequence when we live to eat and drink instead of eating and drinking to live. This keeps us from the natural goal toward which our appetite is ordered.

At the heart of gluttony is an attachment to the pleasurable experience created by the senses. We become attached to the experience without consideration of

the proper natural goal of eating and drinking. We eat or drink for the pleasure in it, so we eat and drink too much, or we eat and drink things that may harm us just because we enjoy how they taste, look, and smell, and how they make us feel.

Ultimately, gluttony leads to impairment of health. To be included among the health concerns created by eating and drinking too much, or too much of the wrong things, are such things as obesity, diabetes, and heart disease, to name a few. Food and drink are misused in such a way as to damage our bodies instead of benefiting our bodies when we are gluttonous.

Spiritually speaking, we do not want to serve our appetites. St. Paul writes of those whose god is their stomach (Philippians 3:19). We don't

want to make a god out of our stomachs. Some translations even translate the word, stomach, as appetite in this verse. We don't want our appetites in control. We don't want to harm our bodies, which are the creation of God and the temple of the Holy Spirit. This is not what God wants from us.

For every vice there is a corresponding corrective virtue, and the corrective virtue for gluttony is temperance. Temperance is governing our natural appetite using

reason. Gluttony is a bad habit. Temperance is a good habit. We replace the bad habit with a good habit. It takes practice.

Under the heading of temperance, we may put abstinence. Abstinence, in this case, is the exercise of restraining oneself in terms of what is eaten or drunk. It is to use reason to override a disordered appetite for the pleasurable experience created by the senses to create a well ordered appetite. It is to make healthy choices about what to eat and drink; choices that will benefit our bodies and glorify God. We choose to abstain from over indulging. We choose to abstain from food and drink that may harm us and may not tend toward the glory of God. There is plenty of information available about good and nutritious food and drink online and from community resources. A medical professional can be helpful too, especially if there are health concerns or major changes in diet anticipated.

Gluttony is gulping down too much food and drink or eating and drinking too much of the wrong things to the degree that there is a disordered attachment to the pleasurable experience created by the senses. By practicing temperance, especially in terms of abstinence, we develop good eating and drinking habits that are properly ordered toward health and life and the glory of God.

Deacon Scott Watford is Pastoral Associate at St. Nicholas of Myra Catholic Church

Scott Watford



It's 'Hallothankmas Season:' The end of the year is in sight

Welcome to October's Bible Reading Plan! Before I introduce this month's reading plan, I owe an apology to all of you for an oversight in last month's plan. I accidentally missed the last three chapters of 1 Chronicles. Add those chapters in on a "weekend" review, and you will complete 1 Chronicles. Sorry.

We will finish (I doubled checked the numbers) 2 Chronicles this month. Many theologians believe that Ezra is the author of these books. They were written to remind

God's Covenant people (who were in exile in a foreign land) of the great things God

has done, and the Promises yet to come. These books are a great reminder that we are also living in a foreign land (Hebrews 13:14), and that we need to remember that God has great things

waiting for us!

For our New Testament readings we will finish Mark's Gospel, Peter's letters, and begin the writings of the Apostle John. Some theologians assert that the book of Mark is actually the Apostle Peter's Gospel account.

Pastor Steve Dinkel,
Liberty Foursquare
Church



Bible
Reading Plan

OCTOBER

1.....	□ 2 Chron. 15	□ Mark 11
2.....	□ 2 Chron. 16	□ Mark 12
3&4.....	Weekend Review		
5.....	□ 2 Chron. 17	□ Mark 13
6.....	□ 2 Chron. 18	□ Mark 14
7.....	□ 2 Chron 19	□ Mark 15
8.....	□ 2 Chron. 20	□ Mark 16
9.....	□ 2 Chron. 21	□ 1 Peter 1
10&11.....	Weekend Review		
12.....	□ 2 Chron. 22	□ 1 Peter 2
13.....	□ 2 Chron. 23	□ 1 Peter 3
14.....	□ 2 Chron. 24	□ 1 Peter 4
15.....	□ 2 Chron. 25	□ 1 Peter 5
16.....	□ 2 Chron. 26	□ 2 Peter 1
17&18.....	Weekend Review		
19.....	□ 2 Chron. 27	□ 2 Peter 2
20.....	□ 2 Chron. 28	□ 2 Peter 3
21.....	□ 2 Chron. 29	□ Jude
22.....	□ 2 Chron. 30	□ John 1
23.....	□ 2 Chron. 31	□ John 2
24 & 25.....	Weekend Review		
26.....	□ 2 Chron. 32	□ John 3
27.....	□ 2 Chron. 33	□ John 4
28.....	□ 2 Chron. 34	□ John 5
29.....	□ 2 Chron. 35	□ John 6
30.....	□ 2 Chron. 36	□ John 7
31.....	Weekend Review		

Notice the similar style as you read 1 & 2 Peter right after Mark.

For the remainder of 2015 we will be reading John's books. Let them build a greater vision of God's awesome love for you

as you study these books.

Here we are again in the Hallothankmas Season! The end of the year is in sight, so keep the pace, we have some awesome text to digest!

A SIGN OF THE TIMES



A recent sign outside the St. Joseph Parish Service Center.

Tips from The Bible for overcoming lustful temptation

“But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can’t stand up against it. When you are tempted, he will show you a way out so that you will not give in to it. 1 Corinthians 10:13 (NLT)

I find this verse incredibly reassuring when it comes to overcoming lust. First, it says everybody faces temptation. We’ve all had problems with temptation. It’s not a sin to be tempted. It is a sin to give in to temptation. Billy Graham is quoted as saying, “You can’t keep the birds from flying across your head, but you can keep them from making a nest in your hair”. The Bible says even Jesus was tempted. He was tempted in every point and yet he never sinned. The Bible promises here that God will provide a way out, a way of escape.

Here are a few tips the Bible gives us to overcoming lustful temptations:

1. Make a commitment to keep God’s standards.

Be willing to do in advance what the Bible says. “How can a young man keep his way pure? By living according to your Word.” Psalm 119:9. Make a commitment to whatever God says whether it’s right or wrong in the eyes of others whether it’s popular or not.

2. Maintain your marriage.

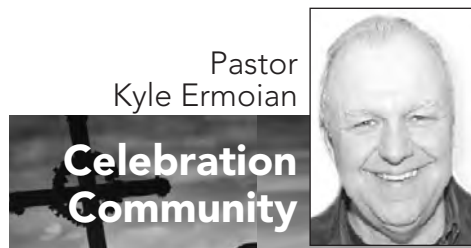
This is the greatest insurance for lust free living and a happy home life. Rekindle the fire and romance your spouse. “... rejoice in your wife. Let her charms and tender embrace satisfy you. Let her love alone fill you with delight.” Proverbs 5:18-19 (LB)

3. Manage your mind.

You need to understand how tempt-

ation works. ..”but each one is tempted when, by his own evil desire, he is dragged away and enticed.

Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.” James 1:14-15



Pastor
Kyle Ermoian

The battle starts in the mind. If he gets your attention then he gets your feelings. If he gets your feelings, then he gets your action.

Understand this; Lust is not physical attraction. It is not

being aroused. That’s just being human. You see a nice looking man/woman you’re attracted. Lust is not desire. Lust is the desire to possess.

King David walked out one day and saw a gorgeous woman bathing on a roof. The initial arousal wasn’t sin. The sin was that he went downstairs,

thought about it, made a plan and brought her into his home. That was lust.

Here is how I try to manage my mind.

- Look once. Beauty attracts the eye. But if you look twice you are flirting with danger. Look a third time and you are looking for trouble.

- Relate to the opposite sex as a person not a body. I try to relate to people from the head up.

- Anticipate temptation. If I am going to a place like Hays Aquatic Park with my grandkids, I prepare myself before I go in on what I am going to do and where I am going to look.

If you want to avoid “fatal attractions” manage your mind in vulnerable situations. Jesus says to us in Matthew 6:41 “Keep watch, and pray so that you will not fall into temptation.”

Kyle Ermoian is the founding and senior pastor of Celebration Community Church.

FESTIVAL OF FAITH

3 p.m., Oct. 11, Beach-Schmidt Performing Arts Center

Theme: One Lord, one body, one community

Scripture: (Eph. 4:2-6) Be completely humble and gentle, be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of Peace. There is One Body, and One Spirit, just as you were called to One Hope, when you were called; One Lord, One Faith, One Baptism, One God and Father of all, Who is over all and through all and in all.

7 days of prayer leading up to the Festival of Faith

Day 1: Monday, Oct. 5th One Body: As we prepare to celebrate the Festival of Faith, we remind ourselves of the focus of this Festival, “People of different backgrounds and denominations, coming together to worship the One Lord, Jesus Christ, as One Body. Lord fill our hearts with worshipful gratitude for ‘Who You are.’ We pray, that you would be glorified in our joining in

prayer and coming together to worship You as One Body. May power radiate from our Unity of prayer and Worship that will impact our communities.

Day 2: Tuesday Oct.6th One Spirit: Oh Lord, We ask that the ‘Spirit of the living God fall afresh on us. Melt us, mold us, fill us, use us. (lyric of song). That we be One in the Spirit, One in the Lord. (lyric of song). We pray that we would be in harmony with the Holy Spirit. (One Spirit). We desire to be effective for the Kingdom of God, in our homes, in our families, in our neighborhood, in our jobs, in our businesses, friendships, churches, fellowships, and our community, in our government, in our nation and the nations of the world.

Day 3: Wednesday Oct.7th One Hope: Our Hope is in You, Lord Jesus Christ. Lord, we pray that our hope would be anchored in the word of God and with the desire to fulfill Your will for our lives. We pray You reveal Your hope for us, the hope that does not disappoint. Renew in us a fresh expectant hope of, ‘Something good is going to

happen to me today,’ because God is good and He loves being Good to me. He is Our Good Shepherd.

Day 4: Thursday Oct. 8th One Lord: If there is One thing we need to continually remind ourselves of , It is, ‘Jesus Is Lord, Our One Lord and Savior.’ Today Lord, we do remind ourselves, You are Lord, our One Lord. In You we live, we move, we have our being. (Acts 17:28). Each day, we come to sit beside You, Jesus, and draw from Your Lordship for our day. We lay down our many concerns before You. We take up Your word, ‘You will perfect all that concerns me.’ Lead us to fulfill Your heart for this day. We receive our assignment for this day.

Day 5: Friday Oct.9th One Faith: In Luke 18:8, Jesus said, “When the Son of Man comes, will He find faith in the earth?” Our ‘One Faith,’ is in You, Lord Jesus Christ. How we pray that we receive all the grace we need to keep our faith burning bright. Give us a great hunger for Your word, for ‘faith cometh by hearing and hearing by the Word of God.’ We want to be found by You, full

of Faith, Hope and Love. Show us Lord any areas of our lives that we are full of worry, instead of full of faith. Help us to, ‘Cast our cares (our fears, anxieties, worries) upon you, because You care for us.’ Teach us to encourage each other daily in our faith in the Lord Jesus Christ and His faithfulness. May we be found faithful.

Day 6: Saturday Oct.10th One Baptism: Lord Jesus, in Matt.28:19, You said, “Go then and make disciples of all nations, baptizing them into the name of the Father and of the Son and of the Holy Spirit.” Lord we come before You to remind ourselves that (though many methods of baptism), we are baptized into the name of the Father, the Son and the Holy Spirit. We remind ourselves that we died with Christ, (to our old nature of sin) and we rose with Christ (our new nature in Christ). We praise you Lord that we are washed in the water and redeemed by the precious Blood of Jesus. We put our faith in the Lord Jesus Christ and His grace and power to empower us to continue to live out

our new life in Him.

Day 7: Sunday Oct.11th One God and Father of us all: Today, Father, we come together as part of the Family of God to worship as One Family with You as our Father.

(Eph.3:14-20) For this reason we kneel before You, Father, from whom every family in heaven and on earth derives its name. We pray that out of Your glorious riches You may strengthen us with power through Your Spirit in our inner being, so that Christ may dwell in our hearts through faith. And we pray that we be rooted and established in love, may have power, together with all the Lord’s people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that we may be filled to the measure of all the fullness of God. Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen

CHRISTMAS CONTEST

Christmas is right around the corner, and once again ONE is hosting a coloring contest for children. The theme for this year's contest is "Follow the Star." The deadline for submission is Nov. 9. The winner of the contest will have the artwork appear on the cover of the December issue of ONE. Participants should put their name, age, grade and church on the back of their submission. They can be dropped off at your church or at The Hays Daily News, 507 Main.



Message at the top: Looking good and true love

Perhaps the most important aspect of an early love relationship is how one party of the relationship presents him/herself to the other party. Questions like "Do I look good?" "Am I presenting the best image of myself that I can?" "Am I doing what the other person wants?" are all questions that go through the mind when one gives time to another in a romantic way. It is a time when as Selena Gomez sings, "I just wanna look good for you."

"I'm 14 carat, doing it up like Midas. Now you say I got a touch. So good, make you never wanna leave. So don't. Gonna wear that dress you like, skin-tight. Do my hair up real nice, and syncope my skin to your heart beating. 'Cause I just wanna look good for you. Let me show you how proud I am to be yours, leave this dress a mess on the floor, and still look good for you."

The unfortunate circumstance with early

relationships and the questions each has is that there is much more to a relationship than merely looking "good" for another. It often happens that one spends too much time on such questions and not enough time on what real love is.

Jesus dealt with problems like this during his lifetime with us, as can be seen with his interaction with the person that we have come to know as the "Samaritan woman." She had tried to look good for the different men in her life, and evidently had not succeeded since her life was not what it should have been as Jesus had pointed out to her. Luckily, she was able to face it since she went back into town and confessed "everything" that she had done.

(Jesus') disciples returned, and were

amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?"

The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done.

Could he possibly be the Messiah?" They went out of the town and came to him (John 4:27-30).

Jesus no doubt explained to the woman that "looking good" may be necessary in order to set up a relationship, but it is never enough to understand love

completely. The temptation is, of course, to concentrate on the "looking good" alone since it is a lot easier than really understanding the complete love that is necessary for a good relationship.

Romantic love, indeed love itself in any

circumstance, is extremely important in the world in which we live and interact. But we must carefully guard against sacrificing the integrity of true love for the passing feeling of "looking good" for another.

Good and gracious God, Your Son was able to direct people like the Samaritan woman who were searching for romantic love. Give us the grace to understand our romantic involvements a little more, and learn the value of true love in whatever we do. Be with us, we pray.

THE GOSPELS IN FR. MIKE'S TOP 5 [as of 9/15/15]

- 1 - "Can't Feel My Face" / The Weeknd Matthew 6:25-30
- 2 - "Good For You" / Selena Gomez / f/ A\$AP Rocky John 4:27-30
- 3 - "Lean On" / Major Lazer f/ DJ Snake & MO John 1:35-42
- 4 - "Locked Away" / R City f/ Adam Levine Luke 23:27-28
- 5 - "Photograph" / Ed Sheeran Matthew 19:16-22

Father
Mike Scully



Message at the Top



St. Nicholas of Myra Catholic Church

2901 E. 13th, Hays, Kansas, Parish Offices:
(785) 628-1446

Fax: (785) 623-4207, website: www.heartlandparishes.org

Fr. Jarett Konrade

Mass Schedule:

Saturday at 5 PM

Sunday at 9:30 AM and 11:00 AM

Daily Mass - Wednesday, and Friday at 7:30 AM

Reconciliation: Saturday at 4:00 PM

Haunted House

Friday, Oct. 30
Saturday, Oct. 31
at
The Mall

operating time to be announced

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 Fr. John Schmeidler
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 Assoc. Pastor Jeremy McGuire
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Wed. R3 Youth, 7:00 p.m.

Wed. Elevate Kids & Midweek Adult
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 (Communion 1st & 3rd Sundays)
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