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NEW RESIDENT churchguide

Buck Creek Bible Church

See inside back cover!

Barry Feaker to speak at 54th Annual Kansas Prayer Breakfast

This time every year, no matter the weather, about a thousand people show up for a very early breakfast at the Ramada Inn in downtown Topeka. The occasion is the annual Kansas Prayer Breakfast, sponsored by Topeka



Fellowship, Inc. Statewide leaders in government, business, education and industry will be on hand as usual as the program begins at about 6:45 a.m. on Wednesday, March 18th, for the 54th celebration of the annual event. As several buffet lines open for serving at 6:00 a.m., the banquet hall will be filled with

■ Please see **FEAKER** page 2

"WOLVES CAN'T FLY"
KC Wolf shares lessons learned through accident, recovery
by **Dwight Widaman**

Before the Apostle Paul could write a substantial portion of the New Testament, God had to get his attention in a dramatic way on the road to Damascus. And although writing a book had been on Dan Meers' bucket list for some time, a life-changing experience was the catalyst for his new book. "Wolves Can't Fly" is the story of his 25 years as KC Wolf, the mascot of the Kansas City Chiefs,

and the accident that nearly ended his career. "I never in my wildest dreams thought I would write a book," Meers said. "I was too busy working and raising three active kids. I never thought about it until I got hurt. Then I decided that if I was ever going to do it, this was the time. I realized I had an opportunity to share not only about being a mascot but about how faithful God is." The first 5,000 copies of "Wolves Can't Fly"

■ Please see **WOLVES** page 17

City Manager to speak at C5 Christian Chamber luncheon

City Manager Jim Colson will be the featured speaker at the C5-Alive "POWER" Luncheon February 12, from 11:30am-1pm, at Aldersgate Village.

While speaking at a Topeka Independent Business Association luncheon last month, Colson revealed his time in seminary and as a minister before he became an economic development consultant.

He talked about the Christian principles he lives by, and added that spirituality is "the most important part" of his life, and he considers his city employment as a way to serve.

"I'm not in this for me," he said.



The Capital City Christian Chamber of Commerce sponsors a Luncheon every month, and they are open to the public. The cost is \$10 for C5 members and first-time guests, and others pay \$15. RSVPs and inquiries can be sent to info@C5Alive.org.

Second Annual Easter Parade is April 4th
FUN FAIR IN THE PARK IS BACK TOO

The Topeka Easter Parade & Family Fun Fair will be back for the second consecutive year on Saturday, April 4, 2015. Last Year's event was attended by over a thousand people who made their way to Gage Park to watch the



parade, visit the Fun Fair, listen to live music and partake of the other attractions the park has to offer.

Dozens of churches, businesses and non-profit organizations took part in the parade, and dozens more set up vendor booths and kids games in the park as part of the family fun fair. There were lots of

floats and all shapes and sizes of other vehicles, as well as walking entries such as schools, military groups, and more. The event is coordinated by the Capital City Christian Chamber of Commerce (C5).

"We had a great response and a great turnout for our first Easter Parade and

■ Please see **EASTER PARADE** page 4

Salvation Army Offering Free Student Improvement Program

In an effort to provide a safe environment for children, the Salvation Army has kicked off a new student improvement program and they are offering it free to children grades K-12.

With an educational impact and attention to proper nutrition, The Salvation Army is providing tutoring, arts, crafts, music, drama, recreation and supper from 3:30 – 6:30 p.m. every Monday-Friday during the school year. Free transportation is also being provided from Scott Dual Language Magnet Elementary, Ross Elementary

and State Street Elementary schools.

The new student improvement program, called SPARK, stands for Supporting, emPowering And Reaching Kids. The focus is on tutoring in reading and math skills, the Search Institute's 40 Developmental Assets, integration of the Arts, and, in partnership with RAGE Sports Organization, team sports. Children will be fed a nutritious supper nightly thanks to funding provided by the Topeka Active 20-30 Club. Funding for the SPARK program is provided

through the Christmas Red Kettle Campaign and the generosity of donors.

For enrollment or more information parents can contact Shawn Sutter, Sr, youth and outreach ministry director at 785-233-9648 ext. 314.

Donations to SPARK or other Salvation Army programs can be made online at DonateTopeka.com, by calling 1-800-SAL-ARMY, in person at 1320 SE 6th Ave., or by mail at Salvation Army, PO Box 599, Topeka KS 66601.

FEAKER

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Kansans from all walks of life.

This year's featured speaker will be Barry Feaker, who will join a long list of distinguished state-wide and nationally known leaders who have shared their vision and wisdom at past Prayer Breakfasts. Feaker is Executive Director of Topeka Rescue Mission and a lifelong Topeka resident. After graduating from Topeka West High School, he attended Coffeyville Community College and Kansas State University before graduating from Washburn University, where he also received an honorary doctorate degree for public service.

Feaker has also served for seven years as the President of the Topeka/Shawnee County Safe Streets Coalition to help Topeka become one of the Safest Capital Cities in America. He has also been involved in various local and state organizations and initiatives including the Association of Gospel Rescue Missions, Topeka City of Character, Shawnee County Department of Corrections Public Relations Board, Topeka/Shawnee County Heartland Vision Steering Committee, Topeka/Shawnee County

Homeless Task Force, Prevention and Recovery Service Board, and Washburn University School of Nursing Advisory Committee.

Since 1986, Feaker has directed his attention toward the homeless and impoverished of the Topeka area in his position as Executive Director of the Topeka Rescue Mission. During this time he has continued to broaden public awareness of the needs of the poor and homeless in the community while providing continual oversight for the daily operations of the Mission.

Feaker has been successful in expanding the Topeka Rescue Mission from approximately 50 beds when he first began, to 286 beds for homeless men, women and children currently. In 1990-1991, he directed the Mission to the completion of a \$1.8 million shelter for the homeless. In 1999-2000, he again directed a \$2 million building project, resulting in a new, two-story shelter for homeless women and families. Both projects were completed without the aid of professional fundraisers or government funds. Currently, he is overseeing a \$12 million expansion project to create additional shelter space for women, children and families. This expansion will also expand dining capacity for the hungry, provide

educational space for adults and children, and include a new medical clinic.

The Mission currently houses the following ministries: a homeless shelter for men; a homeless shelter for women and families; a long-term shelter program (Servants in Training); a kitchen which provides meals to guests as well as individuals from the community; a Distribution Center which provides food, clothing, furniture and household items to people in need; an outreach program targeted at reaching individuals who are unsheltered and homeless (Operation Street Reach); programs which establish community collaborations for health, mental health and educational opportunities for homeless individuals; and a Thrift Store.

Newer Topeka Rescue Mission initiatives include: NET Reach (Neighborhood Empowerment and Transformation) which was developed to strengthen impoverished neighborhoods with the goal of helping to bring empowerment and transformation by addressing the issues of homelessness, hunger, poverty, community health and safety; and the Doxazo Missions Training Institute (currently under development) to help individuals and families gain necessary tools for missionary training locally, nationally and internationally.

In calendar year 2013, the Mission sheltered 2,032 unduplicated individuals including 1,088 men, 576 women, and 368 children. The Mission also provided 538,296 meals to homeless and hungry individuals in Topeka and assisted 7,682 households in obtaining furniture, appliances and other household items. In addition, there were 1,648 occurrences of medical help which took place.

Feaker is married and has two grown daughters and one grandson. He recently released his first book, "In Darkness, a Light Still Shines," sharing stories of hope based on his experiences at the Mission.

In addition to Feaker, the audience will hear from a wide array of Kansas leaders, as always. Festivities will wrap up by 8 a.m., just in time for most folks to get to work on time.

The Kansas Prayer Breakfast is held in March each year, and is patterned after the National Prayer Breakfast, which began in 1953 in Washington, D.C., under the leadership of Kansas Senator Frank Carlson and President Dwight Eisenhower. The Kansas version began in 1962 with the aid and encouragement of Governor John Anderson. Carlson was the first keynote speaker.

Tickets for the breakfast are \$18.00 per person or \$180.00 for a reserved table of ten. For reservations call 234-6204 or email francisbartley@cox.net. More information can be found at kansasprayerbreakfast.net.

Life Lessons From a Little One

BELIEVE IN THE IMPOSSIBLE

by Jessica S. Hosman

It was three days before my son's fourth birthday and he was convinced he'd be able to play outside in the snow when the day arrived. While this may have been characteristic in year's past, this year was different. Instead, an unseasonably warm day of sunshine and near 60-degree temps were forecasted. While the majority of Kansans were happy about this, Zechariah was depressed. His heart was set on snow... and specifically a pile of snow that he could play in. I apologized to my son that this wouldn't occur and told him it would be a miracle if he had snow on his special day. Without hesitation, he responded confidently, "Then I will ask Jesus for a miracle and He will give me snow." And that's exactly what my son did. For three days straight, he prayed and didn't just ask, but thanked Jesus in advance for giving him a miracle.

As the day before his birthday approached, Zechariah continued to speak with eager anticipation of the miracle Jesus was going to give him. I looked at the forecast and my heart felt heavy. I knew it would be impossible for it to snow and I wasn't quite sure how I would explain it to my son without crushing his faith. I smiled at the thought of the Lord coming through and shifting the weather patterns, but my intellect quickly dismissed the possibility.

The big day came. Zechariah awoke with expectancy. He looked outside and saw the sunshine but wasn't swayed. "Jesus is going to give me my miracle!" he said. I tried to gently dissuade him but his mind was fixed. As we drove to a nearby town to celebrate, he surveyed the passing fields from his window and confidently

commented from the backseat, "Well, it hasn't snowed yet... but Jesus is still going to give me my miracle." There was no talking him out of it.

We arrived at our destination and, since it was so warm outside, decided to park a couple of blocks away so we could enjoy a short walk. As we rounded a bend, I froze in shock. There in front of us stood not one, but two piles of snow. With eyes wide and a smile even wider, Zechariah began jumping up and down exclaiming, "My miracle! Jesus gave me my miracle!"



He climbed, marched around, and gleefully slid down the snow piles relishing every bit of his gift from the Lord.

I watched in awe and pondered how my grown-up intellect had so effortlessly discounted the possibility that my son would receive his heart's desire that day. Yet, my son's deeper intellect revealed the simplicity of the Gospel once more. "If you believe, you will receive anything you ask for in prayer." (Matthew 21:22) There was no shadow of doubt in my son's mind. To him, it was a no-brainer: he desired snow, he asked Jesus for snow, so of course he would receive snow... even if Mommy tried to tell him otherwise.

We are all God's children. He doesn't love my Zechariah any more than the rest of us. But I do believe He is pleased with his faith and desirous that we would mirror the same. God didn't tell us to believe only if it makes rational sense. He told us to believe... even in the realm of impossibility... maybe even especially in the realm of impossibility. For its then that the true miracles in life really can take place.



Jessica Hosman

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Brownback endorses groundbreaking legislation at March for Life Rally



Pro-life Gov. Sam Brownback, with a backdrop of 40 pro-life legislators at Kansans for Life's annual Rally for Life January 22nd, said he was anxious to sign the newly proposed Unborn Child Protection from Dismemberment Abortion Act.

Approximately 1,500 rally attendees welcomed the news, having marched one half mile together to the Capitol in Topeka with a variety of pro-life posters and banners, including the newest sign, 'Stop dismembering unborn babies.' The local march and rally was held in conjunction with the national March For Life in Washington, D.C. to commemorate and protest the 42nd anniversary of Roe v. Wade, the U.S. Supreme Court decision that legalized

abortion.

The crowd was dominated by students, some local, but most bused in from Hays, Dodge City, Great Bend, Wichita, Leavenworth, Pittsburg, and Kansas City.

State Sen. Garrett Love, R-Montezuma, addressed the Rally as lead sponsor of the new bill to ban dismemberment. Sen. Love told attendees, "Protecting the most defenseless among us has always been a passion for me, and dismemberment is a particularly gruesome type of abortion."

Dismemberment abortions are the standard method of abortion between 13-22 weeks gestation in Kansas. 578 such abortions were recorded as performed in this state in 2013.

Chaplain's Corner

Uncommon Prayers



Fred S. Hollomon
Chaplain Emeritus
Kansas Senate

Prayers like this may be found in my Book of Uncommon Prayers at Book Boutique at the Library, Wolfe's Camera Shop, the State Capital, and my Web site, fsh-kschap.org

Heavenly Father,

We hear a lot about spending lids and tax lids, help us to be receptive to some lids which only You can impose.

Put a lid on sorrow
And a lid on tears;
A lid on ignorance
And a lid on fears.

Put a lid on hunger
And a lid on need;
A lid on suffering
And a lid on greed.

Put a lid on corruption
And a lid on hate;
And a lid on gossip
Would be just great!

Put a lid on prejudice
As tight as can be;
And when I talk to much,
Put a lid on me.

I would like to close this prayer with gratitude; there is no lid on Your mercy.

**I Pray in the Name of Jesus Christ
AMEN**

Home Office, Executive Suite or Virtual Office - What's Best For You?

To be successful at starting or operating a small business, entrepreneurs must figure out how to think and operate like a successful business. A key part of operating a successful business is the choice of where they set up their business address. What kind of office do they need? What services are available? How easily accessible is the location to customers?

Many of Topeka's smartest entrepreneurs are choosing full-service office suites rather than a traditional lease arrangement. Rather than "four walls and a door," these efficient offices can include professional mail service, internet, reception area and more, plus access to a shared copier, printer, fax, conference room and other amenities. Some offer a full-time receptionist and a complete phone system.

The newest full service office suites in Topeka are at College Park Office Suites, located at 2611 SW 17th St. Owner Will Nicklin, who also owns Riverside Marketing, says these low-cost office suites provide everything that many small business owners need to operate a business - including a locked office with 24/7 access, free wi-fi, and a professional mailing address, as well as shared access to a conference room, reception area, copy center, restrooms and kitchenette. There is also a seminar room under construction that will seat up to fifty.

WHAT IS A VIRTUAL OFFICE?

Officing at home can be convenient for those operating on a shoestring or with small children who can't be left alone. This can be costly to your business in the long run, however, when your children answer your business phone or make noise when you are on the phone with clients. And don't be surprised when an unhappy customer shows up at the front door of your "business address" with a complaint. But with no real office to meet clients in, where else would they go? Your home-based business could be presenting a very unprofessional and amateurish image.

Perhaps the best answer for those who opt for a home office, then, is to consider "virtual officing" at a place like College Park Office Suites. A "virtual" office gives you everything but the "office" - a professional business mailing address (not just a PO Box), a reception area and conference room for meeting with clients, wi-fi service, and access to office equipment such as copier/printer and fax. If needed, there is also a kitchenette and restrooms. Just because you become a home-based business doesn't

mean you need to lose out on the resources of a fully-equipped office. You can still work from your office at home, but also have all the amenities that go with a professional office when you need it.

Kevin Doel, owner of Talon360 Marketing & Public Relations and Account Executive with Topeka Health & Wellness Magazine, founded the concept of virtual officing in Topeka back in 2006. Doel is now a client of College Park Office Suites and appreciates the convenience and service the business offers.

"It was important for us to have a

professional office arrangement in Topeka to help the new magazine be a success," Doel says. "I can also use the

facilities to meet clients for my other ventures and I never have to

worry about missing a package. And a real business address looks much more professional than a PO Box."

Doel's experience with virtual offices is put to good use at College Park Office Suites - he is helping market and set up clients with virtual offices there. To learn more about what a virtual office can do for you, call Doel at 785-554-5336.



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WHAT'S BECOME OF CHRISTIAN HOSPITALITY?

by **Bob Carpenter**

HOLT, Mich. (BP) — I wish I could remember the name of the brother who greeted me and my family when we worshipped with Shadow Hills Church in Las Vegas.

Many years later, I keenly remember the warm, enthusiastic way he took us under his care to find the worship center, receive bulletins and meet a few others before the musicians signaled the beginning of the service. Most surprising was his enthusiastic offer, "Can you join my family for dinner after worship?"

I am certain it was apparent that we were just tourists and a family already practicing the faith, yet he still gave us the best welcome I have ever received from a church. I think of him often. He lived Christian hospitality.

Here's the question: "What's become of Christian hospitality?" Before you dismiss the question with the usual, "Times have changed," "We're all too busy," "We've become impersonal," or "It's not safe to bring strangers into your home," consider that hospitality is a command from God's Word:

Romans 12:13b — "... practicing hospitality ..."

Hebrews 13:2a — "Do not neglect to show hospitality to strangers ..."

1 Peter 4:9 — "Be hospitable to one another without complaint."

The word translated "hospitable" or "hospitality" comes from two words which together mean "love of a guest/stranger." Hospitality is one of the commands we inherited from the Jewish roots of our faith and had very practical applications in the early church — as well as God's church today.

The reasons (excuses?) we cite for not being hospitable might apply in random instances but they do not explain the wholesale neglect of hospitality that often marks contemporary church life. That neglect weakens God's church as we lose the warmth and vitality that follows obeying our Lord and the natural connections believers find in "showing love" to one another in our homes.

Hospitality imprints an authenticity on our faith that ministers to those outside the Kingdom. Longtime Colorado



pastor Alexander Strauch, in his book "The Hospitality Commands," writes, "We need a fresh vision of hospitality's potential for strengthening our churches and for reaching our neighbors and friends with the gospel."

There is great synergy with the two rewards Strauch notes regarding biblical hospitality. Hospitality to fellow believers fosters a depth of love in the church that is inviting to lost people. Hospitality to "strangers" is a disarming tool for sharing the Gospel. Together they are powerful in God's purpose to use churches to save sinners.

What to do? Organize a church-wide event in which we open our homes to one another; with a little coordinating, we can foster invitations between believers who do not yet know each other. For a personal approach, set aside one Sunday a

month for inviting a family from church or a Sunday morning guest (or one each!) to share dinner with you after worship. Ask your pastor to suggest some new people you might host for a snack or meal. Invite a few folks for an impromptu ice cream sundae after Sunday evening worship.

The late expository preacher Stephen F. Olford once wrote, "No one can ever predict what eternal reward will be awaiting us for Christian hospitality. But even now there is a compensation in store for us. Hospitality is a thrilling adventure and brings wonderful returns."

Remember what Jesus said in a parable about inviting the stranger into your home: "Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me" (Matthew 25:40).

Do you have a five star marriage?

by **John Potter | Military Chaplain**

People want to stay at the best hotels and resorts when they travel. These hotels earn a five star rating because they consistently deliver excellent service, provide great amenities, and offer that special touch of class like little chocolates on your pillow. They go the extra mile. People instead settle for a two or three star establishment because of proximity, cost, and time. We often settle for less instead of striving for the very best.

This is also true in marriage. We can have a great relationship with quality time together, kind words toward each other, and sacrificial acts of service. But too often we settle for a mediocre marriage with little strength, support, or commitment.

How can we flip the switch?

Couples need to honestly evaluate the relationship with their spouse. Are your expectations being met? When expectations are not met, we are disappointed. Disappointment often carries with it frustration, anger, and isolation. If our reality is less than what we expected, then the reality equals a disappointed spouse. Share expectations with each other so that you are both on the same page and can work toward mutual goals.

Couples need to focus on each other. I can tell when my wife is upset, stressed

out, or angry. Most of us know that look or phrase from a spouse. There is a cue that reveals his or her inner thoughts. That is a signal to ask questions, share an encouraging word, help around the house, fix a problem, take the kids for a walk, or just listen. Don't ignore the cues and signals that your spouse sends you. Take notice. Respond and act to support each other.

Couples need time together. Husbands and wives are great at making time to discuss problems, schedule school events, and play taxi service for the kids. While this is important, couples also need to spend quality time together. They need to get away, go on a date, and make time for their one true love. Don't lose the fire and energy that brought you to the altar in the first place.

February 7-14 is National Marriage Week. Use that time to evaluate your marriage and strengthen your relationship. Check out their resource page at <http://www.nationalmarriageweekusa.org> and discover how a few simple steps can improve any marriage.

No matter where your marriage is today, you can build a stronger relationship that will last for the rest of your life. Make a five star marriage part of your life today.



EASTER PARADE

continued from page 1

Family Fun Fair," said Drew Walker, Parade Coordinator and C5 boardmember.

This year the Fun Fair will take place from 9:00 a.m. to 3:00 p.m., and the Parade itself will start at 10:30am. This year, even more churches, non-profit organizations, schools and local businesses are expected to enter floats and marching bands, etc., in the parade, as well as set up booths at the fun fair.

The Family Fun Fair will consist of activities geared toward children and fam-

ilies, as well as booths, exhibits, bands, etc., including activities such as Easter egg hunts, children's games, scavenger hunts, facepainting, and similar other activities in and around Big Gage Shelter and the Childrens Party House.

For more information, email info@C5Alive.org or call 640-6399.



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Trusting God for our finances



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Changing economic conditions exemplify the instability of finances throughout the world. Instead of placing their trust in the Lord who promised to meet all of their needs, most Christians trust in their investments, savings, and retirement plans to ensure security and happiness - only to find their hopes dashed when financial reverses deplete their assets. Many are wasting their lives trying to achieve financial security in a volatile world.

Our heavenly Father, on the other hand, wants us to enjoy a full, abundant life free from the cares and stresses brought about by confidence in money and other material possessions. Rather than trusting in a worldly system that cannot assure our welfare or relying on our own weak capabilities to provide for our needs, He calls us to depend entirely on Him.

Permit me to suggest a plan that will help you release your faith in God and develop your trust in Him for your finances.

Recognize That God Is Worthy of Our Trust

- 1 Read Psalm 12:6. How much can we trust God?
- 2 What will happen if you make God's promises the foundation of your financial security (Proverbs 3:5-6)?
- 3 List the financial areas that are hardest for you to put into God's hands. Prayerfully dedicate them to Him.

Realize That god Wants You to Live a Full and Abundant Life

- 1 Read John 10:10. How does this promise apply to financial freedom?
- 2 Does abundant life mean having all the money or possessions you want? Why or why not?
- 3 Do you feel you have abundant life right now? If not, what is keeping you from it?

Substitute Faith for Fear

- 1 How does fear interfere with your trust in God?
- 2 Read 2 Timothy 1:7. Contrast the two kinds of spirits mentioned.
- 3 Write down the financial areas that make you fearful. Surrender these to the Lord.

Ask God to Supply Your Needs

- 1 What is the difference between needs and wants? Be specific.
- 2 Why do we lack good things? (James 4:2-3, John 15:7)
- 3 Faith requires action. According to 1 John 5:14-15, as an act of your will, ask God to supply your needs and expect Him, as an expression of your faith, to provide for your needs.

Keep Your Heart and Motives Pure

- 1 What wrong motives do we sometimes display in prayer (James 4:3)? What is the result?
- 2 Write down the wrong motives that you have. Then, confess them to God and claim the power of the Holy Spirit to help you rely on Him to supply your needs.

Take a Step of Faith

- 1 What is essential to your Christian walk (Hebrews 11:6)?
- 2 One way to enlarge your faith is to make a "faith promise" -- one that is greater than you are capable of fulfilling

according to your present income. It is not a pledge that must be paid. Rather, it is a voluntary "promise" based on your faith in God's ability to supply out of His resources what you cannot give out of your own. You give as God supplies.

3 Describe a time in which God led you to give above your means. What was the result?

4 If you have never made a faith promise, you may want to do so now after prayerfully considering various worthwhile investments you can make for God. Keep a careful record of your giving and how God supplied your needs in a special way.

Life Application

- 1 Read Luke 6:38. How does this verse apply to financial freedom?
 - 2 Suppose a new Christian confides in you that he is afraid to give God control over his checkbook. How would you advise him?
 - 3 Review the steps to trusting God for your finances. Which of these steps are weak areas in your life? Why do you find them difficult? What could you do to strengthen them?
- Prayerfully consider a faith promise God would have you make. Write out that promise.

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Was Jesus a hippie?



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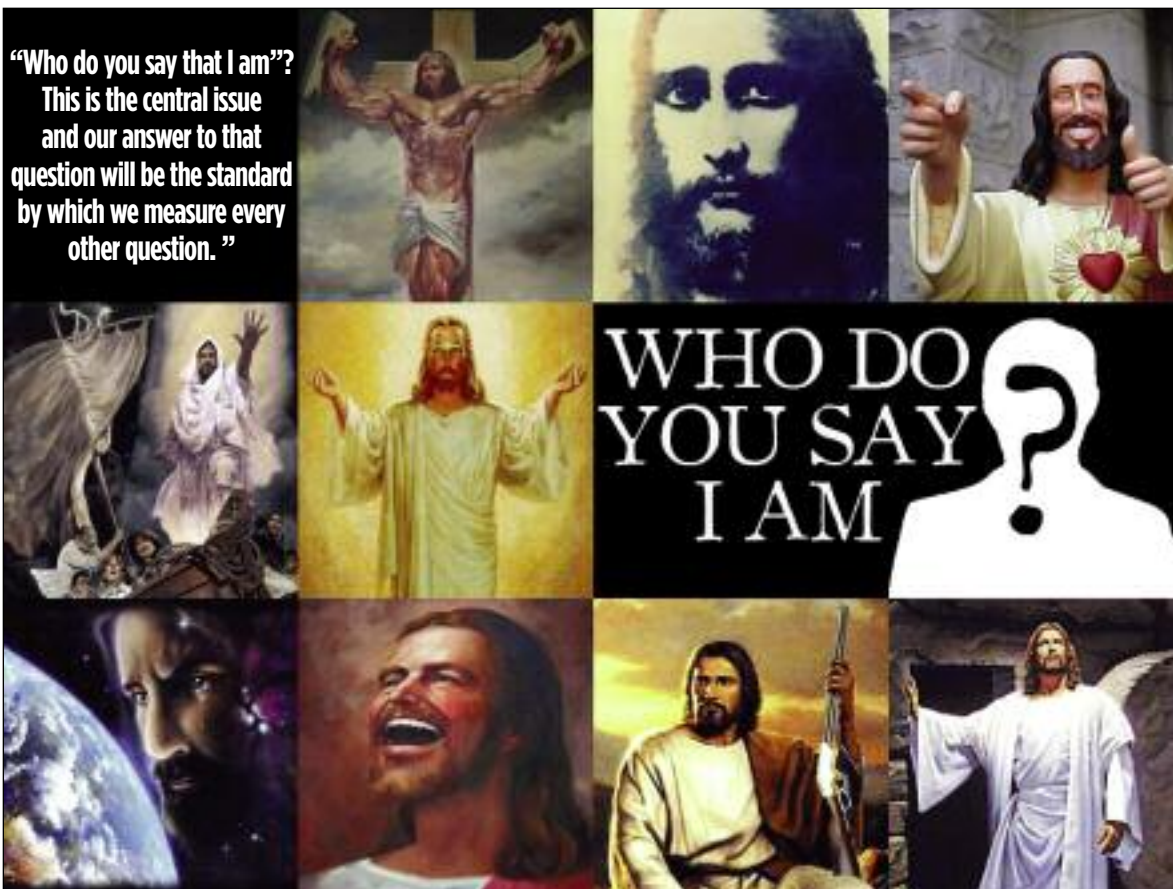
The world tries to make him who they want him to be

The question "Was Jesus a hippie pacifist?" may seem to be a thought given to frivolity, but this attempt to self-identify with the Nazarene is pervasive in many different and varying ideologies. What is it exactly which makes us want to identify with him? It seems that Jesus can be whatever we want him to be. Black Jesus? White Jesus? Hipster Jesus? Conservative Jesus? Liberal Jesus? The quandary which lies before us is this; if we make Him what we want Him to be we will diminish the man and his message. Is this what Jesus would want? This need to make Jesus what we want him to be, make him correspond to our way of seeing the world is nothing but self-aggrandizing ego-centrism. Do we want the real Jesus, or shall we remain in Jesus denial?

In order to get an accurate picture we have to be willing to look past the catch phrases and attempt to look beyond our own prejudices. We must put aside the desire to put Jesus in a modern context and try to put him in his own historical/cultural context. Statements like "Jesus was not an American" or "Jesus did not speak English" are very odd. One has to wonder with regard to the motive of these statements because any cultural milieu we place Jesus in, other than his own is most certainly anachronistic.

Why do we evoke Jesus? To what do we own his indelible impression? The

"Who do you say that I am?"
This is the central issue
and our answer to that
question will be the standard
by which we measure every
other question."



expression "No one ever spoke like this man" (John 7:46) is in reference to the fact that Jesus spoke with a unique authority. When rabbis taught they would often quote other rabbis as their authorities. This was not the case with Jesus. Jesus actually spoke with an authority that was based upon his own autonomy, that is, his authority was within himself. The Sermon on the Mount (Matthew 5) is a predominant example. Jesus said "You have heard it said..." "But I say to you..." His listeners knew there was something in his words, and we still know it today, something cries out within us for a mutual correspondence with Him.

A Revolutionary? Jesus was not a revolutionary. He made it quite clear that his kingdom was not of this world, (John 18:36). The disciples were the ones who truly anticipated a revolution. They expected the promised Messiah to set the Hebrews free from Roman captivity. Revolution was not what Jesus was after. Instead, he taught that his purpose was to

restore mankind to God, and this would come through his own death and resurrection (John 12:32).

Anti-Wealth? Was Jesus anti-wealth? No. The Bible does not condemn those who are rich. If one were to actually read a Bible cover to cover they would discover that God blessed several of His servants in great abundance. Abraham and Job were all fantastically wealthy, yet they were regarded as righteous servants of God. The parable of the talents is paramount in this (Matthew 25:14-30). The point of the parable was not to condemn anyone who is rich, but rather to not allow riches to become a form of idolatry. Jesus makes it clear that nothing should come between ourselves and our relationship with him.

Anti-Gay? A reading of the Bible indicates that Jesus did regard homosexuality as sin. Jesus defined marriage as between a man and a woman. (Matthew 19:1-8). The way to see what Jesus thought about homosexuality is to understand Jesus' perspective on the Old Testament. In the

Sermon on the Mount Jesus said, "Do not think that I have come to abolish the Law or the prophets; I have not come to abolish them but to fulfill them. For truly, until heaven and earth pass away not an iota, not a dot, will pass from the Law until all is accomplished." (Matthew 5:17-18) The Old Testament explicitly states that sex between two men is an abomination (Leviticus 20:13). Since Jesus maintained that the Old Testament was the word of God, he could not believe that homosexuality was not sin and maintain his view of the Old Testament.

The question before us should not be one of secondary issues, but rather the question Jesus would pose to us. "Who do you say that I am?" This is the central issue and our answer to that question will be the standard by which we measure every other question.

As for me, I am in agreement with Thomas - Jesus is my Lord and my God (John 20:28).

WHAT IS TRUE LOVE?



CLINT
DECKER

President and
Evangelist with
Great
Awakenings, Inc.

hopefortoday

Clay Center, Kansas – What is love? One search engine on the Internet indicated over one billion searches have been made for that question. The music group Foreigner hit number one on the charts several years ago with their song "I Want to Know What Love Is". No matter if we are single or married, or young or old, we

want to know what love is.

The Merriam-Webster dictionary defines it as "a feeling of a strong or constant affection for a person". What if that feeling slips away over time? What if that feeling is for more than one person, especially after we are married, then what?

The Scriptures say, "Many waters cannot quench love, neither can floods drown it. If a man offered for love all the wealth of his house, he would be utterly despised" (Song of Solomon 8:7). God speaks of love in this particular context as a strong romantic affection between a man and a woman. It might be when you



think about and want to be with that person, and are mysteriously drawn to him or her. Let us call this desire. There is good desire (or affection) and bad. When we have this desire for someone outside of marriage, it is bad. It should be kept within the boundary of the husband and wife relationship. When desire turns into immoral lust, it is bad. We know it is lust (and not true love) when we are driven by our insatiable dreams and our physical obsession for another person. The test of bad desire is, "I want for me." The test of good desire is, "I want so I can serve and bless another person."

How can we find real love? It starts

with the author of love Himself, God. He created the first man and woman, brought them together and presided over their marriage. The Scriptures say "God is love" (1 John 4:8). How did He demonstrate that love? When He sent His Son, Jesus, to suffer and die upon a cross for you and me that we might call upon Him for the forgiveness of our sins, it was real love.

Genuine love starts at affection then moves on to sacrificial service. It is not about what I am getting, but what I am giving. It is not if I am saying the right words, but if I am listening with the right heart. It is not about what I am feeling, but how I am serving.

May God be your hope for today as you seek for and live out true love.

Clint Decker is President and Evangelist with Great Awakenings, Inc. Contact him at cdecker@greatawakenings.org.

SAVE THE DATE - IT'S TIME TO VOTE!

by **Joe Patton**

Save the date. There is a city election coming up soon. Advance voting for the city primary starts on February 16th and the last day to vote for the primary will be March 3, primary election day. For the City general election Advance voting starts March 23, and the last day to vote in the general election is Tuesday April 7th.

When we think of elections we tend to think of the big elections held in November. Few people realize that all the city officials and school boards are elected in the spring elections. What is shocking is that only about 4% of the voters actually voted in the city primary. Think about what that means, only 4 out of every 100 voters actually voted. If your church is about 150 people, that means 6 people voted! The sad truth is that many are not even registered. Let's resolve together to change this shocking statistic. The only way for government policies to reflect your values is for you to vote. Men and Women have died so you would have to right to vote. It is your patriotic duty to get registered and vote.

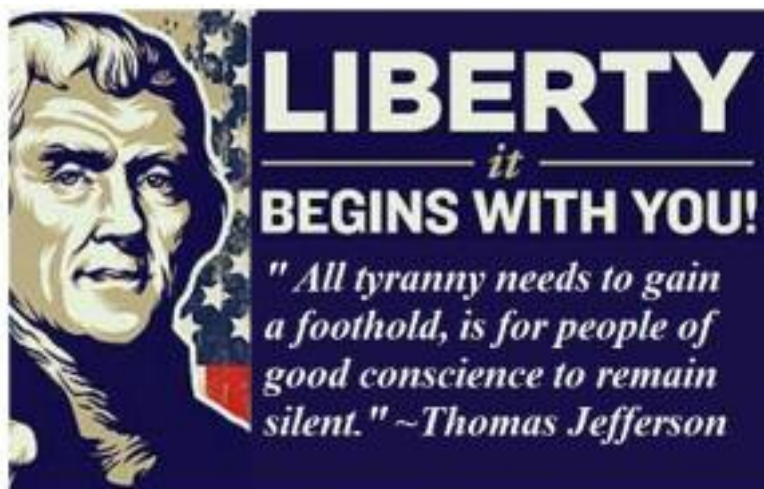
If you are not registered, or someone in your family is not registered, go to the Shawnee County election office at 911 SW 37th in Topeka and register. Remember every voter must show photo identification each time they vote and individuals must provide proof of U.S. citizenship when they register for the first time. You can go to the election office web page (www.snco.us/election/) or that of the Kansas Secretary of State (www.sos.ks.gov/elections/elections_registration.html) to find out what documents you will need.



Vote early. While you are there to register, fill out the form so that the election office will mail the ballot to your home address. You can find an advance voting application at the Shawnee County Election office web page. Fill it out and mail it into their office and they will mail you a ballot. It doesn't get any easier than that to vote. Also if you want to vote in person but don't like standing in line, go to the Election office 911 SW 37th after early voting starts, February 16th for the primary and March 23rd for the general. If you are going to be out of town on the last day to vote, vote early by going down to the election office.

If you wait until the last day to vote, March 3 for the primary and April 7th for the general, you will vote at your regular polling place. You can find the location by going to the Shawnee County election office or calling them at 251-5900. Remember every voter must now show photo identification to vote. Again, to find out what you can use as photo id, check out the Shawnee County election office web page or the web page for the Kansas Secretary of State.

*Joe Patton
Attorney at Law
Former State Representative*



Remember to vote your values

Voter turnout decides elections.

When millions of Christians who say they love and follow Jesus Christ, are NOT registered, and millions more who are registered, DO NOT VOTE...we allow those who DO VOTE to determine the direction of the nation through the world view values of those they elect. Worse, we ignore our Savior's command in Matthew 5:13-16 to be 'salt and light' that God would be glorified in our towns, cities, counties, state, and nation.

II Chronicles 7:14 calls us to humble ourselves, pray, seek His face, and turn from our wicked ways. One of our 'wicked ways' — especially in a nation blessed with the privilege of choosing our leaders — is NOT VOTING! Not participating as 'salt and light' citizens in the choice of those who are to represent us, is sin.

James 4:17 says "Therefore to him that knoweth to do good, and doeth it not, to him it is sin."

For whom should

district. He is running to improve fiscal responsibility, help create more jobs, and be the voice for small businesses on the Topeka City Council. Jeff is running to create safer streets and improve public safety, and he vows to listen to his constituents and be their voice on the city council.

Jonathan R. Schumm filed his candidacy for the Topeka City Council, District 4. The seat is currently held by Denise Everhart,

you vote?

In making your decisions, let the Word of God be your guide. "Godliness exalts a nation" (Proverbs 14:34), so it is important to prayerfully seek God's will in all political decisions. Israel invited God's anger by selecting leaders without consulting Him: "They set up kings without my consent; they choose princes without my approval" (Hosea 8:4, NIV).

Why you must vote

Only when you cast your vote do you fulfill your Christian responsibility in government. Exercise the influence that God has given you through our unique system of self-government. If you fail to vote conscientiously for godly rule, evil will increase in our nation. "When rulers are wicked, their people are too" (Proverbs 29:16). Our nation will then bear the consequences of our choices. "You will cry out for relief from the king you have chosen, and the Lord will not answer you in

that day" (1 Samuel 8:18, NIV).

It is commonly believed that decisions in America are made by a majority of the people. This is not so. Decisions are made by a majority of those who vote. As few as 16 percent of all eligible voters in a district can elect a member of Congress. Even presidents have been elected by an average of one-half the votes per precinct nationwide.

By one vote, Texas was admitted to the union; Hitler won leadership of the German Nazi Party; and the U.S. House of Representatives elected Thomas Jefferson as president. Your one vote does make a difference!

Let the wisdom of the founders lead you

"When you become entitled to exercise the right of voting...let it be impressed on your mind that God commands you to choose for rulers just men who will rule in the fear of God. The preservation of a republican government depends on the faithful discharge of this duty." Stated Noah Webster in the History of the United States.

Webster went on to say: "If the citizens neglect their duty and place unprincipled men in office, the government will soon be corrupted; laws will be made, not for the public good so much as for selfish or local purposes; corrupt or incompetent men will be appointed to execute the laws; the public revenues will be squandered on unworthy men; and the rights of the citizens will be violated or disregarded. If a republican government fails to secure public prosperity and happiness, it must be because the citizens neglect the divine commands, and elect bad men to make and administer the laws."

—From the Family Research Council

Two local family men declare candidacy

Jeff Coen has filed to run for City Council in Topeka's District 8.

Jeff moved to Topeka in 1973, graduated from Topeka West High School in 1989, and Kaw Area Technical School in 1994. Jeff and his wife, Becky, have been married since 2004. They have two daughters, Hannah and Rachel.

Jeff has 10 years of public service experi-

ence working for the Kansas Department of Health and Human Services and the Health Policy Authority. Jeff currently owns his own company, The C-Team Studios, LLC, a local website design, graphic design, and videography company.

Jeff says he has decided to run for city council because he truly cares about the needs of the constituents in Topeka's 8th

■ sidenote

by **Dwight Widaman**

this writing, the U.S. Senate has yet to reauthorize The US Commission for International Religious Freedom (USCIRF).

The Commission was created in 2011 by a bi-partisan vote and signed into law by President Obama. It champions the cases of individuals around the world who face discrimination, harassment, and severe persecution for their faith.

It is the first of its kind in the world, dedicated to defending the universal right to freedom of religion or belief abroad. The commission reviews the facts and circumstances of religious freedom violations, and ultimately makes policy recommendations based on this information to the President, the Secretary of State, and Congress.

SO WHY NOW?

At a time when international religious freedom is more threatened than ever before — think again of ISIS terrorizing religious minorities in Iraq, and radical Islamist groups overtaking churches in Syria, as just two examples of encroachments on religious freedom worldwide —

Congress is about to let an important religious freedom commission dissolve. As of

the reauthorization of this crucial commission is more important than ever before.

Without this commission, the US government will not have a specific body dedicated to addressing religious persecution and making crucial recommendations. Without the commission's recommendations, religious freedom won't be addressed as frequently or comprehensively in US policy.

TAKE ACTION

Time is running out for the commission and its crucial role in calling the US government to address the growing impact of persecution around the world. That's why it's so important for each of us to raise our voices for religious freedom, and speak out for reauthorization of USCIRF.

You can act on this crucial issue by contacting your Senator and asking them to support the passage of the House-passed bill, H.R. 4653, The United States Commission on International Religious Freedom (USCIRF) Reauthorization Act of 2014.

Space is limited to the first 100 guests. Sign up for \$30 per person at www.newbeginningsnye.eventbrite.com.

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who is not seeking reelection.

"We need effective representation. As a longtime resident of Highland Park I will be a strong advocate for an area that has been ignored for too long. The City council has lost its focus. We need safe streets, better streets, and timely snow removal. I will fight for the people in the 4th district.

"As a former corrections officer, I understand the important need for public safety. Public safety will be my top priority. I will fight to make our streets safe. As a businessman I will work hard to bring jobs to

Topeka. We need more jobs in Topeka, so our children do not have to move away to seek employment. As a Financial Representative I understand the fiscal responsibility we need in city government."

Born in Topeka, Jonathan is a Financial Representative with Modern Woodman of America, and was formerly Security Benefit. He has been active in the community as a member of the Optimist Club, Project Belong, and Topeka Gideons. Jonathan and his wife, Allison, reside in Highland Park where they are busy raising their family.

Cindy Patton Attorney at Law

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If you are in the process of planning a men's retreat you probably are wondering what theme you should use. Here's a list of 40 great men's retreat themes all backed up by Bible verses to help get your mind – and heart – working in the right direction. In all things, seek the Lords' advice in prayer before deciding.



- 1 Taking Charge: You Will Part the Waters – Exodus 14:16
- 2 The Challenge: Fear Not, Stand Firm – Exodus 14:13
- 3 Do You Really Trust Him? The Lord Goes Before You Always – Deuteronomy 9:1-3
- 4 Be Joshua: Lead your People – Joshua 1:1-6
- 5 The Straight Path of the Strong – Josh. 1:7-9
- 6 Spiritual Combat: Do Not Lower the Lance – Joshua 8:18-19
- 7 Listening to God: He Calls You to His Presence – Samuel 3:1-20
- 8 By the Hand of God, Beat Down Goliath – 1 Samuel 17
- 9 For Those who Seek the Lord: Victory and Peace – 2 Chronicles 14:6
- 10 God Has a Plan, Let Him Show You – Jeremiah 29:11
- 11 Did You Know? You are a Blessed Man – Psalm 34:8
- 12 Get Up and Get Going: On Eagles Wings – Isaiah 40:31
- 13 Are You Man Enough to be Christlike? – John 15:13
- 14 Strength in God: Nothing Can Stand Against You – Romans 8:31
- 15 The Christian Man Goes the Distance – Romans 5:3-4
- 16 Defeating Evil in Your Life: Finding Truth – Romans 12:21
- 17 Cleaning Your House: How to Move On – Ephesians 4:31-32
- 18 Lean on God and Go Forward – Proverbs 3:5-6
- 19 Assurance: The Confident Man of God

- Deuteronomy 31:6
- 20 The Free Man in Christ – Galatians 5:13
- 21 God is Your Infinite Strength – Psalm 46
- 22 Getting Serious About God: Giving All to Him – Romans 12:1-2
- 23 Rejoice in Your Christlikeness – Philippians 4:4-7
- 24 Your Greatest Strength – 2 Corinthians 12:9-10
- 25 Service: The Authority of Christ – Mark 4:37-41
- 26 The Dignified Man – Romans 10:9-11
- 27 Struggle and Victory: Climbing Out of the Pit – Genesis 37:43
- 28 The Riches of the Prayerful Man – Luke 11:1-13
- 29 How to Have Faith Like Iron – John 14:12-14
- 30 Confidence in God's Promises – 2 Samuel 22:31
- 31 The Sanctified Man: God's Finished Work – 1 Chronicles 28:20
- 32 The Clean Man is the Strong Man – Job 17:9
- 33 Jesus: Rock, Fortress, Savior – Psalm 18:1-2
- 34 Get Closer: Trust in Him – Nahum 1:7
- 35 No Worries – Matthew 6:25-27
- 36 Fear Nothing when You Fear God – Matthew 10:28
- 37 The Impossible Now – Mark 9:23
- 38 In Him and With Him: You Bear Fruit – John 15:4-9
- 39 God Given Character – Romans 5:3-4
- 40 Courage: Keep Your Guard Up! – 1 Corinthians 16:13

Increase your ladies retreat attendance

by **Christian Retreats Network**

Ladies retreats are important events organized for adult women by the Church with the purpose to refresh, renew and restore. These are generally weekend events aimed at providing a refreshing and relaxing experience with lots of fun, great food and opportunity to connect with others and God. It's an important event on the Church calendar and requires planning to make it successful and well attended.

Choose the right location

Retreats are generally planned at large or small off-campus locations depending on the expected number of participants. Finding the right retreat location is a key factor influencing the cost as well as the ease of attending the event by participants. The event can be planned in unique locations, such as ranch with horseback rides and sleeping out in the open under stars or in a resort location close to a lake with facilities for swimming and boating. Where the retreat is planned is the probably the most important factor deciding the kind of attendance your event will receive.

Choose the right speaker

Selecting the speakers for the event is also an important decision. While it may be most cost-effective to invite local speakers, flying in someone who is well recognized from another location can be expensive but it may create an exciting atmosphere around the event and greatly improve attendance. It's important to keep in mind that inviting



such nationally recognized faces may require in-depth planning, because they are often booked for more than a year or two in advance for different events planned at different locations.

Check calendar first

While it may be important to hold the event at around same time every year in order to maintain continuity and not miss permanent and regular participants, it may help a great deal if the dates on which the event is held are kept a little flexible. One may check different calendars, such as holiday calendar, sports calendar, spring break calendar, community calendar, school calendar as well as the master church calendar, and accordingly make some changes, if required to the retreat schedule so as to avoid any clash with other important interests people may have on certain dates.

Offer a sign-up incentive

There are many people who are

interested to be part of the retreat but keep delaying their decision till the last minute for no apparent reason and many a times they have to cancel their program because of reasons such as non-availability of flight tickets, etc. Such drop-outs can be minimized by providing early sign-up incentives. One can have a tiered registration fee offering discounts for those registering early.

Don't forget social media

It is important to let the word out about the event using different tools. Announcing the event in a big way using social media tools is not difficult. A Facebook page may be created for the event inviting all the friends of the church.

These people may in turn be requested to invite their friends and share the Facebook page with others. One can also take advantage of other social media tools such as Twitter, Pinterest and Instagram. Don't forget to always include a budget for promotion, especially if you want to draw from outside your church or organization. Consider using traditional marketing strategies such as placing flyers in local grocery stores, business establishments, colleges, or an advertisement in local Christian magazines.

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Checklist for Retreat Planning

Let's have a retreat! Sounds like a good idea.

Why?

A retreat is a chance for encounter with self, with God, with other people, with creation, with issues. A retreat is, literally, a "strategic withdrawal." When we retreat, it is not for the purpose of just getting away and staying away. Everything involved in getting away, and all that is done while away, involves coming back. We go to the mountains not to see mountains, but to see the valleys in new perspective.

On a retreat we hope to deepen our relationship with God, to look at our lives — deliberately focusing on issues and questions through reflection and meditation, and discussion and dialogue with others — in order to come back with a renewed sense of direction for living.

Jesus modeled this pattern of engagement and withdrawal and it is instructive for contemporary disci-

ples as well.

Retreats deepen the fellowship of a community through shared experiences and can helpfully focus the energy of a group, whether your purpose is to do planning, problem solving, or team building, or to tackle a topic of interest or concern.

Who is the retreat for? Are you planning for:

- Members of the church only?
- Members of your church and their invited guests?
- Members of several churches in your area?
- Any interested persons in your community?

Remember, people attend what they help to plan, so if you're looking to reach a larger audience than just your established group, involve others ... invite them to assist in planning for the retreat as well. Don't just invite them once all the planning is done!

When can we go? Make sure to

check school calendars for concerts, big games, tests, etc., that would affect the attendance of your particular audience. Look also at times when in-service days or other days off might allow for a possible new pattern — like a Thursday evening through Saturday, for instance, or a Sunday afternoon through Monday night. Some adult groups have found that creating an alternative of interest to some people while others are involved in a major cultural event (the Super Bowl, Mother's Day, prom, a big tourist event in your town), is a worthwhile and much appreciated ministry.

As you plan for your retreat, there are many things to keep in mind. You'll find helpful input from your conference camp/retreat ministry leaders — don't hesitate to ask for ideas that work well or considerations that are especially helpful at the site you are using. Many people have asked us for a checklist to guide their planning. Here is a topical list, then a timeline, and finally some tips from experienced leaders — offered to assist you.

Planning checklist

- ___ Reasons for having a retreat
- ___ Goals for this retreat
- ___ Theme
- ___ Dates
- ___ Location
- ___ Leaders
- ___ Activities and program components
- ___ Contingency plans
- ___ Meals
- ___ Finances
- ___ Schedule
- ___ Transportation
- ___ Snacks
- ___ Policies
- ___ Publicity
- ___ Registration
- ___ Evaluation
- ___ Other:
- ___ Other:



A retreat is an intentional time apart to experience a new awareness of the presence of God. It is an opportunity to get some distance and see things in perspective. It requires a pace that is unhurried and conducive to rest and relaxation in order to come back with a renewed sense of living as disciples of Christ.

Steps to take

6-12 months ahead

Determine the reason for this retreat.

Appoint a coordinator and form a retreat-planning team.

Pray for guidance, direction, and purpose.

Write down the objectives for the group sponsoring the retreat.

Choose a theme based upon the purpose of retreat.

Write down the specific objectives for the actual retreat.

Write down the major blocks of time and activities.

Include food preparation, if needed.

Check these against objectives.

Look at your church calendar for when a retreat could best be held; choose the best time considering other schedules as well.

Choose the best facility for your purpose; make sure deposit is paid; confirm reservations.

Choose leader(s) or resource person(s) for your theme.

OR

You can let a specific person choose topics, based on your objectives.

Decide honorarium based on fees and expenses if a visiting leader is chosen.

Begin promotion — communicate excitement about objectives, dates, schedule as known.

2-3 months ahead

- Saturate all aspects of planning with prayer!
- Keep promoting via bulletins, news, mailings, handouts, and word of mouth.
- You will need to communicate the following:

1. specific information, including objectives;

2. registration fees and deadlines (consider collecting registration with a deposit so participants will commit to the time away and you'll have funds to pay facility deposit or program supplies ahead of time);

3. itinerary with the time schedule.

- Visit the site, if possible, to familiarize yourself, particularly if you haven't been there before.

1 month ahead

- Keep praying.
- Keep publicizing through bulletins, news, mailings, handouts, and word of mouth.
- Assign specific tasks to teams.
- Orient, train, and motivate leaders/teams.
- Give clear job expectations to leaders.
- Be clear with leaders about time commitments.
- Follow up with individuals regarding their progress on tasks assigned.
- Familiarize your leaders with the facility use agreement and relevant policies.

2-3 weeks ahead

- Continue to pray.
- Keep publicizing, ESPECIALLY by word of mouth.
- If cooking food, plan meals based on registrations.
- Hand out itinerary and things to bring.
- Check in with leaders about progress with their areas.

1 week ahead

- Pray some more!
- If you need to, meet with planning committee once more to finalize.

Retreat

- Enjoy!
- Have a time for reflection and feedback with participants.
- Hand out evaluations before closing program.

Post-retreat

- Meet with planning committee to go over evaluations.
- Make note of what worked and what didn't for the next time.
- Follow up with individuals to

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Seven questions to ask before booking

Whether you are facing the first event or you already have some experience, planning a retreat requires a lot of work and attention to detail. However, it's not as "scary" as it may seem and we're here to help! God created the world in six days and rested on the seventh. To help with planning a restful event, we have created this list of seven questions to ask your retreat venues before booking.

What types of events do you host?

This should be the starting point. It may not seem like a big thing, but it needs to be asked. There are retreat venues that only cater to adults and will not host a youth camp, for example. This question also needs to be asked if your event is one less commonly associated with a christian retreat venue (e.g. company meetings).

What size group can venue accommodate?

This is another important aspect, because some smaller venues can only accommodate a few tens of people. It's also good to ask what the lodging situation is, since most venues have different types of lodgings. Large groups may have to be housed in buildings with differing amenities and rates. Keep in mind that some venues may require a minimum number of attendees for a reservation.

What is your policy on deposits?

Budgeting is a very important part of event planning, so ask if the venue requires a deposit, how much of a deposit and when it would be due. Some venues require a deposit based on the size of the group. Also, ask what the policy for returning the deposit is.

Can I change the details of my reservation?

Expect the unexpected. After you

make a reservation, some people may become unable to attend. Ask your retreat venue if you can alter the number of rooms reserved. The venue may have a time limit on changes or charge you for these changes.

What facilities/activities do you offer?

Retreat venues offer all kinds of activities and it's important to know what they are. Not only to be able to plan activities suited for your group, but also because you will probably be required to schedule them with the venue, in advance. Ask which activities are included in the package and which cost extra. Also, if you plan on holding seminars, ask about the availability of a conference hall and if that hall comes with its own audio/video equipment.

Are there any special policies/rules/restrictions?

All venues will have a code of conduct, rules of admission, medical policies and other things you need to know about. For example, venues may forbid smoking anywhere on their grounds, may not allow pets or may impose curfews.

What is the food like?

Always ask whether or not food is provided and what the typical menu consists of. If there are people with special nutritional needs in the group, you have to know if the retreat venue can cater to those needs.

Some venues may have the answers to these questions on their websites, others may ask you to call one of their counselors. It helps to always plan well ahead: make the reservations as early as possible and communicate all your needs to the venue's staff before you arrive.

Special thanks to Lake Williamson of the Christian Retreats Network for sponsoring this article.



CHECKLIST

continued from page 9

continue meeting your objectives.

- Note: The Christian Camping International publication "Seven Steps for Effective Retreats" (part of their Focus series) is quite good. I recommend it highly. You can reach CCI at www.cciusa.org.

Tips from experienced retreat leaders

- Personal contact via word of mouth is the BEST promotion!
- Choose at least three people to invite people individually.
- When deciding price, give scholarships instead of lowering price.
- Budget for a positive balance (i.e., charge \$5 extra to cover unexpected expenses).
- Usually 24-48 hours is typical for length of retreat — but it can be more or less.
- Be sure to allow for flexibility,

spontaneity. Be open to the Spirit!

- Over-plan (plan for more than you'll actually include in any one event) so there are no lapses, but allow for flexibility.
- Allow time for worship, unstructured time, input, reflection, and reaction.
- Individual sessions should be 90 minutes maximum.
- Always plan optional strategies in case of a change of circumstances (i.e., weather factors).
- Choose a site that is not too far away and not too close — it's good to have a sense of being apart from your usual setting.
- The site should match your objectives for gathering.
- Be able to specify what kind of space you need (spaces for gathering the whole group together, as well as breakout spaces for small group activities, for example).
- Consider the number of people desirable for your particular objectives. Bigger is not necessarily better.

- Touch base with your planning committee at least once during the retreat to review schedule and process, and make any adjustments required.

If appropriate, offer classes or groups for follow-up after the retreat.

—Provided by the The United Methodist Church, Discipleship Ministries

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Tips for a smooth Valentine's Day

Are you ready to make your love's heart leap on Valentine's Day? Our guide to a great Valentine's Day will provide you with ideas and tips that will make your Valentine's Day a success.

Tips for a smooth Valentine's Day:

- Tell your special someone how much you care about them
- Be thankful – it's the thought that counts
- Plan ahead – babysitters, reservations, and additional things that need done
- Turn off your cell phones – enjoy this time together

Gift Ideas:

Candy and Flowers and Jewelry:

- Visit Hazel Hill Chocolate for a unique chocolate treat
- Surprise your special someone with a bouquet of favorite flowers or balloons
- Dazzle him/her with a piece of jewelry from David's Jewelers
- Make a list of all the things you love about him/her

Gift basket for her:

- Get a gift certificate for a massage or trip to Avenue Hair Styling & Spa.
- Pick up a candle for a candle-lit bath.
- Find her favorite book at one of Topeka's bookshops for her to enjoy during her quiet time
- Buy her favorite candy bar and personalize it with new wrappers

Gift basket for him:

- Buy his favorite candy bars and personalize it with "Udaman" wrappers
- Include miniature bottles or cans of his favorite drink and personalize them with valentine's day labels
- Create a ticket book with tickets for



him to use at his leisure

- Include a new favorite movie, C.D., or video game he's been wanting

Dinner:

- Avoid the Valentine's Day rush - create a romantic meal at home
- Go to a restaurant where you share special memories
- Get dinner and a room at Ramada West, and enjoy the indoor pool



Dates:
 • Laugh together at a local comedy show.

• Enjoy a romantic movie at home from Netflix, RedBox, or one you already own. While watching share your



favorite treat and glass of wine or sparkling cider. Include a massage.

• Enjoy a night of music before or after dinner at one of Topeka's nightspots.

• Spend uninterrupted time together with a romantic getaway at one of the retreats listed in Metro Voice's Retreat Guide.



Order a ValentineGram for your Sweetheart

Want to do something out of the ordinary for someone in your life? Why not enlist a Harmony Chorus or Barbershop Quartet to make someone's day extra special with an extra special gift? For \$10 - \$40 you can have your sweetheart serenaded with song, a rose and chocolates!

Love N Harmony quartet is part of Sunflower Harmony Chorus and Sweet Adelines International. Call 478-4650 to book your ValentineGram with them.

The Capital City Chorus is once again offering you a chance to give that someone special in your life a unique Valentine this year from a Barbershop Quartet. This package is offered only on Feb. 14th, and

includes 2 songs, a red rose and box of chocolates for \$40. You can reach them at 273-9514.

The Madrigals from Cair Paravel



Latin School will also be doing Singing Valentines again this year, which includes a song, a card and a heart-shaped cookie or brownie. Call 232-3878 or email markcongdon@cpls.org for more information.

Love N Harmony Barbershop Quartet is offering **Singing Valentines** for your special someone. We can come on **Friday, Feb. 13th or Sat. Feb. 14th.** For more information call Evelyn at 478-4650

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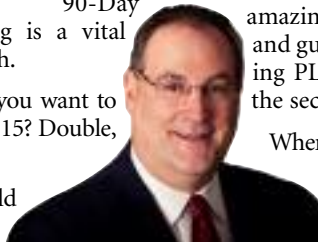
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South-side BBQ Restaurant Now Open Sundays 11-3

The Southern Star Cafe, at 5900 S.W. Topeka Blvd., locally owned by Topeka restaurateur Mark Janice is now open Sundays from 11 a.m. to 3 p.m.. The barbecue-oriented restaurant features an open, airy and family-friendly atmosphere, and is open for lunch and dinner the other six days of the week.

"We offer high-quality, St. Louis-style ribs, as well as brisket, ham and turkey," Janice said. "If you're planning a party

let us provide the food - Wings, Ribs, and BBQ!"

The Southern Star also offers hand-breaded Chicken Fried Steak, chicken tenders, burgers and salads. Janice says meats are smoked daily at the restaurant for a fresher product.

"Our goal is to serve great food at a great price," Janice said.

"We're a little out of the way, but it's worth the drive!"

Janice has worked

in the food service industry for 16 years in Topeka (most recently on Wanamaker).

Hours are 11 a.m. to 8 p.m. Monday through Thursday and 11 a.m. to 9 p.m. on Fridays and



Saturdays; and now 11-3 on Sundays.

Janice offers custom catering as well, and has purchased a brand new mobile food trailer. It's equipped with a full kitchen and will be used at various events around the city in the coming months.

You can call ahead if you like, at 862-7427, or email the restaurant at thesouthernstarcafe@gmail.com. The website is thesouthernstarcafe.com. The Southern Star Cafe can also be found on facebook.



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CONCERTS

ORGANIST DAVID ENLOW - Feb. 8, 3pm, Grace Cathedral, 701 SW 8th. This internationally acclaimed organist and composer will perform works by Franck, Grieg and Debussy plus an improvisation on themes submitted by audience members. \$10 adults, \$5 students, children 12 & under free; available at the door or in advance at www.GreatSpaces.org

JIM BRICKMAN WITH THE KANSAS CITY SYMPHONY - February 13-14. Helzberg Hall Kauffman Center, 1601 Broadway.

AN EVENING WITH MICHAEL W. SMITH - February 14, 7:00 pm. Calvary Baptist Church, 600 E. 50th St., Joplin, MO 64804. A Special VIP dessert preshow will be offered at an additional cost.

DON WILLIAMS IN CONCERT - Feb. 26, 7:30pm. \$29.50 and up. For info: 234-2787 or tpactix.org

DARREL EVANS IN CONCERT - Feb. 27, Faith Family Life Center, 3710 NW Topeka Blvd. For info: 286-0429

NEWS BOYS IN CONCERT WITH AUDIO ADRENALINE - Feb. 27, 7-11:55pm. Light of the World Center

CARMEN, OR DON'T CRY FOR ME MARTIN - February 28-May 3. Martin City Melodrama, 20700 W 151st St., Kansas City, MO. 913-642-7576.

SPECIAL CHURCH EVENTS

HARVESTER'S PROGRAM FOR SENIOR CITIZENS - every second Saturday, takes place at Christian Lord Ministries, 2421 SE California. Call 266-4979.

FREE WEEKLY COMMUNITY PANCAKE BREAKFAST - Sundays at 10am sharp, at Oakland Church of the Nazarene: 900 block of NE Oakland, followed by church services at 10:45am with Pastor John Menkveld - which is in turn followed at noon by The Hope House FREE Community Food & Clothing Banks.

BINGO AT FAIRLAWN HEIGHTS ASSISTED LIVING - 3:00PM, 1st Saturday of every month, facilitator: Pastor Carole

FINANCIAL PEACE UNIVERSITY - Mondays starting Jan. 12, 6:30 pm, Fellowship Bible Church, 10th & Urish Rd. 478-0002. Tuesdays

CLOTHING EXCHANGE - Jan. 31 & Feb. 7, 10am-2pm. Topeka Free Methodist Church, 3450 SE Indiana. Exchange offers free clothing and small household items. Only bring clothing that is in good condition. For info: 785-266-6610

DOORSTEPS ANNUAL SOUPERBOWL EVENT - Sun. Feb. 1. Members of participating congregations bring donations of canned soup and crackers.

40TH PASTORAL ANNIVERSARY - Feb. 4-6: service at 7:30pm; Feb. 7: 11am service; Feb 8: 11am & 4pm, Faith Temple Church, 1162 Lincoln. Bishop Ronald K. & Lady Sandra K. Lassiter's 40 Pastoral Anniversary is celebrated with these services. Guest Speakers: Marcus Clark, Aletha Cushinberry, I. F. Thuston, E. T. Watson & Mary Pope. Semi-formal banquet Sat. Feb 7. For info call 235-1834 or 806-0121.

HAM & BEAN/VEGETABLE SOUP DINNER - Feb. 4-5. Oakland UMC, 801 NE Chester. \$7 adults, \$3 children. Includes cole slaw, cornbread & cake or pie. For info: 357-5290

LIFEFEEST - Feb. 5, 10am-12:30pm, Covenant Baptist Church, 5440 SW 37th St. Seniors ministering to seniors - celebrating with fellowship, fun, food, learning & entertainment. Greg Bullion, Health Educator of Genster Eye Center, will speak about the ways the Lord has led in the mission field as well as now at home. If transportation is needed, call 354-4994 or 478-1729

CHILI FEED FUNDRAISER - Feb. 7, 5-7pm. Seaman Community Church, 2036 NW Taylor. \$5 includes dessert & drink. For info: 354-8777

ANNUAL GROUNDHOG BREAKFAST - Feb. 7, 7-10am, Grantville UMC. Sausage, eggs, hash browns, pancakes, biscuits & gravy, juice, milk - free will offering. Also homemade & Valentines crafts. 246-3621

ORGANIST DAVID ENLOW - Feb. 8, 3pm. Grace Cathedral, 701 SW 8th. \$10 adults, \$5 students, children under 12 free. For info: greatspaces.org

ANNUAL CHILI & VEGETABLE SOUP SUPPER - Feb. 20, 4-6:30pm, KS Ave UMC Fellowship Hall, 1029 N Kansas Ave. Adults \$8, Kids \$3.50. Includes cornbread, crackers, relishes, drink & dessert. Take-Out Available.

FRIDAY FISH FRYS - Feb. 20 thru March 27, 4-7 pm, Sacred Heart Catholic Church Hall, 312 NE Freeman Ave. Adults, \$8.50; 12 & under, \$4. Fish or Shrimp. Take-out available, 234-6727. SacredHeartStJosephCatholic.org

YOUTH MINISTRY KICK OFF PARTY - Feb. 21, 6-8pm, Faith Temple Church, 1162 SW Lincoln Ave. Kicking off a new season of youth ministry - Parents & youth can come & learn about our youth department & upcoming events. 235-1834

CHILI FEED - Feb. 28, 12-3pm, Faith Temple Church, 1162 SW Lincoln Ave. Youth department Fundraiser: \$5.00. 235-1834

BISCUITS, GRAVY, AND SCRAMBLED EGGS - Mar. 7, 7-11am. Seaman Community Church. \$5. For info: 354-8777

KIDS OF COURAGE VBS - Mar. 16-20, 12:30-4:00pm Mon., 1-4:00pm T-F, Closing program Fri. 7-8 pm, First Baptist Lyndon, 129 w 15th St., Lyndon. Wanted: youth K-6th. Emphasizing themes of trust in God, sharing in suffering, witnessing, & forgiveness with awareness on Egypt, North Korea, China, Nigeria and India, with relevant games, snacks, crafts, skits. To preregister, contact Sheri at 207-0380 or pamperedchefsheri@live.com

SEMINARS & CONFERENCES

PROFIT CLUB - Feb. 16, 1:30-3pm, Children's Discovery Center. For business owners and executives: The 5 Keys to Increasing Profits. Hosted by ActionCoach. Third Monday of each month. Attend the first time for free! RSVP to 785-408-5927

LEGISLATIVE EVENT FOR ADVOCACY IN FAITH (LEAF) - Feb. 8, 6-8pm & Feb. 9, 8am - 3pm, First UMC, 600 S.W. Topeka Blvd. The Great Plains United Methodist Women organization sponsors this ecumenical program, whose theme is "Care for Creation." Keynote speakers will include Tom Averil as William Jennings Bryan Oleander on Sunday, and Rabbi Moti Rieber, of Interfaith Power and Light, on Monday. \$30. To register: www.sites.google.com/site/leafkansas/.

ENGAGING TO PREVENT SEXUAL AND DOMESTIC VIOLENCE - Feb. 10, 9am-5pm & Feb. 11, 8:15am-5pm, Ramada, 420 SE 6th. Kansas Coalition against Sexual and Domestic Violence Prevention Conference. Keynotes: Don McPherson and Jeffrey Bucholtz. For info: 785-232-9784 or www.kcsdv.org

LEADERSHIP WORKSHOP - Feb. 13, 8:30am-4pm, Washburn Small Business Development Center, 120 SE 6th Ave, Suite 100. Rich Drinon will present "Achieving Leadership Excellence: Practicing Ten Great Rules of Leadership" Cost: \$149.00. Lunch will be provided. RSVP & info: 234-3235

17TH MIDWEST CHRISTIAN EDUCATION EXPO - Feb. 28, 9:30-2. Colonial Presbyterian Church, 9500 Wornall, KCMO. 50 Christian colleges, 25 K-12 schools & Homeschool organizations. 816-524-4522.

TOPEKA LITERACY COUNCIL - Mar. 7, 8:30am-5pm.



FEB 10 KANSANS FOR LIFE VALENTINE BANQUET, FEATURING COLLIN RAYE. 5:00 P.M. AT THE RITZ-CHARLES, 137TH & ANTIOCH, OVERLAND PARK, KS. FREE-WILL GIVING.

Tutors work with adults who wish to improve their reading and writing skills. \$25. Registration deadline Feb. 27. For info: 234-2806 or topekaliteracy@juno.com

officials including Gov. Sam Brownback. Free. RSVP: Email Kathy.Peerson@NFIB.org or call 866-782-6390

SAFE STREETS COALITION MEETING - Feb. 4, 11:45am-1pm. Great Overland Station. For info: 266-4606 or jwilson@safestreet.org

HEALTHY FOOT FACTS FREE PRESENTATION - Feb. 4, 6:30-7:30pm, Rebound Physical Therapy, 5220 SW 17th St. Ste. 130. For info: 271-5533

TOPEKA RESCUE MISSION WAREHOUSE SALE - Feb. 5&6, 7am-3pm, 206 NW Norris St. All sales benefit the programs of Topeka Rescue Mission.

CHOCOLATE WALK/ART WALK DOWNTOWN - Feb. 6, 5-8pm. Chocolate treats available at over a dozen locations. Check downtowntopekainc.com or call 234-9336 for locations

ADVENTURE'S IN LEARNING - Feb. 6, 13, 20, 27. For those over 55. For info: Shepherd's Center 267-0248

TOPEKA BOAT AND OUTDOOR SHOW - Feb. 6-8. Kansas Expocentre. For info: 235-1986

POLAR PLUNGE & STRUT - Feb. 7, 11am-1pm. Lake Shawnee Swim Beach, 3300 SE 29th St. Registration at 9:30am, 5k at 11am, Polar Plunge at 12pm. For info: 251-2610

CHOCOLATE FANTASY - Feb. 7, 7-9pm. Atria Hearststone West, 3515 SW 6th Ave. Enjoy two hours of chocolate tasting, coffee sampling, live entertainment, fashions, photobooth and our sweet but silent auction. Benefiting the programs of Midland Care Hospice and Community Health Ministry. Tickets \$10, or 4 for \$36. For info: findables@midlandcare.org

PAINTED DOGS OF AFRICA - Feb. 7, 6:30-7:30pm. Gary K. Clark Living Classroom, Topeka Zoo. 368-9134



"A Showcase of Kansas Horticulture"

February 13-14-15

Friday & Saturday 10 am - 8 pm

Sunday 11 am - 5 pm

Admission \$8.00

Children 12 and Under FREE INCLUDES FREE PARKING!

Friday is Senior Citizens Day! 55 & Older - Buy One, Get One FREE

Expocentre
17th & Topeka Blvd.
Topeka, KS

Annual Seaman Fellowship
Biscuits, Gravy & Scrambled Egg Breakfast

Also Milk, Juice, Coffee. Cost: Only \$5!

March 7, 2015 • 7:00- 11:00 a.m.
Seaman Community Church
2036 NW Taylor • 354-8777

Capital City Christian Chamber of Commerce

Promoting and Supporting:

- Christian Businesses & Organizations
- Excellence in Products & Services
- Christian Values and Ideals

Topeka area business people, united by their faith in Jesus Christ, making a positive impact in our community, through networking and community service

Membership open to all Christian businesses, non-profits, churches & individuals!
Luncheons & Tradeshows & some other events open to the general public!

- **C5Alive POWER Luncheons** - (2nd Thurs. of each month)
- Feb. 12, 11:30-1, **Aldersgate Village. Speaker: City Mgr. Jim Colson; RSVP to info@C5Alive.org or call 640-6399. Open to the Public!**
- Mar. 12, 11:30-1, Details TBA



SAVE THE DATE: Easter Parade & Fun Fair Apr. 4 at Gage Park. Contact us for vendor space and parade entries!

Find us on Facebook at facebook.com/C5Alive
For info: www.C5Alive.org or info@C5Alive.org

POKER TOURNAMENT – Feb. 7, 6pm-12:30am. Rossville American Legion Post No. 31, 442 Main St. PO Box 338 Rossville Kansas. Suggested donation \$20 benefiting Quincy House. For info: 430-3610

KANSAS FOR LIFE ANNUAL "VALENTINE" BANQUET. Feb. 10. Ritz Charles, OPKS. Featuring Collin Raye. www.kfl.org. 923-642-5433.

2015 PRESCHOOL INFORMATIONAL FAIR – Feb. 10, 6-7:30pm. Washburn Student Union rooms A and B. Parents As Teachers & Washburn Univ. sponsor this annual fair. Parents will meet directors from 25 preschools around the county.

CHARACTER COLLEGE – Feb. 12, 8:30am-3:30pm. Capital Plaza Hotel. \$75 for the day, or \$40 for only the one-hour luncheon. MK Mueller speaks about the message in her book "8 to Great," targeted to inspire a "can do" attitude in employees to enhance collaboration in the workplace. For info and registration: topekacity-character@gmail.com or 273-4330

MONTHLY MOOSE MARKET – Feb. 13, 8am-12pm. Moose Lodge. Free to shop, \$4 for pancakes. For info: 250-6788

LEADERSHIP WORKSHOP – Feb. 13, 8:30am-4pm. Washburn Small Business Development Center, 120 SE 6th Ave. Suite 100. \$149. Lunch provided.

KANSAS GARDEN SHOW – Feb. 13-14, 10-8 & Feb. 15, 11-5. Kansas ExpoCentre. Adm. \$8. Children 12 & under free. Free parking. Friday is Senior Citizens Day: 55 & older buy one, get one free.

AUBURN LIONS CLUB LADIES DAY OUT SHOPPING SPREE – Feb. 14, 10am – 2pm, Auburn Civic Center, 1020 N. Washington. Vendor booths \$35: call Mary at 256-7274 by Feb. 10.

FAT TUESDAY MARDI GRAS GUMBO AND RICE CONTEST – Feb. 17, 5-8pm. Central Park Community Center, 1534 SW Clay. For info: 251-2967

CHINESE NEW YEAR TEA PARTY – Feb. 19, 6-7:30pm. Northland Christian Church, 3102 NW Topeka Blvd. Hear how lives are being changed from adoptive moms, orphan advocates, and Lifeline Children's Services staff for children in and from China. For info: 783-4577

TOPEKA RV AND SPORT SHOW – Feb. 20, 3-8pm & Feb. 21, 10-7pm. Kansas ExpoCentre. Adults \$6.95, kids 6-12 \$4.95, kids under 6 free. For info: 235-1986

REPAIRING THE RIGHT PATH SERIES – Feb. 24, 9-11:30am, Great Overland Station. Open forum & panel discussion targeted for attractions and event venues, industry challenges & solutions, marketing, volunteer efforts and networking with peers to explore new partnerships and collaborations. For info: 220-0733 or ballen@greatoverlandstation.com

12th ANNUAL DOORSTEP OPERATION SOUP LINE – Feb. 25, 11am-1:30pm or 4:30-7:30pm. ExpoCentre Ag Hall. \$9 adults, \$5 children 12 & under.

KANSAS SILENT FILM FESTIVAL – Feb. 27, 7-10pm & 28, 10am-9:30pm. White Concert Hall, Washburn University. Free. Cinema dinner available on Sat. Kssilentfilmfest.org.

ANTIQUES SHOW & TELL – Feb. 27-28, 9-5, Douglas County Fairgrounds Bldg 21, Lawrence. Adm \$3. Pilot Cafe – Pilot Club of Lawrence.

BEYOND THE BLAZE AUCTION FUNDRAISER – Feb. 28, 6-10pm at TPAC. Help HHB BBQ and Top City Soda rebuild after the fire. Donate for the auction or come and bid. There will be some great BBQ on hand! For info: 249-5786.

TOPEKA RESCUE MISSION WAREHOUSE SALE – Mar. 5&6, 7am-3pm, 206 NW Norris St. All sales benefit the programs of Topeka Rescue Mission.

CPLS KINDERGARTEN ROUNDUP – Mar 13, 9-11am, Cair Paravel Latin School, 635 SW Clay. Info & registration: 232-3878 or www.cpls.org.

BOOK SIGNING – Mar. 14, 1-3pm, Hastings, 23rd & Iowa, Lawrence, KS. Christian author George Fellu, who lives in Topeka, author of the Guardians of Havenshire series, will be selling and signing his books, including Guardians of Havenshire book 3: Rebel; and Guardians of Havenshire book 4: Triumph and Tragedy. The books can also be found on nook, kindle, amazon.com and Barnes and Noble website.

54TH ANNUAL KANSAS PRAYER BREAKFAST – Mar. 18, 6am, Ramada Inn downtown. Guest speaker Barry Feaker, with leaders in government, business, education and industry. \$18 each or tables of 10 for \$180. For info and RSVP: francisbartley@cox.net or 234-6204

TOPEKA EASTER PARADE & FUN FAIR – Apr. 4, 9am-3:30pm, Gage Park. Topeka's second annual Easter parade will move around inside Gage Park at 10:30am. Family Fun Fair at Big Gage Shelter House will include vendor booths, children's games, egg hunts, food, face-painting, and more between 9am & 3pm. Christian bands will perform nearby. For info: info@C5Alive.org or 640-6399.

FAMILY-FRIENDLY DESTINATIONS

BROWN V. BOARD NATIONAL HISTORIC SITE – Daily, 9am-5pm, 1515 SE Monroe. Located in the former all-black Monroe School. Free admission. For info: 354-4273 or www.nps.gov/bvrb/.

CEDAR CREST, official residence of the KS Governor – Mon., 1pm-3pm, with tours on the half hour, 1 SW Cedar Crest Rd. Free adm. For info: 296-3636.

COMBAT AIR MUSEUM – Mon.-Sat., 9:30am-4:30pm; Sun. noon-4:30pm, Hanger 602, Forbes Field. For info: 862-3303 or combatairmuseum.org.

CURTIS HOUSE MUSEUM – Every Sat., 11am-3pm; by appointment other times, 1101 SW Topeka Blvd. Former mansion of Charles Curtis, 31st Vice President of the US, and the only one of American Indian heritage. Cost \$5. For info: 357-1371 or 597-5380.

CONSTITUTION HALL – Wed.-Sat., 9am-5pm; Sun., 1-5pm, National Landmark, Kansas State Historic Site, Civil War History: Famous Lecompton Constitution, 319 Elmore, Lecompton. For info: 887-6520 or consthall@kshs.org; or kshs.org/constitutionhall.

GREAT OVERLAND STATION – Railroad museum, education center, veterans memorial and more. 701 N. Kansas Avenue. Tue-Sat 10am-4pm; Sun 1-4pm. Closed on Sundays in Jan. & Feb. Adm: \$4 adults, \$3 seniors, \$2 children age 3-12. For info: 232-5533 or greatoverlandstation.com.

HISTORIC RITCHIE HOUSE – Tour the oldest remaining home in Topeka (built 1856-57). 1116 Madison. Admission free. 10am-2pm; weaving demonstrations, games, food & more.

HOLLEY MILITARY MUSEUM – Downtown Ramada Inn. Featuring 5 galleries, named after world leaders. Featuring World War II artifacts, Air Force One exhibit, Kansas War Heroes, Space, Vietnam & more. Cost: Free. 10am-8pm daily.

KANSAS NATIONAL GUARD MUSEUM – Forbes Field. For hours & info: 862-1020.

KANSAS MUSEUM OF HISTORY – 9 a.m. - 5 p.m. Tuesday - Saturday, 1 - 5 p.m. Sunday. 6425 SW 6th Avenue. 785-272-8681, kshs.org/museum

KANSAS STATE CAPITOL – Mon.-Fri., 8am-5pm, SW 10th & Jackson St. Tours provided. Dome Tours M-F 10:30am-4:15pm. Info: 296-3966 or kshs.org/capitol.

OLD PRAIRIE TOWN – 1st & Clay. Open Mon.-Sat., 10am-4pm; Sun. 12-4pm. Daily guided tours: M-F 10am, 12 & 2pm; Sat. & Sun. 12 & 2pm. 368-2441.

ROEBKE HOUSE MUSEUM – 216 New York, Holton. For info: 364-4991.

TERRITORIAL CAPITAL MUSEUM – Wed.-Sat., 11am-

4pm; Sun., 1-5pm, National Register Site, 3 floors of Civil War and Victorian Artifacts, President Eisenhower's parents' marriage site: 640 E. Woodson Ave., Lecompton. For info: 887-6148 or lanemuseum@aol.com or lecomptonkansas.com.

TOPEKA/SHAWNEE COUNTY PUBLIC LIBRARY – 1515 SW 10th St. Mon.-Fri., 9am-9pm, Sat., 9am-6pm, Sun., 12-9pm. For info: 580-4400.

TOPEKA ZOO – Gage Blvd. between 6th & 10th St. Zoo hours 9am-5pm. Birthday Parties available -- choose from two separate party packages; parties last two hours. For info: 368-9180 or topekazoo.com.

FINE ART

FIRST FRIDAY ART WALK – 1st Friday of every month at various Topeka galleries. Downtown businesses open late. artsconnecttopeka.org.

"ART WALK AT THE T.V. UP/DOWN GALLERY!" – First Friday of every month, TV Up Down Gallery, 909 1/2 S. Kansas Ave. "Art, Music, and More!"

BEAUCHAMP'S ART GALLERY – 3113 SW Huntoon. For info: Bob Swain, 233-0300 or beauchampsart@cox.net.

THE ECLECTIC ART SHOWROOM & STUDIOS – 900 N. Kansas in the NOTO Arts District.

MULVANE ART MUSEUM – at Washburn University. Free admission, open to the public. For info: 670-1124.

SIGNS OF LIFE GALLERY – 722 Massachusetts St., Lawrence. 830-8030 or SignsofLifeGallery.com.

SOUTHWIND GALLERY – 3074 SW 29th Street, Topeka. 273-5994

THE UPSTAGE GALLERY – 720 SW Jackson (Historic Jayhawk Theatre). Open for 1st Fri. Artwalk 5-8pm.

TOPEKA ART GUILD & GALLERY – Wed.-Sat., 11am-5pm, Fairlawn Plaza. 273-7646 or topekaartguild.org.

MEETINGS & CLASSES

C5Alive "POWER" LUNCHEON – Feb. 12, 11:30am-1pm. Aldersgate Village, 7220 SW Asbury Dr. City Manager Jim Colson will speak and take questions.

- Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door
- \$15 for non-members & repeat guests.
- Please RSVP to info@C5Alive.org, so we know how much food is needed!

Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

MINISTRY FELLOWSHIP – now meeting every Tuesday, 6:30pm at McDonald's, 11th & Kansas Ave. Christian fellowship & praise. All are welcome. For info: Richard Wilson at 338-3072.

WOMEN'S CLUB OF TOPEKA – Feb. 5, 11am, General Assembly at 5221 SW West Dr. Music: Meditation with Betty Frantz; Dr. Eric Voth on Affordable Health Care. Luncheon at Noon. RSVP to 273-6978

SURRENDERING THE SECRET – Hurting from an Abortion? God extends His love and forgiveness to all. Studies are now forming to help people begin the process of reconciling with God, themselves and others. This completely confidential group will meet weekly for 8 weeks. The study will help you to heal by experiencing freedom from not being able to forgive yourself from guilt and shame. There is hope! There is forgiveness! If this is something you are ready to do, call Trudy at 785-817-1577 or Diane at 785-249-6416.

SONS OF THUNDER – First Thurs. 6:30-9:30pm at Crestview Shelter House, featuring an invited speaker, food and fellowship. For info: 256-0728 or go to facebook Northeast Kansas Sons of Thunder. Freewill donation.

STEP UP – BUILDING THE SMART STEP-FAMILY – Every Sun. 11am, Northland Christian Church, Room 4, 3102 NW Topeka Blvd. Focusing on the challenges facing step-families and blended families. Contact Thomas Munker at 249-3054 for info.

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS – Every Mon. 6pm, Cornerstone Community Church, 7620 SW 21st. Faith-based scouting programs are kids age 5-18. Register online at cornerstonetopeka.com. For info: 478-2929.

INNOVATIVE NETWORKING GROUP OF TOPEKA – every other Wed. 11:20am – 12:30pm. www.INGTopeka.com go to Event page to see future meetings, locations and register to attend. If you do not like a whole lot of rules and costs, this group is for you!

CAPITAL CITY NETWORKING GROUP – every Thur,

7:30am, Jayhawk Tower – www.ccnng-online.com. Membership cost \$37.50 a quarter.

TIBA NETWORKING GROUP – 2nd Tues, 11:30a.m.-1 p.m. MUST RSVP: Lunch is \$10. www.topekatiba.org

I.N.G. WOMAN'S CHAPTER NETWORKING GROUP – every 2nd Sat., 11am. Bring your business cards, catalogs, a guest and join in the fun! – No fees. INGTopeka.com

BIBLE STUDY ON THE BOOK OF ESTHER – 6pm Sunday evenings, Cornerstone Community Church, 7620 SW 21st. For info: 478-2929

DEAF WORSHIP SERVICE – 3rd Sun., 3pm, Faith Lutheran Church, 17th & Gage. Also, every Sun. 9:30am service is interpreted.

FAMILY EXPERIENCE (FX) – Every Sun., 6:01pm, Fairlawn Church of Nazarene, 730 Fairlawn Rd. A time of

Make A Difference for eternity in the life of a child
Pray • Refer • Volunteer • Give

Offering children in need:

- Traditional family settings
- A Christ-centered environment & education
- Licensed Professional Counselors (LPC)
- Their own "Path to Purpose"

Show-Me Christian Youth Home
660-347-5982 | www.show-mehome.com
lovegrows@show-mehome.com

Bleeding Kansas 2015

Constitution Hall State Historic Site in Historic Lecompton
2 p.m. Sundays • Suggested donation \$3 adults

A series of talks and dramatic interpretations on the violent conflict over the slavery issue in Kansas Territory 1854 – 1861

Feb. 1
"Railroad Empire Across the Heartland: Rephotographing Alexander Gardner's 1867 Westward Journey Through Kansas" – John Charlton, photographer, Kansas Geological Survey, University of Kansas. Remarks by Nancy Sherbert, curator of photographs, Kansas Historical Society. Charlton will sign copies of his book after the presentation.

Feb. 8
"John Brown vs. W. B. 'Et. Scott' Brockett" – The history of Bleeding Kansas and the Battle of Black Jack are debated in first-person portrayals by Kerry Altenbernd, as abolitionist John Brown, and Jeff Quigley, as proslavery advocate W. B. Brockett.

Feb. 15
"James Montgomery, The Original Jayhawker" – Max Nehrbass, Labette Community College history instructor. Historian Rich Ankerholz will portray James Montgomery.

Feb. 22
"If It Looks Like a Man: Female Soldiers and Lady Bushwhackers in the Civil War in Kansas and Missouri" – Diane Fickhoff and Aaron Barnhart, authors and historians.

Mar. 1
"John Brown's Money Man: George Luther Stearns, Abolitionist" – Dr. Charles E. Heller, author and historian. Heller will sign copies of his book after the presentation.

Top to Bottom: Ferry Across the Kaw at Lecompton, Alexander Gardner, 1867; "John Brown Starting out to Begin the War;" James Montgomery, between 1861 and 1865; George Luther Stearns, between 1861 and 1865.

Kansas Historical Society
Constitution Hall State Historic Site • 319 Elmore • Lecompton • 785-887-6520 • kshs.org/constitution_hall

Tim's PAINT WORKS

Collision Services 234-1016
1821 NE GRANTVILLE RD - TOPEKA

LAMAR
TRADEBANK
www.tradebank.com

high intensity, action packed, skit mania, worship music all centered around the word of God for 45 minutes. A free family worship event. For info: Emily Moore, 272-6322 or fxthelawn@gmail.com.

LADIES' SMALL GROUP – Every Sun., 6pm, Bethel Baptist Church, 4011 N. Kansas Ave. Studying the book of Esther, using the DVD series "It's Tough Being a Woman" by Beth Moore. All welcome. Info: 286-0467.

THE FORCE (Students Taking Action) – 1st Mon. & 3rd Tue., 6:30-8pm, Safe Streets, 2209 SW 29th St. A group committed to being alcohol & drug free. Associate with like-minded peers, plan activities & get involved in the community. Youth ages 12-18 are invited. 266-4606.

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd Mon., 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365.

POINT MAN AND HOME FRONT OF SHAWNEE CO – 1st, 3rd & 5th Tues. of each month, 6-8pm, Topeka Bible Church, 1101 SW Mulvane, Potluck dinner begins at 6:10 PM. A Bible study and support group for military & veterans and their wives, moms and sisters. Contact David or Jacque Ankenman at 249-8359 or 221-1739.

TOPEKA LINCOLN CLUB – 1st Tue. of month, 7pm, Topeka Public Library. Discussing our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, contact Kirk Nystrom 235-6977.

CONCERNED WOMEN FOR AMERICA (CWA) – 3rd Tue., 10am-12noon, Northland Christian Church, 3102 NW Topeka Blvd. 224-7126 or cwatopeka@giantcomm.net.

OUR LADY OF THE FAITHFUL – Every 1st Tues., 6:30pm Mass followed by Dinner, Most Pure Heart of Mary Catholic Church. A Catholic group for those in their 20-30s. For info: Michelle Ann 580-3071 or ourladyofthefairful@gmail.com. All events are also posted on Facebook at "OurLadyoftheFaithful."

SUNRISE OPTIMIST CLUB – Every Tue., 6:30am, Sunrise Optimist Complex, 720 NW 50th St. Info: 246-1291.

O.W.L.S. (Older Wise Loving Saints) - meets the second Tuesday of the month. Location varies and can be found at www.faithfamilylife.com

S.W.A.G. (Spiritual Warriors Anointed by God) youth group - Wed at 7:00 p.m. 3710 NW Topeka Blvd.

AWANA – Every Wed., 6-8pm, First Southern Baptist Church, 1912 SW Gage Blvd. Bible based program for children & youth ages 3-HS. For info: 272-0443.

AWANA – Every Wed., 6:30pm, Bethel Baptist Church, 4011 N. Kansas Ave. Bible based program for children & youth ages 3-HS. For info: 286-0467.

AWANA – Every Wed., 6:30-8pm, Auburn Christian Church. Bible based program for children & youth ages 3-HS. For info: 256-2515.

MACHINE EMBROIDERY CLUB – 1st Wed., 9am-2:30pm, Our Savior's Lutheran Church, 2021 SW 29th Street (south doors). To teach each other, enjoy fell owship & complete projects. Call Anne 271-1567.

SAFE STREETS MEETING – 1st Wed., 11:45am, Golf Park Blvd, 2 blocks west of Adams. Info: 266-4606.

STUDENT IMPACT – Every Wed., 6-8pm, First Southern Baptist, 1912 SW Gage Blvd. Youth games, teaching, worship, small groups. For info: 272-0443.

TGIW: "TEACHING GOD'S INFINITE WISDOM" MEN'S STUDY – Every Wed., 6:15am, Lawrence Wesleyan Church, 3705 Clinton Parkway. Affiliated with CharacterCounts.com. David Scheib, 865-5258 or dvscheib@sunflower.com.

BIBLE STUDY - every Thur. 1pm-3pm in the Prayer Rm at Faith Family Life Centre, 3710 NW Topeka Blvd.

CHRISTIAN CHALLENGE – Every Thurs. 7-9pm, First Southern Baptist, 1912 SW Gage Blvd. Worship for college students.

LIFE FEST – 1st Thurs., 10am-12:30pm, Covenant Baptist Church, 5440 SW 37th St. Celebrate Senior Life. For info: 273-2811.

OPERATION BACKPACK – 1st Thurs., 6pm, Lyman Learning Center, Lyman and N. Kansas Ave. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Sponsored by Topeka North Outreach. For info: 286-1370.

iMOM – 1st & 3rd Thurs., 9-11:30am, Topeka Bible Church Fellowship Hall, 1135 SW College. For all moms, helping them to be intentional! For info: 234-5545.

SINGLES BIBLE STUDY – 2nd & 4th Thurs., 7pm, Heartland Worship Center Church of God, 1401 NW Harrison. For info: 232-5503.

FULL GOSPEL BUSINESSMEN'S FELLOWSHIP – 3rd Thurs., 6pm meal, 7pm meeting, Coyote Canyon, Hunton & Wanamaker. Kirk Nystrom, 235-6977.

BIBLES AND BOOTS: Chapter of Cowboys for Christ Fellowship – 3rd Thurs., 7:30pm, Wamego. Call for location. All welcome, no membership dues, livestock ownership not required. Fellowship & fun! Doug Palmer, Pres. 410-9097, or Dave Boyd, V.P. 364-2779.

TOPEKA GENEALOGICAL SOCIETY – 4th Thurs., 7pm, Topeka Shawnee County Public Library, 1515 SW 10th St. No program in Nov. or Dec. Promotes & stimulates the education, knowledge & interest of the membership & the public in family history, genealogical records & research. For info: 233-5762 or tgstopeka.org.

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP MEETING – 3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian financial professionals: Financial Planners, Accountants, Attorney's & Insurance Agents invited to attend. For info: kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 357-6278 x19.

TOPEKA (Downtown) OPTIMIST CLUB – Every Fri., noon, Top of the Tower. Serving the youth of Topeka. Anyone welcome. 272-1099 or fostern60@yahoo.com.

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. For info: 286-1370.

A GOOD YARN CLUB – 2nd & 4th Sat., 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. Info: Debby, 215-4889, ddhenrikson@cox.net

BIBLE QUIZZING – 1st Sat. Learn God's Word & have fun with area Christian youth age 9-19. YFC/YEA style quizzing & rules. 913-593-6427; biblequizzing.org

MONTHLY SCORE MEETING – 1st Sat., 8-9:30am, Washburn Tech, 5724 SW Huntoon (enter east doors facing Huntoon). No RSVP or fee. Small business owners are invited to a Breakfast Roundtable discussion with (Service Corps of Retired Executives. 234-3049.

TOPEKA LOVE AGLOW – Once a month on Sat. morning. A time of worship, prayer and encountering God. Call Tawny Barton at 785-409-0232 or Linda Williams at 785-267-0600 for details.

FREE ENGLISH CLASSES – Every Sat. 9-10:30am, Central Congregational Church, 1248 SW Buchanan. For info: 235-2376.

RUSSIAN HOUSE OF PRAYER – Every Sat., 4pm, Williamstown Assembly of God, 1225 Oak St., Perry/Williamstown. For info: 597-5228.

SINGLES PLAY CARDS SR. – 1st Sat., 6-9pm, St. Peter's UMC, NW 35th & Hwy 75

UPPER ROOM COMMUNITY – held at the Capitol Building every second Saturday of the month at 10am.

SUPPORT GROUPS

MIDLAND CARE GRIEF SUPPORT GROUPS: Building A, 200 SW Frazier Circle. **Every Mon., 4-5pm:** 12 Week Adult Group for Recent Loss **1st and 3rd Thu., 10:30am & 5:30pm**— Ongoing Adult Group **1st and 3rd Thu., 5:30pm:** Ongoing Young Adult Group (4-18 years of age) For All Groups: Call for start dates and info packet. Group and individual grief support available upon request. For info: 785-232-2044 ext.341

ABORTION RECOVERY SUPPORT GROUPS – A 12-step Restoring Joy recovery journey for women. Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn, 272-6212.

AL-ANON FAMILY GROUPS – for friends & families of alcoholics. For info: 785-409-3072 or topekaalanon.org

PURSUIT FOR SEXUAL PURITY – Men struggling with pornography & sexual addiction. This bible study/accountability group uses the Pure Desire book by Ted Roberts. For info: Hunter Ruch, Topeka Bible Church, 234-5545 or hruch@topekabiblechurch.org.

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. For info: Alzheimer's Association, Heart of America Chapter, 271-1844 or email cindy.miller@alz.org.

"BETRAYED HEART" support group/Bible study – For women whose husbands struggle with pornography addictions or have had affairs. Videos & workbook will give you hope for your marriage & emotional healing. For info: Jane Goble, 478-9605.

BIKERS AGAINST CHILD ABUSE – NE Kansas Chapter (B.A.C.A.) 3rd Sun., 4 pm American Legion, 3800 SE Michigan. Open to the public. For info: 817-5801.

FRIENDS WITH M.S. – 3rd Mon., 6:30pm, Our Savior's Lutheran Church, 2021 SW 29th St. (Enter East door). A Multiple Sclerosis support group. Donna, 266-7383.

BOUNCE BACK SELF-HELP – 3rd Mon., 6:30pm, Our Savior's Lutheran Church, 2021 SW 29th St. For those living with multiple sclerosis. For info: 273-0799.

INCARCERATED PERSONS & FAMILIES – 1st Mon., 6:30-7:30pm, YMCA, 421 Van Buren. 286-2329.

THE COMPASSIONATE FRIENDS BEREAVED PARENTS GROUP – Meets 4th Monday in Formation classroom at Most Pure Heart of Mary, 17th & Stone. Discussion

starts at 7pm with fellowship & refreshments at 8:30. For info: Susan 272-4895

OVERCOMERS OUTREACH – Every Mon., 7-8:30pm, Wanamaker Woods Church, 3501 SW Wanamaker Rd. A bridge between traditional church and traditional 12 step meetings. 409-9111; www.overcomers@gmail.com.

GRIEF SUPPORT OPPORTUNITIES – Sponsored by Heartland Hospice for those dealing with death or major loss: **1st Mon., 5:30-7:30pm,** Individual appointments; other times are available. Call Terry Frizzell directly at (785)230-6730. **3rd Thurs., 11am,** Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd., Dutch treat luncheon to meet new friends who have sat where you are sitting. Reservations 271-6500.

OVEREATERS / UNDEREATERS ANONYMOUS: **MON., 7pm** – Westminster Presbyterian, south door, upstairs in Library; 233-6724.

WED., 7pm – St. Francis Hospital meeting room 6, 2nd floor. 234-8020.

SAT. - 9am – St. Francis Hospital meeting room 8, 2nd floor. 862-2326.

For info: 357-8774; sunflowerintergroup.aa.org.

CHRIST-CENTERED SUPPORT GROUP – "Strong Tower" 12 step recovery program – Tue., 7pm, 1331 SW Harrison. Currently discussing the book "Living Free in Christ." For info: Tony. 620-366-1427.

NAMI TOPEKA – Every 2nd Tue., 6:45pm, lower level of Valeo, 330 SW Oakley. If door is locked, call 608-1317 to get in. The 1st hour is often a discussion of an important topic or video. The 2nd hour is usually a support talk time, w/ separate consumer & family groups. 608-1317.

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. Join for support, information, etc. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

THE GREATER TOPEKA MULTIPLE MYELOMA – 3rd Tue., 7-8:30pm, Faith Lutheran Church, 17th St. & Gage Blvd. Open to Multiple Myeloma patients, their family members & friends. Share support, information, & friendship. For info: Donna, 903-918-9553.

"HEALING AFTER THE SUICIDE OF A LOVED ONE" ("HEAL") – or Survivors of Suicide" (SOS). 1st & 3rd Tue., 7-8:30pm, Pozez Education Center of Stormont Vail Hospital, 1505 SW 8th St. Serving anyone who has lost a loved one by suicide.

PRISON OUTREACH MINISTRY – Every Tue., 7-9pm, Topeka Women's Prison, 815 Rice Rd. Reaching out to those who can't come in, finding freedom behind bars, inspiring inmates to seek salvation during a difficult time. Providing support & guidance through the Holy Spirit to offer strength. Director: Don Garner. 286-0489 or faithfamilyfeministries@gmail.com.

GAMBLERS ANONYMOUS – Every Wed, 7pm, St. Francis Hospital, meeting room #8.

JAYHAWK AREA AGENCY ON AGING – 4th Wed., 1pm, Rosehill Place Clubhouse. Monthly support group for caregivers of seniors. For info: 235-1367 ext.30.

MOMS-IN-TOUCH PRAYER GROUP – Every Wed., 2:30-3:30pm, Library at Cair Paravel-Latin School. Experience God's power through prayer as we lift our students, teachers, staff, administrators & board up to the Lord. For info: 357-0369.

DIVORCECARE PROGRAMS – locations and times:

TUE. – 7-8:30pm, Covenant Baptist Church, 5440 SW 37th St. Cost \$15. Scholarships available. Also DC4K(DivorceCare for Kids) and Single & Parenting beginning May 13. For info: 273-2811

WED. – 6:30pm, Topeka Bible Church, 1101 SW Mulvane. Cost: \$15. Child care provided. For info: 379-0505 or www.divorcecare.org.

WED. – 6:45 – 8:45pm, Walnut View Christian Church, 3634 SE 37th St. Cost: \$10 registration (scholarships available). Video seminar series featuring some of the nation's foremost experts on divorce and recovery topics, combined with support group discussion of the materials. Free child care children up to fifth grade. Info: 266-7550 or walnutviewcc@att.net. divorcecare.org.

NAMI WASHBURN – 4th Thurs., 6-8pm, Spirit Building Room, University United Methodist Church, 1621 SW College Ave. NAMI is a student-run, student-led organization that provides mental health support, education, & advocacy in the Washburn University setting. A support group is also available during this time.

PROSTATE CANCER SUPPORT GROUP – 1st Thurs., 7pm, 2nd floor conf. room of the cancer unit at St Francis Hospital. For info: 266-9533.

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

CELEBRATE RECOVERY – Every Fri., 6pm, 1912 Gage Blvd. A Christ centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. 220-0017 or crtopeka.org.

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'AMERICAN SNIPER' FAITH EVIDENT IN BOOK, BUT NOT MOVIE

moviereview

by Sarah Pulliam Bailey

Chris Kyle, often described as the most lethal sniper in U.S. military history, wrote in his autobiography that he prioritized his life in the following order: God, country, family.

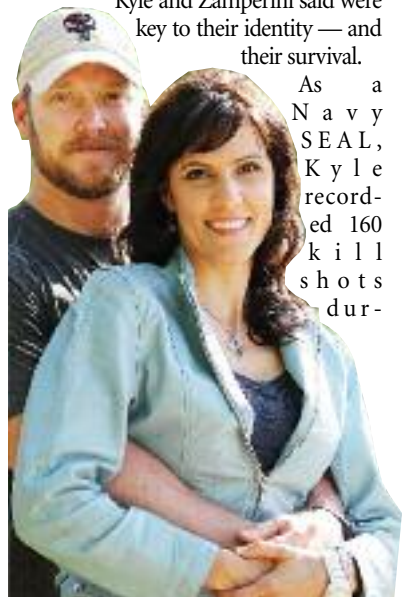
But God doesn't make a central appearance in the film "American Sniper," which broke long-standing box office records when it opened in wide release Jan. 16. The film offers a few similarities to "Unbroken," Angelina Jolie's recent World War II epic about POW Louis Zamperini.

Both stories focus on the dramatic stories of warriors who were later regarded as American war heroes. Both "American Sniper" and "Unbroken" include an early scene of their families sitting in church. Both men struggle with substance abuse after returning from war.

And while both films have been applauded in and out of the faith community, they both largely skirt the faith that

Kyle and Zamperini said were key to their identity — and their survival.

As a Navy SEAL, Kyle recorded 160 kills during



The real life Chris Kyle with wife Taya.

Out in the COUNTRY

by Scott Perkins



It was in 1999 that a couple of South Texas boys decided to form a new Christian Country duo. They had been singing this new country sound individually. Branded was born.

Paul Staggs and Robert Welch are the force of this band as lead vocalists and song writers. Their style is country with a mix of bluegrass. Staggs plays guitar and Welch plays mandolin. Whether a ballad or a rocking country song, they produce a unique sound.

Their message is always inspirational. The lyrics that they write are direct and genuine. The current single playing on The Country Parson is a song written by

film411

SELMA
STARS: Bradley Cooper, Kyle Gallner, Cole Konic, Ben Reed, Elise Robertson

DIRECTOR: Clint Eastwood

RATED: PG-13

ing his four tours in Iraq. His story drew national attention after the release of his 2012 autobiography "American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History," which enjoyed a 37-week run on The New York Times' best-seller list.

The Clint Eastwood-directed biopic starring Bradley Cooper debuted with a limited release on Christmas Day, the same day "Unbroken" opened nationwide.

Kyle opened his book by probing the ethics of combat as he wrote about his first sniper shot, when he had to kill an Iraqi woman holding a grenade.

"My shots saved several Americans, whose lives were clearly worth more than that woman's twisted soul," he wrote. "I can stand before God with a clear conscience about doing my job. But I truly, deeply hated the evil that woman possessed. I hate it to this day."

In the film adaptation, Kyle is visibly moved by his first shot and later mentions meeting his maker and justifying each shot he took.

He writes that he spent a lot of time praying during difficult times.

Kyle was no straight-laced believer. His book (and now movie) is filled with the profanities common in military culture and the stories of his family struggles. Both are gritty and realistic accounts of human behavior. But faith is nonetheless woven throughout the book.

"I was raised with, and still believe in, the Christian faith. If I had to order my priorities, they would be God, Country, Family," Kyle wrote. "There might be some

them entitled: When Did This Happen. It tells the story about a man realizing that his own father has grown older and wondering when did this happen. It makes you sit back and consider situations in your own family. It really is inspiring!

Some of their music is inspirational in the fact that it will make you laugh! Songs like; The Walmart Song, Batter-fried Chicken or The Great Habanero will make you crying from laughing. I think that is inspiring, isn't it?

From the beginning until now, Branded has received many awards over the years. Their awards include; Duo of the Year, Song writer of the Year and more. To know these two guys and hear their product over the years, I can only say that they have gotten better with age. And yes, I can call them old.

They have played here in Northeast

debate on where those last two fall — these days I've come around to believe that Family may, under some circumstances, outrank Country. But it's a close race."

The God, country, family line is mentioned in passing in the film after another soldier asks Kyle if he believes in God. "There's evil," Cooper says. "We've seen it."

In the film, Kyle is shown putting his Bible in the pocket of his uniform.

"I'm not the kind of person who makes a big show out of religion," Kyle writes in the book. "I believe, but I don't necessarily get down on my knees or sing

of the time." Islam is mentioned a few times in his book, though the faith doesn't have a starring role in the film except when Kyle is asked to defend a shot after a wife claimed the victim was carrying a Quran. In his book, Kyle writes that he told an Army colonel: "I don't shoot people with Korans. I'd like to, but I don't."

The Muslim call to prayer appears twice in the film, but it doesn't probe the differences between Sunnis and Shiites the way Kyle does in his book.

A 2013 New Yorker profile mentions Kyle's faith as a deep motivator in his work: "Like many soldiers, Kyle was deeply religious and saw the Iraq War through that prism,"

In his book, Kyle wrote about how his family shaped his faith during his upbringing. "My family had a deep faith in God. My dad was a deacon, and my mom taught Sunday school," Kyle wrote. "I remember a stretch when I was young when we would go to church every Sunday morning, Sunday night, and Wednesday evening. Still we didn't consider ourselves overly religious, just good people who believed in God and were involved in our church. Truth is, back then, I didn't like going a lot



journalist Nicholas Schmidle wrote.

"He tattooed one of his arms with a red crusader's cross, wanting 'everyone to know I was a Christian.'"

Stories of Kyle's shootings earned him the nickname "Legend."

"I don't spend a lot of time philosophizing about killing people. I have a clear conscience about my role in the war. I am a strong Christian. Not a perfect

one — not close.

But I strongly believe in God, Jesus, and the Bible. When I die, God is going to hold me accountable for everything I've done on earth. He may hold me back until last and run everybody else through the line, because it will take so long to go over all my sins."

Kyle also wrote that he didn't know what would happen on Judgment Day.

"But what I lean toward is that you know all of your sins, and God knows them all, and shame comes over you at the reality that He knows. I believe the fact that I've accepted Jesus as my savior will be my salvation," he wrote.

"But in that backroom or whatever it is when God confronts me with my sins, I do not believe any of the kills I had during the war will be among them. Everyone I shot was evil. I had good cause on every shot. They all deserved to die."

"I believe the fact that I've accepted Jesus as my savior will be my salvation."
— Chris Kyle

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Great entertainment coming soon

The Rock & Worship Roadshow 2015 featuring MercyMe, Crowder, Matt Maher, Jamie Grace, Tedashii, Group 1 Crew, guest speaker Shaun Groves, and introducing I Am They and Jon Guerra will be coming to Springfield, MO on February 19. For only ten dollars, this is a great opportunity to hear some incredible music and spend a grand evening in worship and reflection.

The concert will be performed at the JQH Arena, 685 S. John Q. Hammons Parkway, Springfield MO. For more information, visit theroadshowtour.com.

Speaking of great entertainment, Crowder recently enjoyed his first, ever No. 1 hit single, "Come As You Are"! The song currently holds the top spot on the Christian Adult Contemporary (AC) Indicator chart, as well as a Top 10 spot on the National Christian Audience chart. "Come As You Are" has also been nominated for the Contemporary Christian Music Performance/Song category in the Grammy Awards, which means you may be seeing him at the 57th Grammy Awards, which he plans to



D.C. Jeanes
Metro Voice Music Critic

attend.

The Grammy nominated artist has also decided to extend his Neon Steeple Tour this April to 13 more cities (as noted above, he'll be in Springfield on February 19th).

Rock band Hawk Nelson will be releasing their seventh studio album, Diamonds, on March 17th. Released on Fair Trade Services, this is the second album released with the label, as well as with newest frontman, Jon Steingard. Announcing the release on their Facebook page, the band also introduced new members guitarist Micah Kuiper and drummer David

Niacaris to the fold.

Their first single, "Drops In the Ocean," has gotten some good buzz from radio charts, including landing on the Billboard Christian National Christian Audience (NCA) chart at No. 21 and the Hot Adult Contemporary/Contemporary Hits Radio (AC/CHR) at No. 10 shortly after its release. "Drops In the Ocean" is also available for download, right now, on iTunes and Amazon. Their second song unveiled, "Just Getting Started," has garnered attention after being used in promotion for American Idol during the 2014 World Series.

It was recently noted Warner Bros. had pulled the Christian music documentary "Hillsong - Let Hope Rise" from its April 1 slot. Speculation arose among fans and the media about why it was pulled. Originally scheduled to open worldwide on the pre-Easter date, when Alcon Entertainment bought rights to

the movie, but was later stalled.

Warner Bros. has distributed Alcon's motion pictures for quite some time, according to Variety.com, "through the companies' long-term output distribution agreement."

The Australia-based band Christian worship band has sold more than 16 million albums, and a large following of fans worldwide. Directed by Michael John Warren and produced by Michael Weaver of MediaWeaver Entertainment and Jonathan Bock of Grace Hill Media, the film follows the band as they tour five different continents and documents their sold-out performances across the world.

"It's a little weird and a lot humbling to have a movie made about us,"



singer/founder Joel Houston said about the project, "but we didn't say 'yes' to this to draw attention to ourselves. It's our hope that by sharing an up-close and unvarnished look inside our music and lives, we can shatter pre-conceived notions of what it means to follow Jesus in today's modern world."

Recently, a representative for Alcon said that the company was unable to close the rights deal for the movie. Hopefully, these issues can be resolved and the production will be seen by many in the not-too-distant future!

Lastly, Chris Tomlin will be coming to town, March 27, at the Independence Events Center, on his Love Ran Red Tour, promoting his tenth album. Joining Tomlin on tour will be Tenth Avenue North and Rend Collective.

The album features songs including "Waterfall," "Jesus Loves Me," and "At the Cross (Love Ran Red)," and has garnered much attention since being released.



WOLVES

continued from page 1

sold out quickly, and another 10,000 have been printed. All profits go to the ministry Character That Counts (www.characterthatcounts.org).

Before the accident, Meers had a colorful career as a mascot for nearly 30 years. After growing up in St. Charles, Mo., he attended the University of Missouri. As Truman Tiger, he was selected the No. 1 college mascot in the nation in 1989. He also had a stint as a backup Fredbird the Redbird before joining the Chiefs.



Game days are only a small part of his workload. Meers has made more than 8,000 public appearances over the years. He has long been known for his pregame antics at Arrowhead and decided to take them to the next level for Military Appreciation Day during the 2013 season.

"The plan for my pregame entrance was to have KC Wolf, dressed in Army fatigues, jump out of the lights at the top of the stadium and zip line down to the field," he said. "The zip line attached to the lights above the press box on the south side of the stadium. It then stretched all the way across the field to the north side and connected to the huge steel beams that connected another bank of lights. The zip line hung 260 feet above the field."

As if that weren't enough of a challenge, he decided to begin the entrance by jumping off the lights on a 20-foot bungee cord. Meers practiced the stunt on the crisp Saturday afternoon of Nov. 23. As soon as he jumped, he knew something was wrong.

"I was supposed to free fall about 20 feet, and then the bungee cord would bounce me back up and I would begin so zip line out over the football field," he said. "However, instead of falling 20 feet, I fell

75 feet. I hit the seats so hard that I knocked two of them out of the concrete where they were mounted. The bungee pulled me back up, and I traveled 200 feet above the field, hanging from the bungee cord."

Needless to say, the injuries were extensive and rehabilitation has been a long, painful journey. Meers decided to make something of the unexpected time off.

"When you are going through pain, it's easy to become self-focused," he said. "A self-focused world becomes very small, and your problems seem a lot bigger. When you take your eyes off yourself and look around, you realize the world is a lot bigger than just you."

With nothing but time on his hands, God reminded him about the book.

"Coming off the pain medications really messed up my sleep schedule," he said. "I was getting maybe four hours of sleep a night

and waking up at 2 or 3 in the morning with nothing to do. That's when I decided to write the book."

As he thought and wrote in the dead of night, he gained valuable insights into the problem of pain.

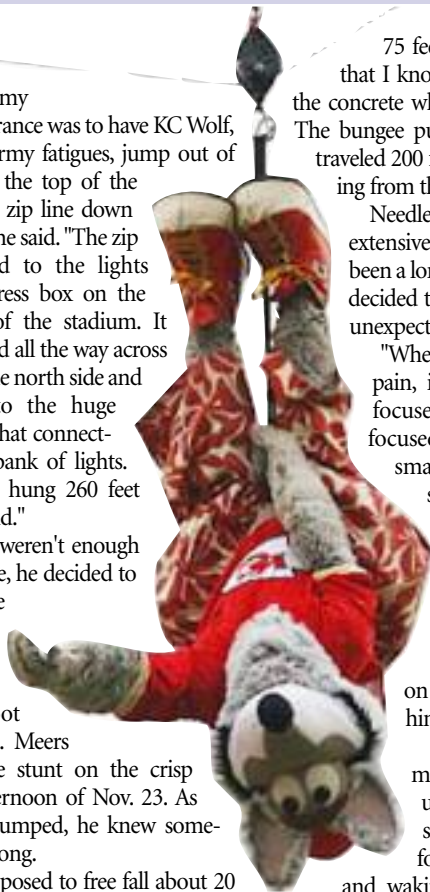
"One lesson I learned is that God does have a purpose behind the pain in our lives," Meers said. "Everyone goes through pain, even if it's not physical. But he doesn't allow to go through needless pain."

He sums up this healing and growing process in two lessons:

- **Be a shiner, not a whiner.** "Nobody enjoys listening to me complain about my problems and pains. Laugh, and the world laughs with you. Complain, and you live alone."

- **Take off the mask.** "I was finally able to take off my mask when I realized God loves me just the way I am right now. Even with all of my faults and failures, His love for me will never end."

Remarkably, Meers was back in costume and on the field for the Chiefs' home



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opener last season (minus the aerial stunts). He also shares his story wherever he finds an audience.

"I am starting to get feedback about how much people enjoyed the book," he said. "They are not only entertained but also challenged to live out their faith."

Perhaps most importantly, he has learned to count each day a blessing and an opportunity to make a difference.

"While I was driving to the stadium during rehab, I heard a pastor on the

radio," Meers said. "He said that every morning, you wake up and have something to complain about and something to be thankful for. It's up to you to choose."

"Wolves Can't Fly" is available at the website www.characterthatcounts.org. Dan Meers is available for speaking engagements, which can be arranged by contacting Rod Handley through the same website.

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Aging in Place - What does that mean?

By Eileen McGivern, BSN, RN, Director of Strategic Community Initiatives at Brewster Place

Much has been written in the media about the wave of baby boomers that will be needing care and assistance in the coming years. The senior industry is faced with the huge task of how to care for these people and with the high costs of construction, building more buildings may not be the best solution! It is reported that 85% of seniors say that they do not want to move to a retirement community or assisted living facility. In fact, they don't want to move at all!

The adage, "what is old is new again" may apply. In past generations, families lived and died in the same home. Often elderly parents



and grandparents moved in with family members or younger family members moved to live with the aging parent. Changes in society often prevent this from happening as many couples both work outside the

home. How to support our loved one's successful aging can become a dilemma.

Brewster is always looking for ways to assist seniors in living their best life right now, with a plan for the future. Brewster Place offers the traditional retirement community continuum of care options: moving from one level of care to another as individual needs change, starting with independent living, to assisted living, and on to skilled nursing care setting. We can also provide additional supports on our campus to help residents maintain their independence without moving to a higher level of care.

Brewster also recognizes that peo-

ple want to remain in their homes but desire a connection to other seniors. BrewsterConnect is a membership program designed to connect active seniors to wellness and socialization activities to help people stay healthy and independent while staying in their own homes. BrewsterConnect members have access to Brewster Place exercise equipment rooms, fitness classes, arts and crafts, interesting lecture series and intellectual programs, as well as activities and outings to community events and points of interest. BrewsterConnect also can provide a transportation connection from home to Brewster Place.

In addition, technology systems can be utilized to keep seniors living in their homes safe and connected to loved ones through our BeClose technology system. And, as a member of BrewsterConnect, one also has access to a preferred vendor network that provides an array of services such as lawn care and snow removal, computer and small appliance repair,

handy man service and more. Just one call to BrewsterConnect is all that's required to get connected to a reliable service provider, many of which offer discounts to BrewsterConnect members. Additionally, BrewsterConnect members have access to case management services available on an hourly basis. These services may include accompaniment to doctor's appointments or procedures and on-going symptom management.

So how will "Aging in Place" look for you? What plans have you made and what discussions have you had with your families? Thinking about our homes and how we can make them more "aging friendly" can provide some lively discussion. Many of our homes are where raised our children and we are tasked to now make our once "baby-proofed" home to an "age-proof" home. Brewster continues to be on the cutting edge of successful aging. If you have questions, call us.

Show Your Heart Some Love - Wellness tips for body, mind and heart

(Family Features) Each day offers new opportunities to make choices that impact your health and overall wellness. Though hectic schedules can cause many of us to let healthy habits fall to the wayside, it is important that we give our bodies the attention and care they deserve.

Consider these small steps to gradually improve your whole body and heart health, which can help you enjoy a happier, longer life:

- Strike a balance. Take a simpler approach to the traditional idea of "dieting." Balance calories in versus calories out with a combination of good food choices, such as fruits, vegetables and whole grains, and regular exercise, such as walking or hiking. Incorporate low-calorie, naturally fat-free foods into your diet, such as new Dole Red Grapefruit Sunrise Fruit Bowls, which bring all-natural fruit together with 100 percent juice. They are a great way to start the day or just enjoy as a delicious snack. Grapefruit naturally offers a plentiful source of nutrients, including phosphorus, potassium and vitamins A and C.

- Watch the middle. According to the Mayo Clinic, that extra weight you carry around the mid-section can cause serious health problems, including cardiovascular disease, diabetes and certain cancers. Work to keep this common problem area in check by reducing caloric intake and increasing physical activity.

- Skip the stress. While a little stress is part of being human, too much can be taxing on the heart. Find activities that engage your mind and naturally relieve stress such as knitting, crafting or working on a puzzle.

- Dine in the a.m. Don't let a rushed

morning routine get in the way of enjoying a heart-healthy breakfast. A complete morning meal includes a combination of whole grains, protein, and fruits or vegetables. For a convenient, on-the-go option, throw an individually-sealed cup of Dole Red Grapefruit Sunrise in your laptop bag or purse. Each cup contains peak-of-ripeness, wholesome, peeled grapefruit and allows you to enjoy grapefruit all year around. Plus, they're gluten free, contain no GMOs (genetically modified or engineered ingredients) or artificial sweeteners, and feature BPA-free packaging.

- Drink more water. For your body to function properly, it needs the right

amount of hydration. According to the Institute of Medicine, the average required intake for a male is about 13 cups, while a female requires about 9 cups. Switch out sodas and sugary drinks with water to reap its benefits, and to shave off extra "empty" calories that may contribute to weight gain.

- Get routine exams. A yearly doctor's examination keeps you more informed of your body's ever-changing status, and it keeps your health care provider in the loop, too. Educate yourself and understand the important numbers for your heart, including blood pressure, cholesterol and triglycerides.

A happy life starts with the right



mindset and a few easy routines. For more ways to boost your body's well-

ness and healthy snack ideas, visit www.Dole.com. Photo Getty Images

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Answer: Social Security has zero tolerance for fraud and uses many proven tactics to prevent fraud, waste, and abuse. Our Office of the Inspector General is relentless in its pursuit of people who conceal work activity while receiving disability benefits. We investigate and seek prosecution for people who receive benefits for a child or children who aren't under their care, or who fail to notify Social Security of the death of a beneficiary and continue to receive and cash checks of the deceased. We also depend on you to help stop fraud. Please report fraud online at <http://oig.ssa.gov/report> or call the Social Security Fraud Hotline at 1-800-269-0271.

Question: I am about to retire, but I still have a young child in my care. Will I receive additional benefits for the child I care for?

Answer: When you qualify for Social Security retirement benefits, your children may also qualify to receive benefits. Your eligible child



can be your biological child, an adopted child, or a stepchild. In limited circumstances, you may also get benefits for a dependent grandchild. To receive benefits, your child must be: unmarried; under the age of 18; between 18 and 19 years old and a full-time student (no higher than grade 12); or 18 or older and disabled from a condition that started before age 22. You can read more about planning for a disabled child's care here: www.socialsecurity.gov/retire2/yourchildren.htm.

Question: A few years ago, I lost my Social Security card. Now my credit report shows that someone might be using my Social Security number. I'm afraid they might ruin my credit. What should I do?

Answer: Identity theft and fraud are serious problems, not just for

you, but for the financial integrity of our agency. It also puts our national security at risk if someone dangerous is using your number to obtain other forms of identification. It's against the law to use someone else's Social Security

number, give false information when applying for a number, or alter, buy, or sell Social Security cards. Keep in mind, you should never carry your Social Security card with you. If you think someone is using your Social Security number fraudulently, you should report it to the Federal Trade Commission (FTC) right away. You can report it at www.idtheft.gov or you can call FTC's hotline at 1-877-IDTHEFT (1-877-438-4261) TTY: (1-866-653-4261).

Question: I know someone who believes it's not a big deal to cheat a little on their Supplemental Security Income application. What can I tell them to dissuade them from giving false information?

Answer: Social Security not only seeks criminal charges against and imprisonment of people who give false, incomplete, or inaccurate information, we also have the authority to impose civil monetary penalties against people who commit fraud. When we find evidence that someone provided false information or withheld information that would have prevented him or her or someone else from collecting benefits, we can impose a civil monetary penalty of up to \$5,000 for each occurrence. We are also authorized to impose administrative sanctions. During a sanction period, benefits stop. The sanction periods are 6 months for the first occurrence, 12 months for the second occurrence, and 24 months for each additional occurrence. You can report fraud online at <http://oig.ssa.gov/report> or call the Social Security Fraud Hotline at 1-800-269-0271.

Question: I'm not sure when I'm going to retire so I want to estimate my retirement benefit at several different ages. What's the easiest way to do that?

Answer: Using our Retirement Estimator is

easy at www.socialsecurity.gov/estimator, and it's the best way for you to get a good idea of what your monthly benefit payment may be after you retire. The Estimator gives estimates based on your actual Social Security earnings record. Keep in mind, these are estimates and we can't provide your actual benefit amount until you apply for benefits. You can use the Estimator

if you have enough work to qualify for benefits and aren't currently receiving benefits. If you are currently receiving only Medicare benefits, you can still get an estimate. You can learn about this subject by reading our publication, Retirement Information For Medicare Beneficiaries, available at www.socialsecurity.gov/pubs.

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senior news briefs

BINGO - Feb. 7, 3pm, Fairlawn Heights Assisted Living, 5400 SW 7th.0272-6880.

LIFEFEST – Feb. 5, 10am-12:30pm, Covenant Baptist Church, 5440 SW 37th St. Seniors ministering to seniors – celebrating with fellowship, fun, food, learning & entertainment. Greg Bullion, Health Educator of Genstler Eye Center, will speak about the ways the Lord has led in the mission field as well as now at home. If transportation is needed, call 354-4994 or 478-1729

HARVESTER'S PROGRAM FOR SENIOR CITIZENS - every second Saturday, at Christian Lord Ministries, 2421 SE California. Call 266-4979.

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. For Info: 286-1370.

ADVENTURE'S IN LEARNING – Feb. 6, 13, 20, 27. For those over 55. For info: Shepherd's Center 267-0248

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. Join for support, information, etc. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763

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Knocking On Heaven's Door - BY FAKES/BLAZE

sports

Beauty Queen Soldier would choose a hunting rifle over a Tiara any day

by **Caroline Schaeffer**

She may be young, beautiful, and successful, but the former Miss Kansas didn't always have it easy.

Sure, she's a Sergeant in the Kansas Army National Guard, she was a Top 10 Miss America finalist, and she's about to host her own TV series. But when she was younger, she struggled.

Growing up in a large military family with eight siblings and frequent moves, Theresa Vail told Fox 411 that bullies at school and problems at home took her to a "dark place."

It was a hunting trip with her father that saved her life, she says:

"I nearly committed suicide. My dad was the one that said, 'You know what Theresa, we need to find you something that you love. Something that makes you want to stay alive.'

Vail continued "Hunting had always been his thing, it was his way of getting away from the kids — there were nine of us — and getting away from work and he decided to take me," she said. "It became our special thing, none of the other kids did it."

Even at the age of ten, she realized how important the sport was not only to her, but her family: she and her father were hunting for food.

"What I got from the outdoors is serenity...and peace. It taught me to appreciate what God has naturally given us."

Her new Outdoor Channel TV series, *Limitless with Theresa Vail*, will push her to her limits. She hopes the program will also encourage others to set goals for themselves.

"God doesn't put things in your life that you can't handle," Vail said. "I want to continue as a spokesperson for the Second Amendment, and supporting women in defending themselves."

Vail grabbed national attention in 2013, as the first Miss America contest-



FROM THE CHEAP SEATS

by **Rob Mooney**

Thoughts to think about as the Super Bowl fast approaches and March Madness lurks around the corner:

* It's sad that all of the news leading up to the Super Bowl seems to be about the New England Patriots and the so-called "Deflate-gate". I wonder how many footballs during the course of a game lose a bit of air.

* They say that a ball that is slightly deflated is easier and more accurate to throw. I can see how that can be true. I can also see how a slightly deflated ball would be easier to hang on to and not fumble.

* If the NFL finds out that Tom Brady or Bill Belichick are to blame, I guarantee that the findings will not be released before the big game and any game suspensions will take place next season.

* Is Russell Wilson on his way to having a Hall of Fame career? Not sure, but he's been pretty productive so far, although he almost single handedly

handed the Packers the NFC Championship game. We'll see what happens when he doesn't have the supporting cast around him that he does now.

* If the Seahawks win the Super Bowl, he'll be 2-0 in Super Bowls. That seems to be the deciding factor concerning how we view quarterbacks.

* All of the "experts" are saying that college basketball is in serious trouble because the product is bad.

* Really? When did the product become bad? Have they even watched any games this season?

* Here are some comments I've heard. The game is slow. The teams aren't very good. They don't shoot well. They don't play good defense.

* The game is slow. In other words, there isn't enough scoring. There is talk about cutting the shot clock down to 30 or 25 seconds. This would cause teams to

shoot quicker and create more possessions, which would lead to higher scores.

* Isn't that the American way? Speed things up and score lots of points. They did it to the NBA. They are trying to speed up baseball by using a pitch clock in some minor leagues games this upcoming season.

* Teams aren't very good. I don't agree with this one, but if they instituted the three years removed from high school policy that the NFL uses then some of the younger players would stay in college and develop their skills. However, a lot of them would just go play in Europe somewhere.

* Teams don't shoot well. See above.

* They don't play good defense. The schools with good coaches not named Fred Hoiberg and Roy Williams tend to play good defense.

* The only way I see to clean up the game, if you want to call it that, is to get rid of some of the clock stoppages. The teams have too many timeouts at their disposal and there are too many official timeouts. Teams can't seem to get in the flow of the game.

* Enjoy the Super Bowl but remember, March Madness is just around the corner.



ant with visible tattoos. She has the "Serenity" prayer tattooed on her ribs, and a tattoo in homage to her military service on her left shoulder.

Limitless will premiere in July.

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DIY Home Upkeep: A Guide to Maintaining Your Home

(Family Features) Homeowners can avoid emergency repairs by completing a few home projects each season. A simple project such as inspecting the plumbing annually can prevent the unexpected cost of repairing water damage from a pipe that burst.

“Repairing water damage can cost 22 times the amount of annually cleaning the gutters, which can prevent water damage to the home’s foundation,” said Chris Terrill, CEO of HomeAdvisor. “The average cost of cleaning the gutters is \$212 according to HomeAdvisor’s Cost Guide.”

From spring to winter, Terrill offers these maintenance tips to help homeowners save money and time in the

long run:

Spring

- **Plumbing.** Every spring inspect all plumbing for leaks. Small problems, like leaky faucets and clogged drains can turn into big headaches if left unchecked. The average national cost of hiring a plumber to repair pipes is \$411; however, repairing water damage can cost seven times that amount.
- **Roof.** Checking for damage and



making general repairs in the springtime can extend the lifespan of a roof. Neglecting to make these minor fixes can lead to long-term damage. The average cost of replacing and installing a new roof is \$7,744.

Summer

- **Trees and shrubs.** The average cost of trimming trees and shrubs is \$577, but leaving them untrimmed can lead to roof damage. The average cost of repairing a roof is \$1,100.
- **Paint.** In the summer, touching up the home’s exterior paint not only boosts its curb appeal, but it also acts as a home’s primary defense against weather, insects and other damage. If a homeowner neglects to complete this task, completely repainting the home’s exterior costs an average of \$3,180.

Fall

- **Gutter and downspouts.** During the fall, clean the gutter and downspouts. According to HomeAdvisor’s Cost Guide, the average cost of cleaning the gutter and downspout is \$212. Ignoring this matter can affect the foundation of a home, which can cost an average of \$4,607 to repair.

- **Windows and doors.** Install weather stripping during the fall for an average cost of \$458. This will prevent unwanted air from leaking into a home. On average, homeowners spend 40 percent more on heating and air conditioning due to drafty windows and doors.

Winter

- **Refrigerator.** Vacuum the coils on the back of the fridge during the winter. Letting the coils build up with dirt and grime can decrease its efficiency, and can cost \$317 to repair.

- **Furnace.** In the winter, service the furnace to make sure it is operating properly, safely and to its fullest capability.

homeowner and test the smoke detectors seasonally. Smoke detectors are the single most important step to ensuring home safety, and having one during a fire increases the likelihood of survival by more than 50 percent.

For more information, visit www.homeadvisor.com/cost.

Tips for every season

- **Garbage disposal.** Flush the garbage disposal every season. Regularly doing this will keep your disposal clean and functioning properly. The average cost of repairing a clogged drain is \$381.

- **Smoke detectors.** Be a responsible

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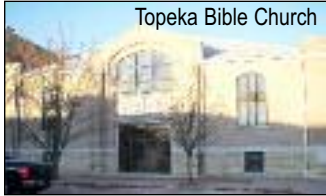
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- 2. CHRISTIAN CAVALRY MINISTRIES INT.**
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1-800-673-3633
www.church4bikers.org
- 3. TOPEKA BIBLE CHURCH**
1101 SW Mulvane St., Topeka
785-234-5545
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www.discovertbc.com
- 4. NORTHLAND CHRISTIAN CHURCH**
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- 5. FAIRLAWN CHURCH OF THE NAZARENE**
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- 6. FIRST SOUTHERN BAPTIST**
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- 9. GRACE COMMUNITY CHURCH**
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- 10. LORD'S HOUSE CHURCH**
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- 12. BUCK CREEK COUNTRY CHURCH**
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- Worship Service - 9:00 a.m.
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Scott Bond 423-0406, Jack Snavelly 760-3513
- 13. WANAMAKER WOODS NAZARENE**
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 - 17. HIGHLAND HEIGHTS CHRISTIAN CHURCH**
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- 19. SEAMAN COMMUNITY CHURCH**
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Sunday Worship: 10:30am
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serve as area correspondents for church and community news around the metro area. Call 235-3340 or email voice@cox.net. Some perks involved.

VOLUNTEERS NEEDED - Metro Voice needs volunteers to help distribute papers to churches and other locations in Topeka. Call 235-3340 or email voice@cox.net. Some perks involved.

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Topeka Healing Rooms is now open on Monday evenings from 7-9 p.m. at Faith Family Life Center, 3710 NW Topeka Blvd. Topeka Healing Rooms is affiliated with the International Association of Healing Rooms, which has over 4000 healing rooms worldwide. The vision of IAHR is to re-establish healing back into the body of Christ. Their commission is based on Mark 16:17-18, "And these signs shall follow those who believe... they shall lay hands on the sick, and they shall recover."

The Ministry Team of the Topeka Healing Rooms is made up of about 20 individuals from 10 area churches.

"We are hoping to open other locations in Topeka, and have been invited to serve in 2 other churches," said Kathy Weyrens, MD, Director of Topeka Healing Rooms.

"Most everyone who comes for prayer receives from God," she continued. "Many note significant improvement of conditions that have not responded to medical treatment. The team is trained to minister healing to body, soul and spirit."

Weyrens said she would like to reach out to more people in the Topeka area who would be interested and would benefit from this ministry.

For more information visit topekahealingroom.com or call 221-6589.

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HOW TO GET TO HEAVEN FROM Kansas

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1. Realize you are a sinner. Everyone starts the same place spiritually. "For all have sinned and come short of the glory of god." (Rom. 3:23). Sin's penalty keeps you out of Heaven and condemns you to Hell, separating you from God. Romans 6:23 says, "The wages of sin is death." Sin brings both physical & spiritual death. "And death and hell were cast into the lake of fire. This is the second death." (Rev. 20:14).

2. Realize Jesus paid the penalty. Jesus Christ's death, burial, and resurrection provided a way for you to go to heaven and restore your relationship with God. "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us." (Rom. 5:8). Since Jesus, God's Son, was the only One who could pay for our sin, He is the only Way to Heaven.

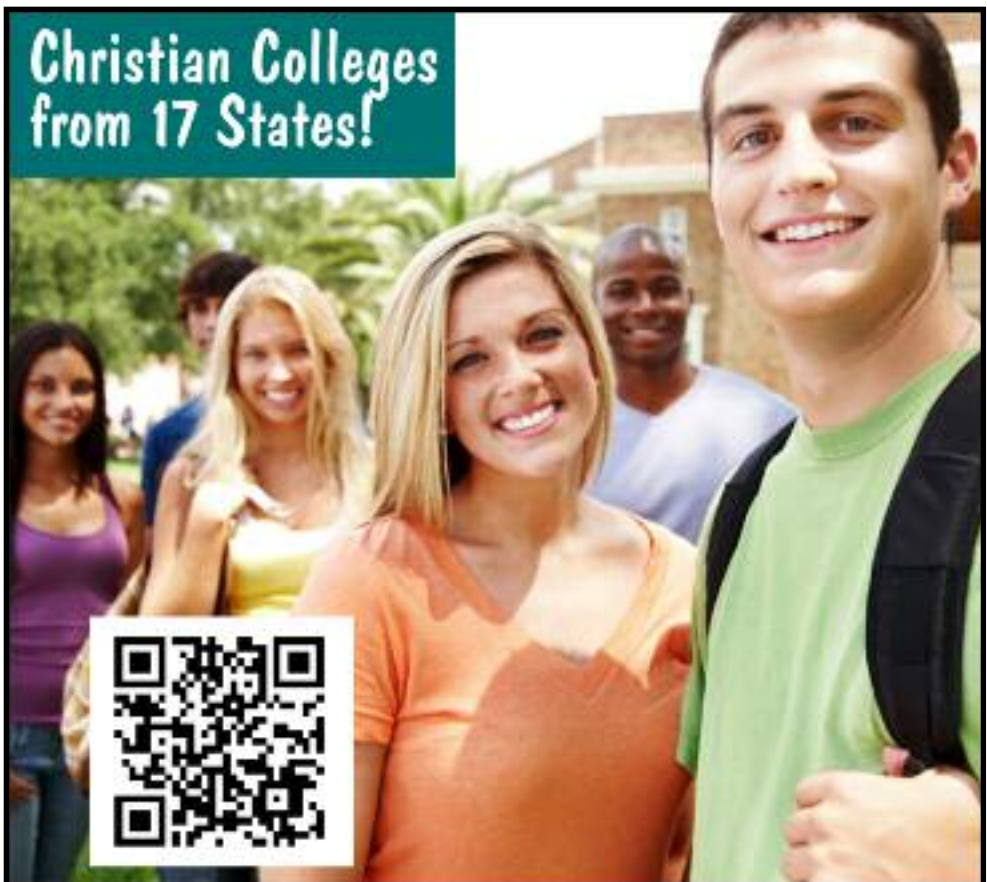
3. Repent of your sin and receive Jesus as your Savior. In order to go to Heaven from KANSAS, or anywhere else, you must accept Christ by calling on Him in prayer. He tells us in Romans 10:13, "For whosoever shall call upon the name of the Lord shall be saved." Use the following prayer, or one similar to it, to receive Him now:

Dear Lord Jesus, I know I am a sinner. I believe that you died and rose again for me. Please forgive me of my sin, become Lord of my life, and take me to heaven when I die. I am trusting you completely, and in nothing I can do. Thank you Jesus! Amen.

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