



A publication of the Ellis County Ministerial Alliance August 2018

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Take time to renew your spirit, as Jesus did

This month our theme is “spiritual renewal.” In Luke 5:16 we read, “But Jesus often withdrew to deserted places and prayed.” There are at least 11 other gospel references of Jesus seeking out some quiet time away from the crowds to pray. What an important example Jesus has provided to all of us! Even while doing the work of teaching and healing among the crowds that followed him, Jesus demonstrated that even he needed time to get away and renew his spirit.

Most of us lead life at a very hectic pace. There are jobs, children or elderly parents who need us, meetings to attend, commitments within our communities and churches, and the list could go on and on.

All of these responsibilities are

important because we know that there are people who are counting on us to give our very best. However, this pace can drain us physically, emotionally, and spiritually. We are not meant to pursue such a hectic pace without times of rest and renewal. It is important to have time, each day if possible, to take a deep breath and quiet our minds.

Psalm 46:10 reminds us of God’s instruction, “Be still and know that

I am God.” Each person is different in what provides rest and renewal for him or her. Some enjoy quiet time in the morning before beginning their day. I consider myself a night person, and so I prefer a time of reflective reading and prayer just before I go to sleep.

Besides a daily routine, it is often helpful to go to a special place that provides peace and solitude. It might be

a comfy chair in a quiet corner of your home, a spot on the backyard patio, or the back pew of a chapel.

Vacations provide us with occasional opportunities for longer periods of rest among the beauty of nature. In my own life, anything involving water is soothing to my soul, whether it be swimming or sitting beside a lake or river.

Later this summer, my husband and I plan to visit family in California. This Kansas girl is looking forward to the rare experience of a few days by the ocean, just watching the waves crashing on the shore. The spiritual and eternal nature of water replenishes my parched soul.

Is your spirit in need of rest and renewal? Others will be sharing their ideas on the topic. Perhaps something will speak to you and give you the permission you need to take a time out and care for your spirit, just as Jesus did.



The Rev. Karen Harvester
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News to know

Presbyterian Church to have booth at bazaar

First Presbyterian Church, 2900 Hall St., will have a booth at Bazaar on the Bricks in downtown Hays, from 7 a.m. to 1 p.m. Saturday, July 28.

On sale will be baked goods, water and prayer tins. These are small boxes with paper and pencil inside where people can write down prayer requests, said Becky Rogowski. The booth will also offer carnival games.

Proceeds will go toward the youth group’s expenses to attend the 2019 Triennium, a national youth conference held every three years. Next summer’s event will be held at Purdue University July 16-20, 2019.

Baby quilts to be raffled at bazaar

First Call for Help will be raffling off two baby quilts at Bazaar on the Bricks in downtown Hays, from 7 a.m. to 1 p.m. Saturday, July 28.

In addition, the not-for-profit agency will be selling bubbles for kids, with free bubble refills; pinwheels; lollipops; and bottled water.

First Call for Help, 607 E. 13th St., provides a central access point for people

to obtain information on resources and human services within and outside of Ellis County. All proceeds will go into the agency’s general fund, said Linda Mills, executive director.

It’s ‘Christmas in July’ at Trinity Lutheran

Trinity Lutheran Church will be selling cookies and other Christmas goodies at Bazaar on the Bricks in downtown Hays from 7 a.m. to 1 p.m. Saturday, July 28.

The following day, Sunday, July 29, the church will be having a “Christmas in July Service of Lessons and Carols” at its 10:15 a.m. service. The church is located at 2703 Fort St. The public is invited.

Liberty Foursquare wrapping up series

Liberty Foursquare Church, 400 E. Seventh St., will be wrapping up its series of special Sunday services on the theme “Telling His Story” on Sunday, July 29.

Speaking at the 10 a.m. service will be Ric Gordon of Oklahoma City, who will share his own stories of the faithfulness of Jesus.

Pastor Steve Dinkel said the theme is based on Malachi 3:16: “Then those who

feared the Lord talked with each other, and the Lord listened and heard. A scroll of remembrance was written in his presence concerning those who feared the Lord and honored his name.”

Suicide survivor to share his story in Hays

Kevin Hines can still recall the “instant regret” he immediately felt that day in September 2000 when he catapulted himself over the side of the Golden Gate Bridge in an attempted suicide. In the seconds he was free-falling, he says all he wanted to do was live.

Of the 34 people to survive a jump off the San Francisco landmark, Hines is the only one who regained full physical mobility. He will share his story of survival and recovery at 7 p.m. Wednesday, Aug. 1, at Hays Middle School, 201 W. 29th. The event is free and open to the public.

Hines was diagnosed as bipolar when he was a teenager. Today he says, “Life is a gift; that is why they call it the present. Cherish it always.”

Hines’ memoir, “Cracked, Not Broken,” will be on sale, and he will be available for book signing following his talk.

See News, 10

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.

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On the cover: Cedar Chapel at Lakeview Christian Camp in Stockton is seen at sunset. The chapel overlooks Webster Lake. (Courtesy photo)

Spiritual renewal requires intentional investment

I have a friend who is a sports fanatic, a human ESPN, a walking “Siri,” on all things sports—athletes, coaches, losses and wins, teams and fans. His athletic omniscience is a result of his invested intention.

Every expert arrives through the practices of devotion. In this instance, it’s commitment to sports news, watching games, and reading stats. The devotion is apparent through their cheese-head hats, their KC Wolf Halloween costumes, their branded and official sports apparel, and their painted faces. You can’t find an expert without investment.

Intentional investment in the spiritual life initiates spiritual renewal and insights into the deeply hidden things of God. This is not an easy road, but a path encumbered by barriers and

costly decisions. Consider the following verses:

“Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

—Jeremiah 29:12-13

“Blessed are those who hunger and thirst for righteousness, for they will be filled.”

—Matthew 5:6

“This calls for patient endurance on the part of the saints who obey God’s commandments and remain faithful to Jesus.”

—Revelation 14:12

Even the world’s philosophies

communicate these Godly truths: In the words of Aristotle, “Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives --choice, not chance, determines your destiny.”

Too many who claim to be “Christian” live as if Jesus never taught anything.

That is the path to

the dead soul, the road of the practical atheist—those who live as if Jesus never existed.

So, seek spiritual renewal. Confess your need of it. Just pick up your Bible and begin to read the words and stories of Jesus. Read the Gospels

(Matthew, Mark, Luke, and John).

Read what Jesus says, and then do it. Write down what you are thinking and feeling. Write down where you are spiritually broken.

Ask God to come and touch your soul. He is the heart-mender. He is the thirst-quencher. He takes lives that fervently, ardently, persistently seek after Him and He uses them to power-punch the world and bring His kingdom here.

There is no greater blessing than living in complete submission to the Holy Spirit of God and His Word. Spiritual renewal never happens without obedience to God and His Word, but the sweet rain of renewal falls generously on the souls of those who consistently obey Jesus’ teaching and do what Jesus did.



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Scripture provides words of hope, renewal

Yikes! Recently, I was getting ready for a renewing getaway to western Ohio to attend my nephew's wedding. Needing a break, I was especially grateful because I didn't have to officiate this one. I typically officiate 12 to 20 weddings a year, and while I generally enjoy leading them, they can be stressful and draining.

So, this would be a time I could recharge the old batteries, get away from the busy-ness and business of church life, relax, refresh, and renew. We would be staying in a hotel with a pool, and so, as I packed, I thought I'd try on my good old bathing suit, just in case I decided to go for a dip in the pool and to lounge around thereabouts with family. But after putting it on, with one look in the mirror, I quickly decided against taking it.

Now you have to understand that I'm not a "Speedo-kind-of-bathing-suit-guy" to begin with, but even my conservative swimsuit that covered me generously from the waist to the knees couldn't hide the "muffin-top overhang" that was wa-a-ay too evident.

I knew that I'd put on about 10-15 pounds since some surgery I had a few years back, but now I could see exactly where they were located . . . and it wasn't a pretty pic-

ture. I wasn't that youthful man with an athletic physique any longer, and I had given up walking two miles each morning, talking to God as we began the day together.

As I looked, the old quip came to mind: "I have furniture disease; my chest fell down into my drawers!" I was definitely disheartened.

When I'm "disheartened," I pray that God will provide scripture to speak to me in a way that that is "heartening," providing something that renews me and gives me hope, and out of the blue, 2nd Corinthians 4:16-18 came to mind.

"So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal."

As I read and reflected on it, I had to laugh. At first I thought my "outer nature was not wasting away" actually, quite the opposite. Then I got the pun. "Yes, Lord," I

thought, "my waist is getting away from me; inasmuch, you're right, I've been 'waist-ing' away."

But it was the next phrase that was wonderfully "heartening" because my "inner nature is being renewed day by day." Surprised as I considered that renewal, I thought, "You know, I am much stronger in my faith than I've ever been at anytime in my life," and I thanked God for that.

Reading and reflecting the next line was even more appropriately assuring. "For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure." In my "momentary affliction" and the measure of my waistline, what I was vainly worried about was nothing compared to the promise of the "eternal weight of glory," for it is a growing faith and spirituality that is of eternal importance. In my mind's eye, I could see God wink at me as I read the last line of scripture, "for what can be seen is temporary, but what cannot be seen is eternal."

Renewed and refreshed by God's Word, God's sense of humor, and God's amazing presence and promise in my life, I packed my old swimsuit in my suitcase, knowing full-well that it would probably remain there throughout the trip, which it did.

Rev. Mike Rose

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Offering oneself as a living sacrifice key to renewal

Spiritual renewal is a funny subject in my life, because it has come about through effort living as a follower of Christ, not through effort directed at spiritual renewal itself.

I find Jesus's words have been true in my life—that if I give up my life for Him, I gain life, and abundant life. It matches what Paul writes about in Romans 12, where we are to offer ourselves as living sacrifices, not being conformed to the pattern of this world, and being transformed by the renewing of our minds.

I find that I, personally, have to offer myself up as a living sacrifice first, giving each day to Christ and whatever His Kingdom work is for me—even if it is uncomfortable or contradicts what I would seek to do in my day. Then, through living life that way over time, I feel it is the Holy Spirit and God who transform me by renewing my mind and my spirit.

A recent example for me would be the week of Aikido camp earlier in July. During that time, I teach six to eight hours a day of Aikido, which is a self-

defensive martial art. I try to limit my usual ministry work that week, because it is very physically and mentally exhausting.

It's not just local students—we have students who come in from Missouri and Nebraska for the camp. Teaching a broad range of body types, ages, and backgrounds in Aikido, while keeping my training high quality, takes a lot of energy. However, that week of camp ended up being a time when ministry erupted.

A good friend in one of my small group Bible studies wanted to talk about some serious things. A Missouri Aikido student who knew I lead a local ministry asked if I could meet with him one-on-one to discuss faith issues. A drifter came into our free store at 12:15 a.m. and needed assistance until about 2 a.m. I met one-on-one with an individual questioning leaving the faith. We had some meetings with a group considering starting up a prisoner recovery ministry for ex-convicts already

living in Hays, and a host of other things happened.

I found myself up until 2 a.m. most nights, and I was getting up between 6 a.m. and 7 a.m. This occurred for about five days in a row. Physically, I was progressively more exhausted as time went by, but mentally and spiritually I was actually gaining energy all week.

You see, there's something very real in my life about deep spiritual moments, when one can feel the Holy Spirit or see in a person's eyes the way that time and love are affecting them. It's tremendously life giving, more so than almost anything else I do.

The Proverb that says that those who refresh others shall also be refreshed themselves is quite real. Don't get me wrong, when my body is screaming for sleep, I sometimes consider that Proverb ironic. But when I look at it through correct, spiritual eyes (which tends to come about by offering myself as a living

sacrifice), I see the Proverb to be fully accurate. Refreshing others and living for Christ *does* bring about spiritual renewal and energy.

This isn't to say that personal disciplines have nothing to do with it, or that we shouldn't get away from time to time to the hills as Jesus did to spend time with God. Daily time where I'm quiet and listen/meditate/pray is essential to me staying grounded so I can offer myself as a living sacrifice.

Keeping a Sabbath, or some form of rest day, where I spend the day taking it slow, thanking God for all the little things and seeing His love in all of the small blessings in my day is also important.

It can be a tough balance at first. If I do these as disciplines to renew myself in my own power, they tend not to work. However, most of these disciplines are created for us to let go and listen—to surrender and offer ourselves up, not just as sacrifices, but also as beings beloved by God who get to receive His love and His peace, His rest and His renewal.

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Island of Iona provides ideal spiritual retreat



COURTESY PHOTO

The island of Iona, Scotland, is the birthplace of standing Celtic Crosses, such as this one.

Imagine being surrounded by blue waters, rugged shore line, dozens of picturesque walking paths from paved to ankle turning rough hills, towering standing crosses, deep pools, flocks of sheep and placid herds of Highland cows, an ancient Abbey where prayers have been offered to God since 540.

Imagine an island whose daily rhythm revolves around the tides as well as morning and evening worship and draws thousands of friendly pilgrims of all ages from around the world. Iona, Scotland, is all that and more. For me, Iona is an ideal spiritual retreat; mesmerizing ocean currents and waves, vibrant spiritual community, deeply rooted history, delightful conversations and openness to be as social or solitary as your soul desires.

Iona had been on my bucket list for a few decades. The island is tiny and isolated, population of about 125 with a land-mass of only about 3.5 square miles. It is part of Scotland's Inner Hebrides, a string of small windswept islands off the Northwest coast, with Iona just off the rustic island of Mull.

Getting to Iona is its own pilgrimage with at least two ferry rides from Oban and almost two hours of adventurous drive across Mull's narrow single track roads.

Since the early 600's, communities of Christians went out from Iona to share the gospel throughout what is now England and Scotland. Life in community was central to their Trinity-formed belief. Their rule for sharing faith with those they encountered was first to learn the native language and traditions. They would work alongside the local communities and aid in any way that they could. If asked why, they would respond that they were simply following in the way of Jesus their Lord and Brother, who commanded them to love strangers as neighbors as they loved God with their whole heart, mind, soul and strength.

In and around our group study, my group explored the island and its rich history as a place of prayer and pilgrimage. Iona was founded in 540 by St. Columba, an Irish monk who came to the isolated location in a tiny round boat with a small group of brother monks.

Iona is the birthplace of the iconic standing

Celtic Crosses as well as the Book of Kells, a richly illuminated Gospel currently on display at Trinity College, Dublin. Dozens of Celtic kings and royals are buried on Iona. Each step carries the reminder that most of the time we are only aware of a brief glimpse in God's time

The international Iona Abbey community revolves around prayer and action as laid out in Micah 6:8 "What does the Lord require of you but to love mercy, act justly and walk humbly with your God?" Daily themed worship with the Iona Abbey Community offered a thoughtful variety of creatively crafted liturgy and glorious music, silent contemplation and opportunities for action and transformation. One service led by youth from inner city Glasgow focused on social justice and the impact of their faith on the well-being of their community.

I learned that for many this trip was their

first experience outside the city of their birth. The faces and stories of those young people and their commitment to be a force for good

and for God in their neighborhood continue to be an inspiration.

In the spring of 2017, I was blessed by a renewing weeklong retreat at Bishop's House, a Scottish Episcopal retreat center on Iona with my friend Julie, a Church of Scotland minister, and 24 women in ministry from around the world.

We began each morning with worship and Eucharist and ended our day with sung evening prayer. At each service we were joined by island residents and travelers from around the world. I will always remember the holy peace of a candlelit service singing in glorious harmony and multiple languages with pilgrims from many lands. "Amazing Grace" was one of the surprisingly few hymns well known across faith traditions.

When I need a break from the stress of life, I often put myself back on Iona, fully at peace in the holy stillness of one of the many chapels, or watching the timeless play of light over ocean currents. Like pilgrims for centuries before, I gladly left a piece of my heart on Iona. I carry the blessing of its holy peace and a renewed commitment to engaged discipleship for the sake of the world God made and loves still.



The Rev. Celeste Lasich

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Linn Ann Huntington

The Rev. Mike Rose is shown in the chapel at Hays First United Methodist Church, 305. W. Seventh.

Q & A Vice president of EMCA

as told to
Linn Ann
Huntington

Editor's Note: This is part of a series titled, "Get to Know the Officers in the Ellis County Ministerial Alliance (ECMA)." In this article we meet ECMA's new vice president, the Rev. Mike Rose. He is the senior pastor at Hays First United Methodist Church, 305 W. Seventh.

Where were you born and raised?

I was born in Tucson, Ariz., and raised in Dodge City.

Please tell us a little about your childhood.

My father, Don, grew up in Lewis, and my mother, Evelyn, grew up in Kinsley. They were

high school sweethearts and married after my dad joined the Air Force and Mom graduated high school. She was a homemaker until after my dad retired.

Dad was stationed at Davis-Monthan AFB in Tucson, but grew weary of being away from his family. After four years of service, he was honorably discharged and became an air traffic controller for the FAA. I was 2. We left Tucson, and moved initially to Tucumcari, N.M., before moving to Dodge City when I was 5.

My brother John is two years older than me, and my brother Tim is seven years younger than me.

We had a lot of extended family in Dodge, Kinsley, Hutchinson, and Wichita. (My dad had seven sisters and brothers; my mom had three sisters. I have lots of cousins, and we had a great time at family gatherings.) I remember hunting and fishing trips with my dad, brothers, uncles, and cousins. Growing up in Dodge City was pretty awesome. We had a "Leave It to Beaver" kind of home, and I had plenty of friends in the neighborhood. We had a pretty free and easy life.

I attended Northwest Elementary School through the sixth grade and then Dodge City Junior High, followed by Dodge City Senior High. I was very athletic, enjoying baseball, football, basketball and track during my junior high and senior high years. My dream was to play professional baseball or football, depending on the season. However, a debilitating knee injury changed that during a football game against Great Bend.

I grew up in the Methodist Church in Dodge City (until it became the United Methodist Church in 1968). About the age of 10, I remember watching from my bicycle the big, new church being built not far from where we lived after it moved from the downtown Dodge City location. I was active in the United Methodist Youth Fellowship at church and was its president for two years.

How long have you been married? 43 years

Please tell us a little about your wife, children and grandchildren.

My wife, Theresa, is an awesome person. She grew up in Spearville and has six brothers and sisters. Theresa is amazingly smart and talented. She is an excellent mother to our five children and grandmother to our four grandchildren. She and I were foster parents to about 40 children over a 10-year period. Our two youngest children are former foster kids we adopted.

Our oldest son, Mike, is director of technology for Smoky Valley Schools in Lindsborg. His wife, Jenica, is a virtual school administrator for Smoky Valley and a track coach. Their daughter (our oldest granddaughter) Allison is a junior at Avila University in Kansas City. Their daughter Abby is a freshman at Smoky Valley High School.

Our oldest daughter, Marilee Rutherford, and her husband Karl are starting a microbrewery in Chicago. They have no children.

Our middle son, Robert, lives in Reno County north of Haven and south of Buhler. His wife, Lindsey, is a virtual school-teacher for the Elkhart School District. Their daughter (our youngest granddaughter) Kayla is a fourth grader. Their son (our grandson) Devon is a second grader.

Our youngest daughter, Paige, is a waitress in Dallas.

Our youngest son, Benjamin, graduated this year from Hays High School, lives at home with Theresa and me, and hopes to find a job soon.

How long have you lived in Ellis County? Three years.

Please list your hobbies and interests outside of work.

Watching my grandchildren play music and sports, family events and activities, canoeing and whitewater rafting, fishing, reading, Kansas City Royals and Chiefs fan (long suffering!), and Fort Hays State University sports fan.

Academic Information:

Associates Degree, Hutchinson Community College.



COURTESY PHOTO

The Rev. Mike Rose, far right, and his family are seen white water rafting down the Brown River Canyon on the Arkansas River in Colorado.

Bachelor's Degree in Religion, Southwestern College in Winfield.

Master of Divinity, Phillips Theological Seminary, Tulsa, Okla.

Career Information:

Please list your current job title. Senior Pastor, Hays First United Methodist Church.

How long have you served in this position? Three years.

What aspect of your work do you enjoy the most? Preaching and teaching.

What aspect of your work do you find the most challenging? The paperwork! I much prefer the "people work."

Please list previous ministry positions held, where, and length of time.

Church Development, new church start. Founding pastor of the Buhler United Methodist Church, 1995-2000.

Chaplain, United Methodist Youthville, Newton campus-1999-2001. I was appointed as chaplain for a resident facility for teenagers in need of therapeutic care.

Derby Community Family Services Pastoral Director-2001- 2006. I provided administrative leadership and vision in the areas of food distribution, rent and utility assistance for those in need in Derby, KS, and the Oaklawn area of Wichita.

Church Development, revitalization. I was appointed to University United Methodist Church in Salina in 2006 to help revitalize the local church where I served for nine years.

Chaplain, Kansas Wesleyan University- Salina, 2010 to 2015

Please describe when/how you received the call to go into the ministry.

I was 14, and my brother John was 16. He had decided to

go into pastoral ministry. Everyone was excited for him . . . except me. I thought he was crazy. It was a Saturday afternoon, and we were rehearsing for the upcoming Student Sunday in our home church in Dodge City, and he'd been invited to preach. I thought he was nuts. Why would anyone want to be a pastor?

I was invited to read the scripture for Sunday. As I was waiting by the sanctuary lectern for my turn to read, the Rev. John Hastings (who was a former pastor here at Hays First United Methodist Church) came up to me and said, "I'm so excited that your brother is going to become a pastor!"

As soon as he said that, a commotion broke out across the sanctuary, and he left to settle things down. But just as he turned around to leave, I heard someone behind me say, "What your brother wishes to become he will not. And what you do not wish to become, you will." I looked around to see who had said that, and there was no one there.

"Yep," I remember thinking, "There's no way I'll ever become a pastor. I'm going to be a professional baseball player. Catch me if you can, Lord!"

I set up a good number of roadblocks and lived a life that often wasn't consistent with that of a United Methodist pastor, but, through it all, God never left me. And 24 years later, I answered God's call. Here I am today, never happier. It's been quite a journey, but I guess you could say God knows what he's doing. And what about my brother, John? He went to the University of Kansas, became a petroleum engineer, and retired at age 49.

What was the most unusual job you had before you became a minister?

After my senior year of high school, I worked for a paint contractor who took on unusual jobs. Now isn't the first time I've worked in Hays, because one of the things we painted way back then was the red and white striped roofs of the Kentucky Fried Chicken restaurants.

It was the summer of 1974, and we were painting the exterior of the KFC on Vine. My job was to get on the roof with a high-pressure steam hose and steam off the grease from the roof, so we could prime it and paint it.

It was early in the morning, and, after hooking up a safety harness, I gingerly went up on the red and white tin roof to give it a good steam cleaning. I remember shooting that hot steamy water right above me one minute, and the next minute being upside down spinning around and around between the eaves and ground. Thank God for safety harnesses! That experience may have contributed to my fear of heights, but not of fried chicken.

ECMA Information:

Current ECMA position held and for how long? Vice president, just began in June.

How long have you been involved in ECMA? Three years.

Why do you believe ECMA is important to our community?

As Christians, we are better able to be the Church in the community and world beyond when we work together.

Contact Information: (785) 625-3408, church; e-mail: mrose@greatplainsumc.org or mikeroose994@gmail.com.

Spiritual retreats offer varied lodging, activities

By Linn Ann Huntington
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Editor's Note: Where in Kansas may individuals and families go for spiritual renewal? The following article spotlights several Christian camps and retreat centers, all located within a short drive of Hays. While the following article is not a comprehensive listing, it does provide a look at facilities recommended by members of the Ellis County Ministerial Alliance, as well as the types of services and recreation opportunities offered.

Capuchin Center for Spiritual Life 900 Cathedral Ave., Victoria, KS 67671

The Spiritual Life Center is located in the same building that houses the Capuchin Friary in Victoria, but the two are completely separate entities, said Diane Crawford, the center's coordinator.

The center has 58 beds, a dining hall, TV room, library, conference room with media capabilities, and chapel. Handicapped accessible accommodations are available.

Wi-fi is available. "Individuals also have access to the cathedral," Crawford said, and she can set up individual meetings with a priest, if desired.

Crawford said the maximum time individuals or families may stay depends on what groups are scheduled and when. One does not have to be Catholic to utilize the center.

Reservations are required. Crawford said the busiest times of year, when various groups schedule weekend retreats, are August through March. She currently has reservations into 2019. Weekdays during the summer are the least busy times.

Cost per night with three meals included is \$60. If individuals don't want the meal service, the cost is \$48 per night.

Reservations and more information are available by contacting Crawford at the center at (785) 735-9393 or at cclsl@ruraltel.net.

The Shepherd's Staff Conference/Retreat Center

240 Main St., P.O. Box 70, Rexford, KS 67753

The Shepherd's Staff describes itself as "a spiritual oasis on the Plains." It offers overnight accommodations for individuals, families, and groups of up to 120 people. Lodging varies from a western-style bunkhouse with kitchen and dining areas, to a Victorian-style bed and breakfast, to a 14-room hotel, to cottages, to an RV park.

Its main center features a dining room, chapel, gift shop, and conference center complete with media resources. Wi-fi is available. A new restaurant, the Whistlestop Café, will be opening within a few weeks, said Joan Dingwerth, the facility's director and founder.

Prices for the boarding house and bed and breakfast



Linn Ann Huntington

Visitors to the Capuchin Center for Spiritual Life are welcome to worship in the chapel.

range from \$75 to \$85 per night. Reservations are required, usually one to two days in advance, she said. The facility is not handicapped accessible.

Activities include a low ropes course, trap shooting area, paintball park and various table games. Throughout the year, The Shepherd's Staff offers a creative arts camp, pheasant hunting, scrap booking retreats, and youth events.

Reservations and more information are available at (888) 687-2565, office@shepherdstaff.org, or www.shepherdstaff.org,

Webster Conference Center 2601 N. Ohio, Salina, KS 67401

Situated on 225 acres, Webster Conference Center prides itself on offering opportunities for individuals, families or groups "to get away from it all . . . and enjoy God's wonderful world."

The center features dining facilities, a chapel, meeting rooms, and sleeping accommodations for up to 450 people. Lodging options range from a dormitory, to a lodge, to a six-room motel. The facility is handicapped accessible.

Recreational opportunities include a 10-acre lake

with dock, a sandy beach with lake swimming, a five-acre lake with canoes and paddle boats, nature trails, low and high challenge course elements, disc golf, a swimming pool, open fields for football and other outdoor games, lighted sand-volleyball and basketball courts, and archery and target ranges.

Dorm prices are \$26 per night per person; motel rates are \$67 per night. This does not include meals, but meals are available for purchase, said Sarah Jaster, office manager.

Reservations are required, and Jaster recommends those be made two weeks in advance. From the last week of May to the first week of August, the center is booked solid weekdays with summer camp groups. But individuals and families could still visit on weekends, she said. Less busy times of the year are fall, winter and spring.

Reservations and more information are available at (785) 827-6565 or at www.webstercc.org.

Camp Tomah Shinga

7821 E. Lyons Creek Road, Junction City, KS 66441

Located on 840 acres in the Flint Hills, Camp Tomah Shinga has one of the region's most diverse landscapes, encompassing river bottoms, dry stream

beds that wind through oak and black walnut groves, stands of cedars dotting the property, and native tall grass prairie.

The camp features cabins and a lodge with kitchen and dining hall that can accommodate up to 60 people overnight. Wi-fi is available. Rooms can accommodate those in wheelchairs.

Reservations are required and are recommended at least one month in advance, said Jacob Spilker, the camp's associate director. "Fall and spring are our busiest times," he said.

Guests are invited to worship at one of the outdoor sites or in the chapel. Individuals, families or groups are welcome "to stay for the day, overnight or for as long as they like."

Overnight guest rates are \$25 per person. Meals are \$7 for breakfast, \$9 for lunch, and \$11 for dinner per person, Spilker said.

Recreational opportunities feature hiking and jogging trails, canoes, archery, slingshots, a swimming pool, and both low and high ropes courses. A three-day, two-night outdoor camping program is also offered for families, and includes many of the above activities.

More information and reservations are available at (785) 238-3654, tomahshinga@gmail.com, and www.tomahshinga.com.

tomahshinga.com.

Lakeview Christian Camp

1380 10 Road, Stockton, KS 67669

"Lakeview is a peaceful, serene, and quiet place where you can choose to unplug and get away - or you can hook up to our wi-fi and stay connected," its website states.

Lakeview's lodge sleeps 32 people. In addition, there are six cabins that will sleep up to 20 people each. The camp also features a dining hall and chapel. The camp is handicapped accessible.

Recreational opportunities feature a swimming pool, Octoball (similar to dodge ball), tether ball, carpet ball tables, disc golf, a playground, an inflatable water slide, and a basketball court. A 36-foot climbing tower leads to a 700-foot zip line.

Reservations are required. Brian Barr, the camp's executive director, recommends a couple of months in advance for groups. Cost is \$15 per night per person, or \$25 per night with three meals. There is an additional charge of \$150 per group for two hours' use of the climbing tower.

Lakeside welcomes hunters. More information and reservations are available at (785) 425-8558 or www.lakeviewchristiancamp.org.



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 7:00 AM

Reconciliation: Saturday at 4:00 PM

Immaculate Heart of Mary Church



1805 Vine Street - Hays, Kansas

Fr. Barry Brinkman, Pastor

Parish Office: 785-685-7339

Website: www.ihm-church.com

Weekend Mass Schedule:

Saturday 5 PM - Sunday 8 AM - 10 AM - 6 PM

Sunday Spanish Mass - 12 PM

Weekday Mass Schedule:

MWF 6:45 AM - TTh 8 AM Tuesday Spanish 6:30 PM

Reconciliation: Saturday 4 PM and Thursday 5 PM

News, from 2

Hines is also a filmmaker and is featured in a full-length documentary produced this year titled, "Suicide, the Ripple Effect." He recently appeared on "The Today Show" and BuzzFeed.

Hines' presentation is sponsored by High Plains Mental Health Center and Heartland Community Foundation, with support from Hays USD 489, Fort Hays State University's Kelly Center, NAMI Hays, The Center for Life Experiences, and Breathe Coffee House.

Walt Hill, executive director of High Plains, states in a news release, "Suicide prevention is a critically important topic, and these are the kinds of conversations our communities need to begin having. Kevin will address this difficult subject in a ways that sheds light on the struggles of mental illness, but also brings hope to those who need it. We believe his story will benefit people in all walks of life."

According to the news release, "Kansas' suicide rate is up 45 percent since 1999—one of the highest increases nationwide. Rural Kansas has been particularly affected, with the least populated counties having the highest rates of suicide deaths in 2016. Data indicates agricultural workers are particularly at risk for mental illness, perhaps partly due to high stress and economic difficulties."

High Plains, 208 E. Seventh, is a licensed community health center. It offers emergency services 24/7 to residents in 20 northwest Kansas counties. Individuals may call its toll free line at (800) 432-0333 for crisis support or to schedule an appointment.

Backpack distribution set for Aug. 2

First Call for Help will be distributing backpacks to all pre-registered families from 7 a.m. to 6 p.m. Thursday, Aug. 2, at the Hays Armory, 200 Main St.

Each year volunteers fill donated new backpacks with school supplies and hygiene bags to help students whose families reside in Ellis County and struggle financially or are going through a hardship.

Laura Shoaff, coordinator for the project, stressed the Aug. 2 distribution is only for those families who pre-registered by the July 23 deadline.

"If we have any leftover backpacks, and I'm sure we will, those will be distributed on Friday, Aug. 3, from 8 a.m. to 1 p.m. on a first come, first served basis," she said. That distribution will also be at the armory.

Shoaff said she is still in need of volunteers to help with the distribution, especially during the 7 a.m. shift. Those wishing to volunteer may call her at (785) 623-2800.

Each backpack, including supplies, averages \$55. Shoaff said First Call for Help would like to thank Delta Dental, which donated all the dental hygiene items for the backpacks, and Blue Cross Blue Shield, which donated \$1,000 for the personal hygiene items.

'Duck Derby' quacking into town Aug. 8

The "Hays Duck Derby," sponsored by Big Brothers Big Sisters of Ellis County, will take place from 5:30 to 8:30 p.m. Wednesday, Aug. 8, at the Hays Aquatic Park.



COURTESY PHOTO

Kevin Hines will speak Aug. 1 at Hays Middle School.

Prizes will be awarded to the first 10 ducks crossing the finish line in the championship race. The grand prize winner will receive a car.

Ducks are on sale at area businesses. Costs are: single duck, \$5; six ducks, \$25; 12 ducks, \$50; 25 ducks, \$100. The ducks will be divided into three heats, with the top 500 ducks in each heat competing in the championship race.

In addition, there will be a "Duck Dash" for kids 12 and younger, with colorful ducks costing \$2 each. The top 10 winners will receive prizes, and all children will get to keep their ducks.

Businesses will be able to get in on the fun in the "Western Well Regatta," featuring handmade cardboard boats. Entries will cost \$500 each, and only 24 entries will be accepted.

Throughout the evening, children's games, called "Quacktivities, will be available, and a picnic will start at 5:30 p.m.

According to its website, "Big Brothers Big Sisters of Ellis County started in 2000 to help boys and girls, most of whom are considered at-risk and living in single-parent homes, achieve their full potential through long-term personal relationships with carefully screened and caring volunteers." Each year the organization matches more than 200 children with positive role models.

More information is available at haysduckderby.net.

Library conducting clothing drive

The Hays Public Library, 1205 Main, is conducting a back-to-school "Community Threads" clothing drive through Tuesday, July 31.

Katie Meitner, who is coordinating the drive, said that on Saturday, Aug. 11, children and adults may come to the library to pick out clothes, shoes, coats and other needed items.

The free distribution will take place from 9 a.m. to 4 p.m. in the library's Schmidt Gallery. "It's come and go. People can come and take what they need," Meitner said.

The library is collecting clean, "gently used" clothing for all ages, hats, coats, gloves, shoes, robes, and jewelry. It does not want undergarments, broken jewelry, soiled or damaged items, or household goods, Meitner said.

"We really need children's clothing, all sizes and for all body types," she said.

This is the second year the library has conducted the clothing drive. Meitner said last year about 100 people participated in the distribution. "It's something we want to continue, provided we can get the donations," she said.

Singing group to perform for Hays After 5

Four alums of the former Crossroads Choir will be performing for the Hays After 5 Christian women's group in August.

"Total Praise" features Lynn Fisher, Tricia Cline, Melody Barton and Hannah Barrett. The dinner program is set from 7 to 8:30 p.m. Monday, Aug. 13, at the Rose Garden

Banquet Hall, 2250 E. Eighth St.

Also on the agenda is inspirational speaker Melanie Golightly of Lenexa. Golightly is a former high school English teacher and aerobics instructor.

She will describe growing up in a dysfunctional family and always trying to be the “good girl.” She says she failed miserably until she learned that being good was insufficient and there was a “better way.”

Cost of the program is \$12.50. Reservations are due by Thursday, Aug. 9, to (785) 202-1036 or to daisymae0917@yahoo.com. Hays After 5 is affiliated with Stonecroft Ministry of Overland Park.

FHSU picnic reservation deadline is Aug. 15

Churches and other organizations wishing to reserve a table at the Fort Hays State University Back to School Picnic are invited to do so at <https://tigerlink.fhsu.edu/submitter/form/start/178990>. The deadline to reserve a table for the picnic is noon Wednesday, Aug. 15.

The picnic will be from 4 to 6:30 p.m. Monday, Aug. 20, in the FHSU Quad.

On-campus departments and student groups pay no registration fee. Off-campus groups and individuals pay \$50. Picnic guidelines are available at <http://www.fhsu.edu/csi/picnic>.

The Center for Student Involvement said, in a written statement, “The Back to School Picnic is a great opportunity to raise awareness for . . . the services you provide.”

More information is available from the center at (785) 628-4664 or at csi@fhsu.edu.

United Way offers kids cooking contest

The United Way of Ellis County will be kicking off its 2018 fundraising campaign with a special event just for kids. Children between the ages of 6 and 12 are invited to a “Kids Cook-off to Kick-off” starting at noon, Saturday, Aug. 25, at the Downtown Hays Pavilion.

The United Way will provide the grill, charcoal, apron and the ground beef for the Kids Only BBQ Grilling Contest. All children must have an adult supervising them at all times, contest regulations stipulate.

The children will be placed into two divisions. First, second and third place awards will be given in each division, said Sherry Dryden, United Way executive director.

Registration fee is \$25. Forms are available at www.liveunited.us. Registration deadline is Saturday, Aug. 18. Participation is limited to the first 40 children who register. Full contest rules are on the website.

Imani Milele Children's Choir to perform

The Imani Milele Children's Choir will be performing in concert at 5 p.m. Sunday, Sept. 2, at CrossPoint Church, 1300 Harvest Road.

Imani Milele is a Christian organization dedicated to rescuing, educating, and improving the lives of Uganda's 5,000

orphaned children, according to its website, www.imanimilele.com.

Since 2013, the choir has held concerts in churches, schools and at festivals in various cities across the United States. The two-hour concert will feature dances, songs, African drum routines, and much more. The children will use art to narrate some of Uganda's culture and history.

The choir will also be performing a few songs at the church's 9 a.m. and 11 a.m. worship services that day, said CrossPoint Pastor Micah Sanderson.

“Imani Milele is a Swahili phrase meaning, ‘Always believe.’ This is the message we give to our children, encouraging them to never give up. Imani carries this motto with them as they perform for people across the United States. We believe that every child is special, and we are dedicated to changing the world, one child at a time, through education,” the website stated.

Messiah Lutheran plans Mission Festival Messiah Lutheran Church, 2000 Main St., will be having its first ever Mission Festival on Sunday, Sept. 9. Pastor Jacob Gaugert from the African country of Togo will be the featured speaker. Activities are being planned for all ages.

Worship service to precede inauguration

Celebration Community Church will be hosting a special worship service at 8 a.m. Friday, Sept 14, as part of the events commemorating Tisa Mason's inauguration as

Fort Hays State University's 10th president.

The church is located off I-70 at exit 157. Refreshments will be available prior to the service.

Mason's inauguration will take place beginning at 10 a.m. on campus at Gross Memorial Coliseum. A celebration on the quad will take place from 11:30 a.m. to 1 p.m. The public is invited to attend all of these events. More information about the festivities is available at www.fhsu.edu/inauguration.

“Swipe Out Hunger” event scheduled

The Global Leadership Project at Fort Hays State University is seeking 150 volunteers to “Swipe Out Hunger” from 10:30 a.m. to 12:30 p.m. Saturday, Sept. 15, at Forsyth Library.

FHSU has partnered with the firm Numana for several years. Children and adults of all ages are invited to assemble soy, beans, rice and vitamins into bags and prepare them for shipping. The goal is to prepare 30,000 meals at this event.

Students, faculty, staff and community members are encouraged to come and be part of the food-packaging event. Volunteers are asked to sign up for 90-minute shifts at www.fhsu.edu/inauguration.

This is just one of several campus events being held to commemorate the inauguration of Tisa Mason as FHSU's 10th president.

Hang in there, cool winds are on the way

Welcome to the August Bible reading plan. It is another hot month in Kansas, and a great time to stay by the a/c and read your Bible.

Our Old Testament reading will take us through the book of Job. For me, it is quite a job to read Job – just kidding. Other than the book of Revelation, it seems like this book is one of the

most diversely interpreted books in the Bible. I think it is about as difficult to read as well. Here are several tips for you to consider about the book of Job.

First, most Bible scholars agree that Job is probably not an actual narrative. That is why it is grouped with the

Old Testament books of Wisdom. The book of Job is more like a court reporter's record of a conversation between people who are trying to figure something out. If I lose this perspective when I am reading

Bible Reading Plan

Pastor Steve Dinkel

Liberty Foursquare Church
lcfc@d ruraltel.net



ing Job, I can get confused.

Secondly, the most important part of the book is where God speaks in the conversation (Chapters 38-42). These last chapters will communicate a wonderful perspective of who our God is.

Our New Testament readings will pick up in the Gospel of Matthew where John the Baptist was killed, and the ministry of

August

1.....	<input type="checkbox"/> Prov. 30	<input type="checkbox"/> Matt. 14
2.....	<input type="checkbox"/> Prov. 31	<input type="checkbox"/> Matt. 15
3.....	<input type="checkbox"/>	<input type="checkbox"/> Matt. 16
4&5.....	Weekend Review		
6.....	<input type="checkbox"/> Job 1-2	<input type="checkbox"/> Matt. 17
7.....	<input type="checkbox"/> Job 3-4	<input type="checkbox"/> Matt. 18
8.....	<input type="checkbox"/> Job 5-6	<input type="checkbox"/> Matt. 19
9.....	<input type="checkbox"/> Job 7-8	<input type="checkbox"/> Matt. 20
10.....	<input type="checkbox"/> Job 9-10	<input type="checkbox"/> Matt. 21
11&12.....	Weekend Review		
13.....	<input type="checkbox"/> Job 11-12	<input type="checkbox"/> Matt. 22
14.....	<input type="checkbox"/> Job 13-14	<input type="checkbox"/> Matt. 23
15.....	<input type="checkbox"/> Job 15-16	<input type="checkbox"/> Matt. 24
16.....	<input type="checkbox"/> Job 17-18	<input type="checkbox"/> Matt. 25
17.....	<input type="checkbox"/> Job 19-20	<input type="checkbox"/> Matt. 26
18&19.....	Weekend Review		
20.....	<input type="checkbox"/> Job 21-22	<input type="checkbox"/> Matt. 27
21.....	<input type="checkbox"/> Job 23-24	<input type="checkbox"/> Matt. 28
22.....	<input type="checkbox"/> Job 25-26	<input type="checkbox"/> Heb. 1
23.....	<input type="checkbox"/> Job 27-28	<input type="checkbox"/> Heb. 2
24.....	<input type="checkbox"/> Job 29-30	<input type="checkbox"/> Heb. 3
25&26.....	Weekend Review		
27.....	<input type="checkbox"/> Job 31-32	<input type="checkbox"/> Heb. 4
28.....	<input type="checkbox"/> Job 33-34	<input type="checkbox"/> Heb. 5
29.....	<input type="checkbox"/> Job 35-36	<input type="checkbox"/> Heb. 6
30.....	<input type="checkbox"/> Job 37-38	<input type="checkbox"/> Heb. 7
31.....	<input type="checkbox"/> Job 39-40	<input type="checkbox"/> Heb. 8

Jesus takes a turn towards the Cross. Jesus' teaching seems to intensify in these chapters, which makes for some great reading on a hot summer day.

Then we move into the book of Hebrews. This book was written to encourage Jewish believers to remain faithful

during persecution. The book of Hebrews communicates the importance of our trust (or faith) in God. It is the one thing that God requires of us--to have faith.

Enjoy August, and remember that the cool winds of September are on the way. Read on!

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fidelis@ruraltel.net
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Tuesday Service: R3 Live
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