





FAMILY AND COMMUNITY CELEBRATING FAITH, IN KANSAS

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FREE-TAKE ONE!

State Senator seeks redemption

Metro Voice Exclusive: After hoping for his assassination, Maria Chappelle-Nadal seeks Trump forgiveness and hopes to work with him

By **Dwight Widaman** | Editor

On Thursday morning, August 17, Missouri State Senator Maria Chappelle-Nadal (D-St. Louis County) awoke from what she says was a "nightmare, a rare occurrence for me." What followed after became a political nightmare and firestorm in the news statewide and nationally.

It began when another Facebook user stated his cousin was in the Secret Service under Presidents Obama and Trump. That user had posted, "what I posted earlier, I truly believe will happen, sooner...not later." One minute later the Senator posted, "No. I will. I hope Trump is assassinated!"

She quickly deleted that post, but not before it was screen saved, releasing a

■ See FORGIVENESS page 23



tribution trip to Rwanda that Kansas City area volunteers Angie Moreno and

"Yesu are gu kunda (Jesus loves you)," Moreno told the girls.

rounded her and also assured her of Jesus' love ■ See RWANDA page 23

Grandparents - 6 things to pass on!

By William High

Grandparenting. It's a great thing. I've got two little grandkids of my own, and we are having a blast. I remember the moment that the first little one came home. It was such a joy to hold my grandson. At the same time, it was a sobering moment as I realized that I held the future in my hands-even generations to come.

In truth, I think that's how God wants us to look at our grandchildren. Not just as fun little ones to play with, but also as future generations where we can intentionally invest. Here are some of the ways we can invest:

1. Values. Psalm 78:5-6 says: "He decreed statutes for Jacob and estab-



lished the law in Israel, which he commanded our ancestors to teach their children, so the next generation would

know them, even the children yet to be born, and they in turn would tell their See GRANDPARENTS page 6

BEHIND THE NEWS

Who is Antifa?

Seven things you should know about the group behind the violence

By Michael Qazvini

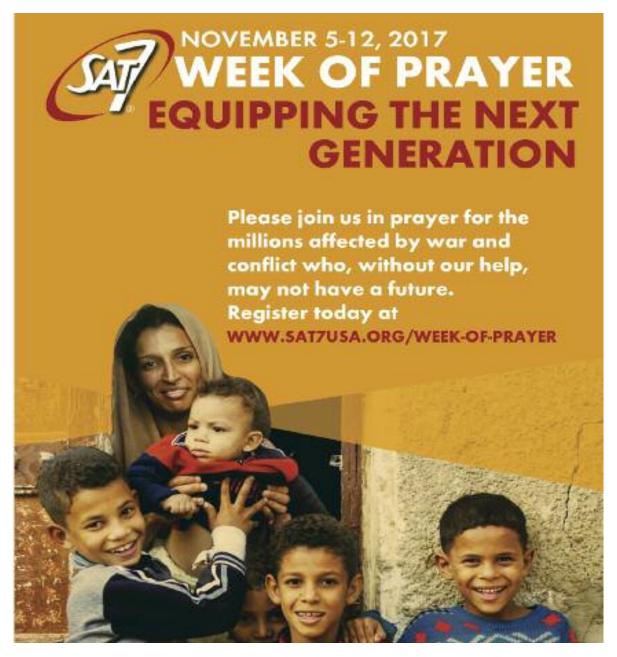
In August, Charlottesville erupted into chaos. White supremacists and neo-Nazis brawled with masked leftwing Antifa rioters in what could only be described as a battle between Satan and Lucifer.

While the mainstream Left has attempted to frame the events in Charlottesville as a one-sided issue (condemning Presidnet Trump for his calling out violence on both

■ See ANTIFA GROUP page 22

ee's Summit, MO 64063 PO BOX 1114 Metro Voice





news**briefs**

Catholic school removes statues of Jesus to be "inclusive"

An independent K-12 Catholic school in the San Francisco Bay Area has removed religious statues from its campus to appeal to those of other faiths.

Parents are concerned about San Domenico School's decision to remove a number of statutes and religious icons, especially those of Jesus, the Marin Independent Journal reported.

"Articulating an inclusive foundation appears to mean letting go of San Domenico's 167-year tradition as a Dominican Catholic school and being both afraid and ashamed to celebrate one's heritage and beliefs," wrote parent Shannon Fitzpatrick in an email to school's leaders.

"In our time here, the word 'Catholic' has been removed from the mission statement, sacraments were removed from the curriculum, the lower school curriculum was changed to world religions, the logo and colors were changed to be 'less Catholic,' and the uniform was changed to be less Catholic," she continued.

The loss of tradition and ceremony is a leading reason why families—some of whom are not Catholic—have expressed concern about the change.

A look at international religious freedom

(WNS)--The U.S. State Department just released a long-awaited annual report detailing the state of international religious freedom in 2016. By law, the State Department documents religious freedom conditions in nearly 200 countries around the world, providing useful data for the executive branch and Congress. It's notable that Secretary of State Rex Tillerson personally unveiled the report with an accompanying statement. To the delight



of religious freedom advocates, Tillerson clearly labeled Islamic State as a perpetrator of genocide against religious minorities in Iraq and Syria—something the Obama administration refused to do until March 2016. Now that the State Department's report is out, it has 90 days to designate nations as "countries of particular concern"—which could induce sanctions from Congress.

Sudanese refugees swells to over one million

(WNS)-The United Nations refugee agency is calling for additional support for the more than one million South Sudanese refugees now living in Uganda. UNHCR said an average of 1,800 South Sudanese have arrived in Uganda daily over the past 12 months. Another million



or more are in Sudan, Kenya, Ethiopia, the Central African Republic, and the Democratic Republic of Congo. The agency said recent arrivals continue to tell of armed groups burning houses with civilians inside, sexual assaults, and the kidnapping and forced conscription of boys. South Sudan's civil war began in 2013, and more

than 2 million people have fled the country. "With refugees still arriving in the thousands, the amount of aid we are able to deliver is increasingly falling short," UNHCR said in a statement.



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Survey says: Private schools are best

Gallup poll asks Americans to rank types of schools by excellence

By Leigh Jones

(WNS)--Americans believe children get the best education at private and parochial schools, according to a Gallup poll released Aug. 22.

When asked about the five types of schooling offered in the United States, survey respondents ranked independent private schools first and public schools last, based on the quality of the education. Here's how the rankings broke down when surveyors asked about schools' ability to provide an excellent or good education:

- Independent private schools: 71 percent
- Parochial schools: 63 percent
- Charter schools: 55 percent
- Home schools: 46 percent
- Public schools: 44 percent

Both Democrats and Republicans shared a similarly high view of private and parochial education but differed on the other options. Among Democrats, charter and public schools ranked the same, 48 percent, while homeschooling came in last with 38 percent. Republicans ranked public schools last, with 38 percent saying they offered a good or

excellent education, while charters got 68 percent and homeschooling 55 percent.

Gallup first conducted in the public's this education survey in 2012. In the last five perceptions years, appreciation for public schools rose overall by 7 percent, mirroring an identical decrease in the view of independent private education. But public school perceptions improved most among Republicans, who ranked them 9 percentage points higher

points among Democrats. The biggest difference between Re-

this year than in 2012. Approval for

public schools rose just 4 percentage

publicans and Democrats showed in their evaluation of charter schools. The view of charters remained unchanged among Republicans, with 62 percent saying they provide an excellent or good education. But appreciation for charters

among Democrats fell 13 percentage points, from 61 to 48 percent.

That drop mirrors results from this year's Ed-Next poll, which showed overall support for charter schools has dropped

by 12 percentage points in the last 12 months. The changing attitude could be due in part to what seems like a relentless drumbeat against school choice, a cacophony that's only grown louder since Donald Trump became president. Charters once offered a school choice option both Democrats and Republicans could support. But now, some say they're too closely tied with Trump and



Education Secretary Betsy DeVos.

American Enterprise Institute (AEI) education policy expert Rick Hess cautions against drawing too many broad conclusions from the EdNext poll, mostly because it represents a statistical anomaly. Polls have shown a steady increase in support for charters since Minnesota adopted the first charter law in 1991, Hess, along with AEI research assistant Amy Cummings, wrote in an op-ed for USA Today this week. The sudden drop "seems to come out of the

"That should give pause to those racing to offer grand explanations," Hess and Cummings conclude. "After all, while we may indeed be entering a new phase of the charter school debate one where charters have lost much of their luster—prudence suggests awaiting further confirmation before concluding we've just witnessed a sudden about-face in a two-decade trend."

Joni and Friends citywide wheelchair collection event Sept. 30

Since her diving accident 50 years ago at age 17, Joni Eareckson Tada has devoted her life to communicating the Gospel and equip Christ-honoring Churches worldwide to evangelize and disciple people affected by disability through the ministry of Joni and Friends.

Each month thousands of manual wheelchairs around the country are thrown away in dumpsters. Joni and Friends collects used manual wheelchairs and restores them in prisons nationally, including Norton and Ellsworth state prisons in Kansas. Then these chairs are delivered and personally fit to people with disabilities in more than 20 countries around the

You can help Joni and Friends-Kansas City serve families affected by disability by participating in a citywide wheelchair collection event on Saturday, September 30. Drop off a used manual wheelchair at one of five convenient locations across Kansas City and give that chair a new life! Enter your name for a special drawing following the collection drive.

Collection Sites:

Vineyard KC North (north)

12300 NW Arrowhead Trfwy, Kansas City, MO 64165 AB May Company (east)

7100 East 50th Street, Kansas City, MO 64129



Navah Church (mid-city)

300 East 39th Street, Kansas City MO 64110

Colonial Presbyterian Church (south)

Charter schools

show biggest

loss of support

9500 Wornall Road, Kansas City, MO 64114

Hillcrest Covenant Church (west)

8801 Nall Avenue, Prairie Village, KS 66207

All donations are tax-deductible. For more information on the local collection contact Tim Goddu at tgoddu@joniandfriends.org, or call 816-301-7021.

For more information visit joniandfriends.org/kansas-city or call 816-301-7021.



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AB May Company (east) 7100 East 50th Street, Kansas City, MO

Navah Church (mld-city)

300 East 39th Street, Kansas City MO Colonial Presbyterian Church (south)

9500 Womail Road, Kansas City Hillcrest Covenant Church (west) 8801 Nall Avenue, Prairie Village, KS 66207

(all donations are tax-deductible) For more info contact Tim Goddu at tgoddu@joniandfriends.org, or call

For a collection site near you visit www.joniandfriends.org/kansas-city





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President Trump set to end rule requiring employers to pay for abortions

By Mark Hodges

Journal reported that President Trump is about to eliminate what pro-lifers call the most offensive portion in Oba-

The Journal says the Trump administration is "poised" to issue an executive order to take back the Health and Human Services (HHS) mandate that all employers pay for abortifacients, sterilization, and contraception insur-

The HHS mandate has been the subject of lawsuits from church groups and Christian employers since it was implemented in 2011 by then-HHS Secretary

Kathleen Sebelius, the former Kansas governor and Planned Parenthoodfunded abortion activist.

The president wanted to guarantee contraception - including abortifacient "morning-after" drugs - as a basic right for all

citizens.

ported.

"Federal health officials are expected to finalize a regulation that would allow employers with religious or moral objections ... to omit coverage," the Wall Street Journal re-

"We applaud the Trump administra-

tion for rolling back the contraception mandate," Students for Life of America's Kristan Hawkins wrote in a press re-

"We are glad **President Trump** is following through with his pro-life, pro-religious freedom

"No person or group should be forced to pay for something that goes against their religious or moral beliefs by bureaucrats in Washington, especially drugs that have been proven to harm women and potentially end the life of an early human being."

Trump's anticipated order will allow employers with religious objections to opt out of covering contraception or

abortion in their employees' insurance plans.

Employees may privately pay for such coverage.

The United States Conference of Catholic Bishops assistant

counsel Hillary Byrnes told the Wall Street Journal that Trump's expected rule "would go a very long way to restoring religious freedom and conscience

Rep. Nancy Pelosi, D-California, characterized the potential order as a "sickening plan to roll back women's access to contraception."

Getting rid of Obamacare's forced abortion coverage mandate was a major campaign promise of the president. "We are glad President Trump is following through with his pro-life, pro-religious freedom promises," Hawkins added.

Christian Evangelicals, Catholic hospitals, Christian universities, and the USCCB have publicly pushed for the "choking" mandate to be rescinded.

KC passes 100 homicide mark for murders

Kansas City's homicide rate 10 times more than New York City's

Kansas City continues to lead the pack of cities in homicide deaths per capita. In recent weeks, two women of unspecified race were murdered in separate incidents. Soon after, a black man was found murdered in a business in Kansas City North, making him the city's 101st first victim in 2017.

Kansas City set its record for homi-

CITY LIMIT KANSAS CIT POP. 441.545

cides in the crack-infested year of 1993 with 153. This year, the city is on pace to break that record.

At the same time, by comparison, New York City has recorded 173 homicides. The math has a frightening symmetry to it. Presuming New York City has had a few homicides since the report was released, NYC is averaging one homicide this year for every 48,000 residents. Kansas City is averaging roughly one homicide for every 4,800 residents.

news**briefs**

States rally around Ten Commandments monument

(WNS)--Bloomfield, N.M., is a small town taking on a big opponent the American Civil Liberties Union. But 22 state attorneys general and two governors have come to the city's aid in its fight to keep a small, privately funded Ten Commandments monument on city hall grounds.

An amicus brief filed Aug. 11 by Texas Attorney General Ken Paxton asks the U.S. Supreme Court to clarify its Establishment Clause doctrine related to Ten Commandment displays on public property. The brief cites two 2005 high court decisions that are at odds with each other. The conflict has led to disparate decisions by lower courts and "encourages costly and time-consuming litigation against governmental entities and actors." The Bloomfield Ten Commandments display sits among



monuments memorializing the Bill of Rights, the Gettysburg Address, and the Declaration of Independence—all privately funded. Two residents represented by the ACLU claim the Ten Commandments display is offensive and exclusionary. They sued in 2012 to have it removed. The city appealed to the high court in July.

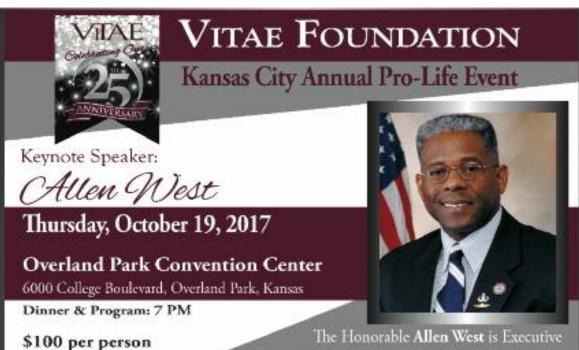
Wisconsin photographer wins case against anti-bias laws

(WNS)--A Wisconsin photographer and blogger recently won her fight against city and state laws forcing her to participate in same-sex wedding ceremonies. Amy Lawson's saving



grace did not come from the First Amendment but from her lack of a brick-and-mortar location. "The court's announcement has important implications for everyone in Wisconsin who values artistic freedom," said Jonathan Scruggs, the Alliance Defending Freedom attorney who argued the case before Dane County Circuit Court Judge Richard Niess on

Aug. 1. "It means that government officials must allow creative professionals without storefronts anywhere in the city and state the freedom to make their own decisions about which ideas they will use their artistic expression to promote." Lawson's successful "pre-enforcement" lawsuit, Amy Lynn Photography Studio v. Madison, is part of a new tack taken by religious liberty attorneys-suing government entities over nondiscrimination laws before someone sues Christian service providers for violating those laws.



\$50 tax-deductible; registration non-refundable

Director & Vice Chairman of the National Center for Policy Analysis. He is a former member of the U.S. House of Representatives (Florida's 22nd District) and a 22-year U.S. Army veteran (Operations Desert Shield, Desert Storm, and Iraq war). He is a Senior Fellow at the London Center for Policy Research, A FOX News Contributor, and the author of Guardian of the Republic; An American Ronin's Journey

to Faith, Family and Freedom.

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Local ballet company returns from tour in Holy Land

Dramatic Truth Ballet Theatre members took their message - through performance – to Israel.

The Ballet Theatre, 10510 Grandview Road, KCMO, just returned from of Israel where they performed from Tel Aviv to Jerusalem.

Dancer Marissa Richardson said she believes the group was called there for a purpose – to bless people from other nations looking for answers from the religious capital of the world.

'We were also going to increase our understanding as to why God loves this land so much," Richardson said. "Mission accomplished." "Bringing the art of

The ballet company is known locally for the original production and 20-year run of "The Mystery of Christmas." The team of seven dancers and Artistic Director Liz Dimmel had

tour stops that included the King of Kings Summer Camp, Jews for Jesus, the Jewish Community Center Theater (Jerusalem), and a Community Soup

The interest in Israel began in 2016 when Producer Bekki Goulart had the responsibility to put together a program immediately following the 2016 "March of Remembrance" to honor those who died or survived the Nazi Holocaust. Goulart's team had a goal of linking arms with cities around the globe marching on the same weekend

"I had worked with DT Artistic Director Liz Dimmel before and thought she could choreograph the story of the persecution of the Jewish people with the sensitivity needed for such a project," Goulart said.

The response was so overwhelming that Dramatic Truth Ballet Theatre was immediately invited to perform the

dance in which words

become flesh to the

place of Christ's

privilege and honor for

all of us."

"Never Forget" piece at the 2017 march.

The theatre members began discussing the possibility of perincarnation was such a forming pieces for the many cultures of the Holy Land and reached out to US Embassy employee Wilbur Zehr in Tel Aviv.

Zehr volunteered to host the team. Zehr knew all about this dance company as he and his wife Chiqui flew their daughter to KC to attend the Dramatic Truth 2006 Summer Dance Intensive.

"Our daughter, Kimberly, was showing a serious interest in dance. As a



The team included (L-R): Alexis Beurskens (Raymore, MO), Marissa Richardson (Lee's Summit, MO), Caitlin Gregorczyk (Abington, W. VA), Spencer Beurskens (Raymore, MO), Aaron Christian (Peculiar, MO) Audra Wilson (Lindstrom, MN), Artistic Director Liz Dimmel (Grandview, MO), Monica Berghout (London, UK).

Christian family we were looking for a school that would teach the disciplines and support our values." Zehr said. "We discussed the possibility of the ballet company coming to Israel for years and it finally came together."

Carol and Daniel Ketchum, FIRM Intercessors for King of Kings, Jerusalem, Israel said they were honored to have the dance company perform.

"Their message through motion and emotions of stellar worship-based dance has been stirring and well-received by all," Ketchum said. "Each time they performed, the crowd went hushed so as to take in every movement and meaning. The intentionality of the team's choreography has been professional and presence focused on Yeshua (Jesus). Strong.



Coordinated. Beautiful. Full. And The King was honored as dignified, prepared and PRAY-pared dancers offered their worship.

Dancer Monica Berghout enjoyed the entire experience.

"Bringing the art of dance in which words become flesh to the place of Christ's incarnation was such a privilege and honor for all of us," she said.

–By Dwight Widaman





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GRANDPARENTS

continued from page 1

children." God wants your grandchildren to carry on your values and the values of their parents for generations to come. When you're gone, will they still believe in Jesus? Will they still walk with God? Consider how you can be intentional in passing on values to your grandchildren.

2. Stories. The Bible records that the Passover celebration is to start with the youngest child asking: "Why is this night different from all other nights?" It is essentially the request to retell the story.



Part of values transmission is helping them know and understand your family stories. Tell them how you met the first randmother, what it was like when their mom was born. Share

what it cost to get to the place you're at in life now. Be intentional and record the stories that will keep the legacy going. A good tool for this is www.familyarc.com.

3. Planning. Make sure you've

planned your estate adequately so that you can avoid unnecessary tax and pass your estate on to your children and grandchildren with wisdom. Make sure you have the right tools in place, whether that's a will, a trust, or transfer on death provisions. Life insurance, IRAs, and 401Ks should all have the proper beneficiary designations. If you own a business, make sure you've planned properly for succession. Decide whether your children or grandchildren are the right ones to lead it into the future.

4. Wealth. Ask yourself, "How much should I pass on to my children?" Be wary of leaving them a windfall, and consider whether the money you do leave them will harm them or help them. Will it lead to an attitude of entitlement? As David Green, CEO of Hobby Lobby, says in Giving It All Away and Getting it All Back Again: The Way of Living Generously, "If I would lose one child or grandchild over wealth, then it would be better if Hobby Lobby never existed." I've always heard it said that the best way to know if your children are able to handle an inheritance is whether they need it or not. Stated differently, the more our children and grandchildren have character capital,



work ethic, and spiritual foundations, the more capable they will be to handle financial capital.

6. Generosity. Perhaps one of the most profound values to pass on to children is a heart of generosity. Generosity is a great reflection of a person's ability to handle financial wealth. A generous person is a joyful person and reflects the character and image of Christ. In Giving it All Away, Green describes how their family, including grandchildren, meets once a month to practice the art of giv-

ing. They review requests that they receive and talk about the merits of those requests. Furthermore, the grandchildren have their own donor advised fund through the National Christian Foundation (www.heartland.national christian.com) where the grandchildren give as a group. This practice of generosity helps cement values and promotes discussion about what matters.

Why is this work of intentional legacy so important? Unfortunately, in too many families the work of raising children is often delegated to the schools, the church or youth groups. The real responsibility of raising children should rest with the parents and the grandparents. We cannot and should not leave the future of our families to chance.

The Scriptures tell us that a foolish son is a grief to his mother (Proverbs 10.1). On the other hand, John wrote, "I have no greater joy than to hear that my children are walking in the truth" (III John 1:4). Passing on values is worth it. If we are to experience not only our children, but our grandchildren and generations beyond them continuing in faith, we've got to put in the hard work to pass on those values to them.

—William High is the CEO of the National Christian Foundation Heartland. He is the co-author with David Green of Giving it All Away and Getting it All Back Again: The Way of Living Generously. He can be reached at whigh@ncfgiving.com.

September is Grandparents Month! National Grandparenting Day is Sunday, Sept.10 FREE Heart of Grandparenting One Day Conference Saturday, Sept. 23 @ College Church of the Nazarene

2020 E. Sheridan St. Olathe. Kansas

Register: heartofgrandparentingconference.com or call (913) 710.1714 **Hosted by College Church of the Nazarene & Metro Voice News**

CELEBRATING GRANDPARENTS DAY WITH VISION AND PURPOSE

By Ken Canfield

National Grandparents Day on Sunday, September 10 is a holiday established in 1978 by presidential proclamation. It is a commemoration and celebration of young life uniting with old life, and the strength and stability that comes to families as a result. Nearly all grandparents view their role as a great joy and privilege,



and grandchildren thrive when they have regular access and develop strong relationships with their grandparents. New research in family systems notes the tremendous

benefits which come to everyone involved—grandparents, grandchildren, and even parents—when there's harmony and a sense of commitment to one another across the generations.

It's time to think of Grandparents Day as an opportune moment to recommit ourselves to being our very best for our children and grandchildren. Think of that day as the start of a new year in your life as a grandparent, where you reflect on the past and set goals for the future in terms of loving and supporting your family. How can you be more strategic about your involvement in their lives? In what ways do they need special encouragement from you over the next twelve months?

Regardless of what your current grandparenting situation may be, getting in tune with your role as a grandmother or grandfather has enormous implications for those invaluable gifts, your grandchildren, whom God has given you to steward. If you're like me, little did you think that, long ago when you became a parent, there would be a time where you would become a grandparent or even a greatgrandparent. But now it's that time, so please don't underestimate your role, be lukewarm in your commitment, or God forbid, miss the purpose for why you've been given extended life.

Consider this: What if grandparents took bold steps to pray regularly for each of our grandchildren, by name? What if we grandparents bestowed insightful, prophetic blessings on our grandchildren? What if grandparents became beacons of light and hope to our children and grandchildren, and through humility and grace, sought to reconcile any misunderstandings or failures? What if this incredible love and influence of grandparents began to flow into the spiritual household, the Church, where there are orphans, fatherless, and single parents who need encouragement and mentoring? What if ...?

Join us on Saturday, September 23 for a free one day conference of inspiration and equipping to take your grandparenting to the next level! Register at heartof-grandparentingconference.com or call (913) 710-1714.

-Dr. Ken Canfield is the founder of the National Association for Grandparenting and GrandsMatter.org. Through writing, speaking, radio and social media, Ken inspires and equips grandparents. He founded the National Center for Fathering in 1990. He and his wife, Dee, have been married 41 years and have five children and 11 grand-children.



Holy Days are an expression of God's mercy



JERRY FELDMAN Congregational leader of Adat Yeshua

view**point**

The common understanding "Holy" is understood to be righteous, meaning to be "holy as God is holy" is to be perfect. We then turn to our "get out of jail free card" and relinquish responsibility to obedience.

Unfortunately, many use this as an excuse to not to do so. But, Hebrew does not correspond to that definition. Rather, "Holy" is that which is separated for a purpose. The Bible identifies certain days as holy.

These days have purpose in God's creation/re-creation order. They are intrinsic to the identity of God making a creation in His image.

The fall biblical calendar holy days are soon upon us. The Jewish practice of penitential prayers beginning in the month of Elul prepares for the first of Tishrei, commonly referred to as Rosh Hashanah, also Yom HaTruah (Trumpets). It is the Day of Repentance. Followed by a prayer journey of ten days (Days of Awe), Yom Kippur arrives.

These are "appointed days". They are Holy Days, not because they have intrinsic righteousness, but they are set as times that have distinct purpose.

As sure as the sun, moon and stars

continue, so do these days. They are not extinguished because of Jesus or the New Testament. Time has not ceased. They are moments in time set aside for our purpose as well as His. Yes, we can repent any and every day, but do we?

Yes, we have atonement through Messiah as the "once and for all sacrifice", but why do we not stop sinning? Just as a Christian can celebrate the resurrection every day, there is "one" day that specifically bears witness accomplishing a focused and distinct truth of God. So, why not these specific days designed to focus on repentance and atonement?

You might ask, "Are these not fulfilled"? Yes. But what do we mean by fulfilled? Customarily the Christian understanding implies it is over and done. But in the Hebrew background to the Greek word, and the first century Jewish use of the terms, implies the word "established".

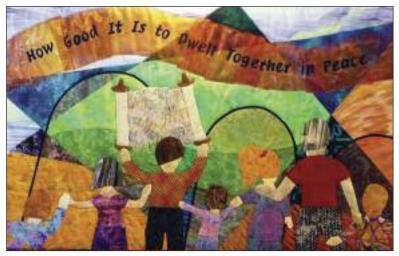
In other words, all that is intrinsic to the intended purpose is now revealed and confirmed, fully present. This is

> what it looks like when that which eternal in creation is realized.

Judaism does not teach they are a means to earn God's mercy, but are themselves an expression of His mercy. God becomes known in the uniqueness of these days

as we come closer to Him.

As Jewish Jesus followers, Adat Yeshua Messianic Congregation maintains these days, not because we are "under the law" (too often interpreted as contrary to grace), but because God's "gifts and call are irrevocable" to the Jewish people. The maintaining of such



Holy Days sustains a witness of God who redeems.

Paul said, "What benefit to be a Jew? Every benefit, to them is given the oracles of God. The good news is you do not have to be Jewish to enjoin yourself to God's purposes by observing these Holy Days; not because you "have to, but "get to"!

You are invited to share in and associate with the spiritual and eternal purposes for which God created these days given to Israel. They will also teach you more about Jesus, who himself observed these days giving testimony to God's purposes in all that he created. more information www.adatyeshuakc.com.

– Jerry Feldman is the congregational leader of Adat Yeshua Messianic Jewish Congregation, in Overland Park, KS. He is director of the Messianic Jewish Roots Institute, serving the Kansas City area for over 25 years.

Growing numbers of Jews moving to Israel

TEL AVIV, Israel -Immigration to Israel is soaring as Jewish people from around the world are making aliyah, which is the term Israelis use for this return to the Holy Land.

Joy and excitement filled the air at Tel Aviv's Ben Gurion International Airport recently when 233 Americans and Canadians, young and old, landed in Is-

"This is the only place I want my kids growing up. Land of the Jewish people, land of our ancestors," said Shmuel Modes from Richmond, Virginia. He arrived with his wife, Tzipora, and two children.

"For thousands of years Jews have been wanting to come here and they weren't able and now we have this opportunity and it's amazing. And I wouldn't just say 'thanks God, but no thanks," Tzipora told CBN News. "I just want to take the opportunity that I'm given and live the dream and make the most of it."

Newly retired Pinhas and Toby Fader arrived from Baltimore, fulfilling a decades-long dream.

"I couldn't be happier," Pinhas said.

"I'm very, very excited, and a little nervous, a little apprehensive," said Toby. "We have left five children and five grandchildren behind. That's a tough one. But we've been looking forward to this for a very, very long time.'

One of the newcomers is Talia Friedman, the 24-year-old daughter of David Friedman, the new U.S. ambassador to Israel.

"I'm celebrating my daughter Talia realizing her dream of being part of the State of Israel," Friedman told CBN "My beautiful daughter made aliyah today. We love her very much. She's realizing a dream and we just couldn't be happier."

"I am so happy to be here, so grateful for everyone here, Nefesh B'Nefesh, my amazing parents, all my friends, all my family," Talia said. "It's amazing."

It will be a big adjustment for most of

the newcomers. But they're fulfilling prophecy about the Jewish people returning to Israel, as well as pursuing their dreams and the hope of genera-



'God becomes

known in the

uniqueness of

these days as

we come closer

to Him."

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The Jewish Roots of Christianity 6:30 - 7:40 pm.

Biblical Feasts and Holy Days 6:30 - 7:30 pm.

Paul, the Jewish Theologian 7:50 - 8:50 pm.

Archeology of the Bible and Israel 7:50 - 8:50 pm.

The Canon of Scripture 6:30 - 7:30 pm.

Josephus 6:30 - 7:30 pm.

> Basic Talmud 7:40 - 8:45 pm.

The Role of Women in the Bible 7:40 - 8:45 pm.

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Wednesday, September 20, 7 P.M. - Erev Rosh Hashanah ערב ראש השנה Thursday, September 21, 10 A.M. - Rosh Hashanah איש פּשְׁנָת Saturday, September 23, 10 A.M. - Shabbat Shuvah אינים מיקר שיקר שיקר אוויסים

(Sabbath of Return) Eriday, September 29, 7 P.M. - Erev Yom Kippur Kol Nidre לל נדרי Saturday, September 30, 10 A.M. - Yom Kippur אינם כפור

Thursday, October 5, 10 A.M. - First Day of Sukkot map

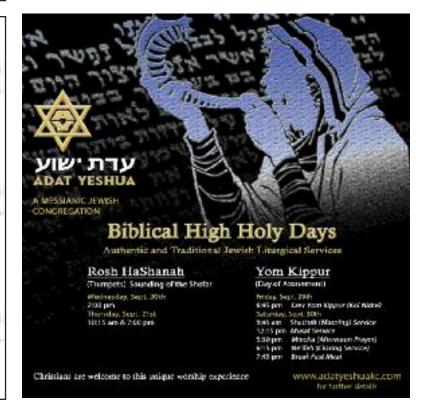
Saturday, October 7, 10 A.M. - Celebrating Messiah's Birthday

Thursday, October 24, 10 A.M. -Shemini Atzeret / Hoshana Rabbah / Simkhat Torah

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VOICE

PUBLISHER

Anita Widaman

MANAGING EDITOR



Dwight
Widaman
Dwight@metrovoicenews.com

COMMUNITY EVENTS EDITOR



Anita Widaman Metrovoicecalendar @gmail.com

EDITORIAL SUPPORT

Contributing Editors: Cedric Austin, Alan Goforth, Stephanie Boothe, Michael Foust, Lee Hartman

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MAILING ADDRESS

P.O. Box 1114 Lee's Summit, MO 64063

OFFICES

816.524.4522 | Fax: 816.282.0010 email: dwight@metrovoicenews.com Calendar: metrovoicecalendar@gmail.com

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WE MUST LEARN TO LIVE TOGETHER



ALVEDA KING
American activist,
author and former
state rep for the 28th
District - GA House
of Representatives

viewpoint

Niece of Martin Luther King, Jr. shares response to racial strife, offers tips

The niece of civil rights hero Dr. Martin Luther King Jr. had a message of peace and compassion after a white nationalist rally turned violent, leaving the nation reeling.

"I was blown up by the Ku Klux Klan in our home, but we knew that the goal was to transform the laws and transform the human hearts towards compassion," Dr. Alveda King told "Fox & Friends."

"Racism is sin. Hatred is sin," the prolife activist stated, adding that she is a serious Christian.

"We must learn to live together as brothers or perish together as fools," King said, quoting her uncle Martin Luther King. "I have decided to stick with love. Hate is to great a burden to bear."

President Trump received criticism for not naming the rioters as white supremacists when he condemned them, but King said the main thing is to speak to everyone about ending the violence.

"We've got to stop the violence," she said. "The president is right about that."

While removing confederate memorabilia does not immediately solve the

problem of racism in America, it belongs in museums and in its proper context, King said.

I've often been asked to share the King Family Legacy's approach to nonviolent conflict resolution which is introduced here briefly:

SIX STEPS AND PRINCIPLES FOR NONVIOLENT SOCIAL CHANGE: A sequential journey to victory:

Principle 1: Nonviolence is not passive, but requires courage.

Principle 2: Nonviolence seeks reconciliation, not defeat of an adversary.

Principle 3: Nonviolent action is directed at eliminating evil, not destroying an evildoer.

Principle 4: A willingness to accept suffering for the cause, if necessary, but never to inflict it.

Principle 5: A rejection of hatred, animosity or violence of the spirit, as well as refusal to commit physical violence.

Principle 6: Faith that justice will prevail.

Understanding this, we apply the six steps of nonviolent conflict resolution:

- (1.) Prayerfully enter into a process by conducting research and gathering information to get the facts straight;
- (2.) Continuing in prayer, conduct education and awareness campaigns to inform adversaries and the public about the facts of the dispute.
- (3.) Prayerfully commit yourself to live and manifest a nonviolent attitude and actions;
- (4.) Prayerfully mediate and negotiate with adversary in a spirit of goodwill to correct injustice;

(5.) Prayerfully apply nonviolent direct action, such as prayer vigils,



marches, boycotts, mass demonstrations, picketing, sit-ins etc., to help persuade or compel adversary to work toward dispute-resolution;

(6.) Prayerfully anticipate reconciliation among adversaries in a win-win outcome in establishing a sense of com-

munity which should now be achievable.

Considering the times, I am grateful to be a part of a biological family as well as a spiritual family who embrace these truths. Won't you join us?

truthin**humor**



The answer to racism



CLINT DECKER President and Evangelist with Great Awakenings, Inc.

hope for today

Clay Center, Kansas – Levi was among the earliest disciples to follow Jesus and hosted a large dinner gathering for Him. Because Jesus was celebrity-like He attracted attention wherever He went and on this occasion, while He was inside with Levi, the Pharisees were outside watching. They were a religious group that fiercely opposed Jesus and condemned Him saying, "Why do you eat and drink with tax collectors and sinners?" (Luke 5:30).

Pharisee means "separate". In the case of tax collectors, the Pharisees separated themselves, because according to

their religious rules, the collectors were considered unclean. In modern day language, the Pharisees' actions revealed the hate and intolerance in their heart.

The tax collectors were thieves and corrupt to the highest degree. However, the religious leaders responded with equal injustice. They barred the tax collectors from their synagogues, refused to touch, speak or be in their presence and taught that promises made to them were permitted to be broken.

When we return evil for evil, like the Pharisees did, nothing gets better, only worse. And springing from this, when we look down upon others because their race or views are different than ours there will be no hope for peace. The practice of separatism can lead toward bullying, oppression, racism, bigotry and to the extremes of ethnic cleansing and genocide.

Jesus is the answer to this inherent evil. He is the only religious figure in world history whose life and teachings



break down walls of separation between people, and His death and resurrection provided the power to do it.

When we surrender our lives to Jesus, His Spirit does a supernatural work in our hearts that washes away our sins and gives us a new heart that is filled with God's love for all people.

He modeled what this new heart looks like when He had dinner at Levi's

home. He went toward someone that was different than Himself and showed mercy and kindness, which He showed toward His critics too.

Following Jesus' resurrection, He commanded His followers to take His good news to all people across the world, and do what He did with Levi. Consequently, the uniting message of Jesus has been taken to nearly every nation and territory on the earth and through Him people of different races, political leanings and religions have broken down the walls of division.

A prayer for you...

Lord God, as we look across our community, nation and world division is everywhere. Forgive me if I separate myself from those who are different than I am and look down upon them. Change my heart and help me to show mercy and kindness to all. By the power of Christ, let me be the change our world needs. In Jesus name, amen.

– Clint Decker is President & Evangelist with Great Awakenings, Inc. cdecker@greatawakenings.org

2017 Retreat Guide

THE WORLD AT YOUR FINGERTIPS OR DISCONNECT TO RECONNECT?

By **Stephanie L. Boothe**

In an era when society is one push of a button away from the rest of the world, there is still a need to "disconnect" from time to time.

And several retreat venues in the area offer just that.

Nicolle Wright, business administrator for YMCA Trout Lodge, said Trout Lodge and Camp Lakewood allow individual organizations to deter-

mine whether to allow guests to "connect" during their retreats.

"I am not aware of any groups with a specific policy, but we do have some who discourage the use of the Internet and cell phones while they are here. For those who choose to stay connected, we do offer complimentary Wi-Fi."

tary Wi-Fi."

Wright, however, said there

are some benefits to having that outside connection. She said corporate retreats might use the Internet for training and brainstorming session.

Some groups will need Internet access to conference with others not on site.

ponder and pray."

was because to nected," Wright at the water first first for training and brainstorming session.

Balance is leading to "unplug a to "unp

"Also, a lot of our groups connect with us via social media while there here, which is great because it allows others to see YMCA Trout Lodge and Camp Lakewood from a personal point of view," Wright said.

Chris Shillito with the Shalom Retreat Center

agreed social media could be useful in spreading the message. However, he cautioned it must be used correctly.

"A lot of what's on (social media) is not conducive to a Godly life," Shillito said. "If it's used in a God-honoring way, it's a great resource. When used in the right context and the right way, it's a good resource. But you have to be careful."

Wright admits it can be difficult for people to feel unconnected. She said there is only one cell

phone provider with signal at their location, and they work hard to make sure guests know this ahead of time. And while it may be a cause for concern up front, she said guests usually leave feeling a sense of relief for the break.

"Upon departure, most of these people talk about how relaxing their retreat or vacation

was because they had no choice but to be disconnected," Wright said. "After all, we don't have wi-fi at the water front."

Balance is key, Wright said. And the opportunity to "unplug and reconnect" is one reason many guests come for a visit.

"They want to disconnect to reconnect with others, which we encourage as much as possible," Wright said.

For Shillito, the best balance is to simply turn devices off. It's also a sign of respect and sends a mes-



sage to others.

"A healthy balance would be not even having it available, and protecting that time and space that others are wanting to share what they've signed up for," Shillito said. "If you're wanting go avoid the appearance of disrespect or neglect, then just avoid it during those times. Just do it at a time that's appropriate."

Shillito suggested guests only utilize their devices

 when necessary – on breaks, when they are not engaged in conversations with others or listening to presentations. Taking it one step further, he said those lessons should start with parents to their children.

"We definitely need to be teaching plugged in etiqutte," Shillito said. "How to carry on a conversation, how to stay focused in a group setting without looking at our phones."

However, there are times, Wright said, that guests may need to remain connected to the outside world, and that's not something the staff prohibits or discourages at Trout Lodge and Camp Lakewood.

"I would say the biggest reason someone would need to be connected is if they are a medical professional or there was a medical situation at home to monitor," Wright said.

"Otherwise, beyond general check-ins with family, I would recommend guests limit their connectivity in order to participate in Lodge activities."

For such situations, Shillito said the Shalom Retreat Center keeps records on emergency contacts and will provide the center's wi-fi password to one member of the organization using the facilities.

Afterall, the purpose of a retreat is to "retreat" from one's daily routine.

"Becuase God's ways are not quick and fast - it's a slow burn - there needs to be time to sit and mediate and ponder and pray," Shillito said.

"You have to be able to look away from your phone"

Five reasons why you should go on a Christian retreat

By **John Buckerige**

The gospels tell us that Jesus frequently went on retreat. Before his public ministry began, he spent 40 days in prayer. The Gospels record how Jesus often went off alone to pray (Mark 1:35) and at other times told his disciples; 'Let's get away from the crowds for a while and rest' (Mark 6:31).

When Jesus broke into Paul's life as he travelled to Damascus to persecute Christians he told him to go into the city, where he would be told what to do. For three days Paul fasted from food and water as he waited to receive the spiritual direction of Ananias (Acts 9:1-9). Those, three days were a retreat as Paul waited to hear what God wanted to do with him next.

From our Jesus' example to the present day the pattern of taking a retreat is a recurring and vital thread.

Retreat to stop

"Becuase God's

wavs are not quick

and fast - it's a slow

burn - there needs

to be time to sit

and mediate and

Modern life can be highly pressured and hectic, leading many to feel burnt out. We ignore God's creation principles of taking a Sabbath Day to stop, rest and be recreated at our peril. Regularly taking time out not to do – but just to 'be' with God, to stop, withdraw from the everyday and to spend time to rest before we go again is wise and godly.

Prioritising a day or longer to spend time in silence, reflection, confession and meditation means slowing down and stopping, which some consider a luxury, but by stopping we can gain so much, above all by experiencing a refreshment in our soul, body and mind.

Avoid taking books to read, just a Bible and a notebook and pen is all you need. Anything more and you will not stop but find yourself working through a book, making lots of notes and missing on the value of stopping for a long pause.

Retreat to listen

To retreat means leaving your normal location and activities to go to a place of safety, quiet, and seclusion. By going to a retreat, we physically remove ourselves from life's distractions, the call of chores, and the demands of people in order to

make space for God.

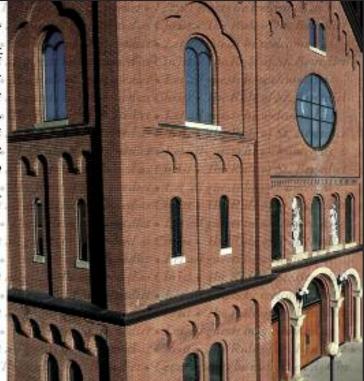
Look for a retreat setting that includes a special time of silence, not as a penance, but so that listening to God's Holy Spirit is easier. The aim should be to get to know God and yourself better

■ See RETREAT page 10

Conception Abbey

The Benedictine Monks of Conception Abbey welcome over 10,000 guests each year. Whether you come for a personal retreat, directed retreat, workshop, or just to get away we hope that after one visit, you'll never be a stranger to Conception Abbey.

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(660) 944-2809
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www.conceptionabbey.org





Looking for a unique, country setting for your next family, faith-based, or corporate event? This private Country Estate is a great place to stay for a few hours, or for several days! Rest. relax and recreate with a playground for children, a patio/dance floor, fitness area, and games for all ages. Indoor and outdoor spaces available for groups up to 300. Call for a tour.

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This nearly 'century old', charming 17-room Country Estate, where the beauty and wonder of the Kansas Flint Hills blend with 21st Century charm, provides a unique setting. Retreat from the chaos of daily life and indulge in a quiet, calm setting to focus on the important business at hand. The



colonial estate appeals also as a traditional, classic setting for weddings and

other important family gatherings.

Facilities include a modern catering kitchen; dining and meeting rooms for up to 85 guests, and outdoor accommodations for 300 guests; gazebo for wedding ceremonies; large outdoor grill; fire pit; large patio for dancing; wishing well; rustic barns; pond and nature trail.

Conception Abbey follows grand spiritual heritage

Conception Abbey is located in Conception, Missouri, an hour and a half drive north of Kansas City. It is a monastery of the Swiss-American Congregation of the Benedictine Confederation. It was established in 1873 when Abbot Frowin Conrad and seven novices came from Engelberg Abbey in Switzerland to found a monastic house from which to serve the needs of the local Catholic



community. Today, the spiritual descendents of Abbot Frowin provide pastoral care to 15 parishes, as well as hospitals, religious houses and schools throughout Missouri, Iowa, Kansas, Nebraska and Wyoming.

The Benedictine monks of Conception Abbey tend the abbey grounds, care

healthy appetite to spend more time

for farmland and orchards, and run The Abbey Guest Center, Conception Seminary College and The Printery House. They are historians, writers, scholars, teachers, musicians and artisans. Through their various apostolates, the monks of Conception Abbey have made substantial contributions throughout the Midwest and beyond.

St. Benedict tells us that "All guests who present themselves are to be welcomed as Christ, for he himself will say: I was a stranger and you welcomed me." The Conception Abbey Guest Center provides simple accommodations in an atmosphere of quiet, perfect for private prayer and reflection. We invite you to stay in our brand new St. Gabriel Guesthouse and welcome your group small or large. Our facilities include, overnight accommodations, small meeting rooms, large conference rooms and meals. Whether you come for a tour, personal retreat, directed retreat, workshop, or just to get away we hope that after one visit, you'll never be a stranger to Conception Abbey.

For info and a full listing of our directed retreats, visit www.conception-abbey.org/guests. May your stay be spiritually refreshing and relaxing.

Rock Springs 4-H Center can fulfill unique needs

Rock Springs 4-H Center is south of Junction City, KS nestled on 735 acres in the scenic Flint Hills of Kansas. This year round camp and conference facility provides guests the opportunity to connect with each other and nature during their stay. Whether you are looking for a site to host your next youth camp, family reunion, retreat, group, women, men or youth event, Rock Springs provides the ideal setting year round. Guests of Rock Springs appreciate the opportunity to stop and refresh in its beautiful surroundings.

Founded in 1945, Rock Springs began as the state's camping facility for 4-



H. In 1952, the Kansas 4-H Foundation was incorporated and has operated the property since. Though founded as a facility for 4-H, Rock Springs hosts many youth-serving organizations year round and provides a great environment for families, churches and businesses alike.

With numerous lodging and meeting space options guests find that Rock Springs can accommodate their every need. Whether making formal decisions or enjoying informal discussions, the blend of exceptional meeting spaces balances both private time and team interaction. Our largest meeting room, Spencer Auditorium, accommodates 400 in theater seats with a stage, lighting and sound system and projector loft.

In addition to lodging and meeting facilities, Rock Springs has many natural features in our serene valley including access to upland and lowland prairie, wooded lowlands, several creeks and gushing springs. Seasonal activities include swimming, archery, canoeing, horseback riding and environmental and historical programs. Groups may participate in scheduled activities such as the leadership facility low ropes course, hiking in the Flint Hills, trap range, canoeing or swimming. Nature trails and tree walks encourage participants to enjoy a quiet, relaxing stroll. Rock Springs can fulfill the unique requirements of your special events.

THAT I AM GOD

RETREAT

continued from page 9

by stopping and listening.

The thought of even half a day, let alone 24 hours or more with your phone switched off, may terrify you. But no emails, texts, tweets or other social media will reduce distractions and make it easier to tune into listening to God's still, small voice and gain fresh perspective.

Retreat to grow into a new spiritual discipline

Many Christians, particularly in the 21st century, find silence intimidating. You might want to choose a retreat based on silence or similar guided retreats that offer a beginner's guide to going on retreat.

I attended a Be Still & Know retreat recently and was amazed at how quickly 60 minutes of silence zoomed by when I put these principles to work. I'm someone who finds the idea of silence and meditation challenging and potentially a bore. But the day gave me a

Attending a guided retreat can do just that – provide practical help and guidance which you can then take and use

to dig deeper.

that – provide practical help and guidance which you can then take and use in the future, giving you the confidence and practical spiritual tools to take further retreats on your own.

ciplines like silence and meditation. I

met many others at this retreat who

were similarly enthused and equipped

Retreat to go forward

Some years ago when my wife and I told some friends at church we were about to attend a weekend course on

'enriching your marriage', they looked concerned and asked if we were okay. Some people assume the same about retreats – that you only go if you are in trouble, but in fact, it's a sign of a balanced approach which seeks to enrich and protect your relationship with God. Sure, some people use it as a last resort, but the normal Christian life should include retreat as a regular and healthy part of living and growing in faith.

So retreat to make progress, withdraw to face the challenges of modern life, stop to make a fresh start, listen to gain fresh perspective and take time away from the crowds because Jesus, our great example and pattern did.

– John Buckeridge is CEO of the Premier Christian Radio Group whose goal is to enable people to put their faith at the heart of daily life and to bring Christ to their communities

DIRECTORY

ABBEY GUEST CENTER, CONCEPTION ABBEY

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Group Contact: Group Reservations
888-FUN-YMCA ext. 207
groupreservations@gwrymca.org
www.ymcaoftheozarks.org





YMCA Trout Lodge and Camp Lakewood

Whether you're on the search for an outdoor adventure or quiet time reconnecting with nature, YMCA Trout Lodge and Camp Lakewood is here to help create memories that will have you saying, "Remember that time when?"

Located just 90 miles south of St. Louis in Potosi, Mo., YMCA Trout Lodge and Camp Lakewood offers family getaways, an overnight summer camp and is the ideal place for reunions, group meetings, and events. We host hundreds of groups each year including churches, schools, family reunions, corporate events, universities, and special needs camps. Our event planning staff can customize the perfect experience based on your needs.



For the adventure seekers, discover our zip lines, ropes courses, and climbing towers. Rather keep your feet on the ground? There's still plenty to enjoy with arts and crafts, archery, geocaching, skeet shooting, hiking, horseback riding at the Triangle Y Ranch and water activities from May through September—or simply enjoy reconnecting with nature as you take in sunrises and sunsets over our 360-

acre lake.

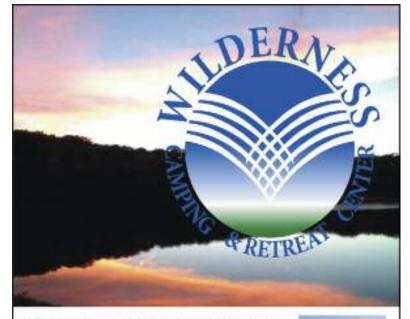
Our rates are all-inclusive with buffet style meals, most activities, and lodging options including hotel style, family cabins, dorm-style or rustic cabins. Best of all, kids five and under always stay free!

As part of the YMCA family, we support the YMCA mission of helping others, which is why no one is ever turned away due to financial constraints. We will

work with your group to create an amazing and affordable experience that all will remember.

Adventure awaits your group at YMCA Trout Lodge so start planning today by calling 888-FUN-YMCA or emailing group reservations@ymcastlouis.org.

Learn more about our facility at www.ymcaoftheozarks.org.



Wilderness Camping & Retreat Center is situated near Lawson, Missouri, on 320 acres of beautiful trees, trails, and fields. Wilderness provides year-round accommodations with kitchen facilities, meeting spaces, fire rings, shelters, and campground. The Center has facilities to accommodate groups with an emphasis on Christian hospitality, outdoor education, leadership development, and spiritual renewal.

■ Cabins and Lodges

Meeting Facilities Recreation

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Camp Palestine is a year round experience

Camp Palestine is more than just a great place to visit. It provides a year round camping experience for spiritual growth, education, relaxation and recreation. It offers the perfect setting for weekend retreats, seminars and conferences. Camp Palestine is located on 160 acres of rural beauty in Chilhowee, Missouri (about 13 miles west of Warrensburg, Missouri), and one hour east of Kansas City.

Our fully equipped 300 seat dining hall and the smaller private dining room, provides a relaxing place to enjoy delicious, fresh meals prepared daily by our kitchen staff. Our spacious and serene Chapel, with fireplace, also includes 4 class rooms available for use.

For your outdoor recreation, we offer an Olympic size



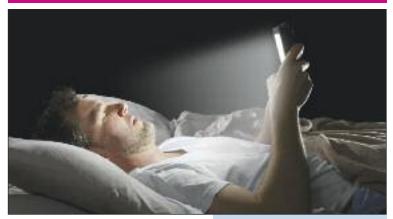
swimming pool, baseball fields, lighted basketball courts, a walking trail, a volley ball court, a soccer field, picnic shelters with grill, a lake for fishing and boating.

Camp Palestine's overnight accommodations include 16 cabins which accommodates 18 people each. For a more relaxing and formal environment, guests are invited to stay in our 64 room lodge. Camp Palestine is where con-



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THE 7 "SUPER FOODS" **OF THE BIBLE**

Trying to eat healthy? Start by opening your Bible to Deuteronomy 8:8, where the Israelites are promised "a good land..., a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey." The ancients might not have known the word "antioxidant," but they were on to something with this list of bible foods.

#1 - Wheat: This grain, which is found in everything from bread to pasta to cakes, is healthier when it is refined as little as possible. Whole-wheat products (those that are certified 100% whole wheat) contain 30 percent of your recommended daily fiber intake, as well as high levels of manganese and magnesium. A diet rich in whole grains is also thought to increase your energy level and lower your risk of type-2 diabetes, gallstones, and other

#2 - Barley: Another whole grain, barley can be found in breads and cereals, as well as in hearty winter soups. High in fiber, barley is good for intestinal health and can lower cholesterol and reduce your risk of colon cancer

health issues.

■ See FOODS page 19

Tips to sleep better

Naturally boost your melatonin levels. Artificial lights at night can suppress your body's production of melatonin, the hormone that makes you sleepy. Use low-wattage bulbs where safe to do so, and turn off the TV and computer at least one hour before bed.

Don't read from a backlit device at night (such as an iPad). If you use a portable electronic device to read, use an eReader that requires an additional light source.

Make sure your bedroom is quiet, dark, and cool. Also that your bed is comfortable. We often become more sensitive to noise as we age, and light and heat can also cause sleep problems. Using a sound machine, ear plugs, or a sleep mask can help

Eat a little snack before bed. Hunger can cause difficulty in drifting off to sleep,

Use your bedroom only for sleep. By not working, watching TV, or using your computer in bed, your brain will associate the bedroom with iust sleen

but try not to drink liquids right before bed.

Move bedroom clocks out of view. The light can disrupt your sleep and anxiously watching the minutes tick by is a surefire recipe for in-

Keep the cell phone out of the room. Studies show that just the presence of a cell phone, even when silenced can disrupt sleen. Not to mention the temptation to constantly look at it. Charge it in the kitchen overnight.

NEW CAREGIVERS: WHAT YOU SHOULD EXPECT

the caregiver

By Carol Bradley Bursack

Family caregivers generally earn their job title in one of two ways. The first is what I call the "sneak up mode." The second

For me, caregiving began with an elderly neighbor who needed some assistance. This "assistance" turned into a fiveyear stint of elder care, closely followed by the ever increasing needs of six of my own family members. For all but one of my elders - my dad whose failed brain surgery sent him into severe dementia – care needs gradually increased.

I can clearly remember the day when I finally woke up to the fact that I had a full-time job as a caregiver, even though, technically, I wasn't "working" at the time. Had I had more family caregivers to communicate with, I may have realized earlier how much my caregiver role had slowly overtaken my

Would the knowledge have helped me understand that I needed to take better care of myself? I don't know. Hindsight is interesting, but doesn't change the past. My caregiving years started at a time when family caregiving wasn't big news. You



just did what you did, and there wasn't a great deal of sup-

Crisis Mode

Since I was already heavily involved in family caregiving by the time my dad's surgery sent him into instant dementia, the event, emotionally devastating as it was, didn't change my caregiving situation all that much. Dad's terrible outcome from the surgery just immersed me deeper into my role. Many people, however, are just living their lives – working their jobs, raising their children and visiting relatively healthy parents from time to time - when, bam! Out of the blue, Dad has a stroke. He's hospitalized. He survives. However, he's partially paralyzed, will need months of therapy, and will not

■ See CAREGIVERS page 19

Paying off the house a good idea?

dave**ramsey**

Dear Dave.

My wife and I owe \$90,000 on our mortgage, and we have no other debt. We are able to save about \$20,000 a year, so we could have the house paid off in just over four years. She likes the idea of having lots of money saved up, but I would love to be completely debt-free. Should we pay off the house or hang on to the savings? -Jason Dear Jason,

Let's pretend your house is already paid for in full. Would you borrow on your home so that you had enough cash that your wife liked it? You say you wouldn't, so what's the difference? If you had a paid-for house and you wouldn't borrow on it to have cash laying around to feel better, why wouldn't you use the cash laying around to pay off the house? It's the same thing.

The first thing you want to consider

is having an emergency fund of three to six months of expenses. You also need to make sure vou're putting aside 15 percent of your income for retirement. Other than that, if you have enough cash laving around to

pay off your home and you don't, it's the same thing as having borrowed on

your home in order to have cash laying around.

If I'm in your shoes, as soon as the emergency fund is in place — six months of expenses since your wife likes the security factor — and 15 percent is being put away for retirement, I'd take the other money and throw it at the house. Get that thing paid off as

> fast as you can! -Dave

> –Dave Ramsey is CEO of Ramsey Solutions. He has authored best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 12 mil-

lion listeners each week on 575 radio stations.

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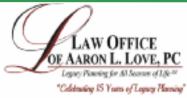
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metrovoicecalendar@gmail.com

PLEASE NOTE: Your item must be in by the 3rd Wednesday of each month for following month's issue.

Family Events, Christian Concerts, Theatre, Youth Events, Meetings, Clubs, Bible Studies, Family Fun, Speakers and More!



CONCERTS

DAVID SMART. September 1, 7:30 pm. Homer's Coffee House, 7126 W. 80th Street, Overland Park, KS 66204. 913-381-6022

TJ HARRIS. September 6, 7:00 pm. Marshall Family Worship Center, 225 Drake Road, Marshall, MO 65340. Free. 417-894-8225.

NEHEMIAH FEST VI. September 15-17. Smith Fork, 1601 DD Hwy., Smithville, MO. 50 bands & 4 stages. nehemiahfest.com

SWEET SPIRIT & FRIENDS MUSIC OUTREACH FEATURING: FAITHFUL CROSSINGS. September 16, 2017, Food at 6, Music at 7. Moment of Truth, 310 Randolph, Claycomo, (816)452-4426

WALTER PLANT. September 17, 6:00 pm. Calvary Baptist Church, 900 NW 22nd St., Blue Springs, MO 64015. 816-228-5540.

PHIL & PAM MORGAN. September 21, 2:30 pm. The Carlyle, 1098 NE Independence Ave., Lee's Summit, MO. 816-554-7274.

THE CHUCK WAGON GANG. September 21, 7:00 pm. Church Kearney, 2151 S. Jefferson St., Kearney. MO 64060. 816-628-5583.

WORSHIP WITH DANIEL BRYMER. Sept. 24, 6 p.m. Hillcrest Covenant, 88th & Nall, Prairie Village, KS. www.hamw.org

DANNY GOKEY & MANDISA - RISE OUT OF THE DARK TOUR. September 28, 7:00 pm. First
Baptist Church Raytown, 10500 E. 350 Highway,

Raytown, MO 64138. 816-353-1994.

MARK LOWRY. October 13, 7:30 pm. Countryside Christian Church, 1919 South Rock Road, Wichita, KS 67207. 316-686-7206.

ORANGE TOUR. October 17. Westside Family Church, 8500 Woodsonia Drive, Lenexa, KS 66227. Orangetour.org

THE KRAMERS. October 20, 7:00 pm. First Christian Church Kearney, 2151 S. Jefferson St., Kearney, MO 64060. 816-628-5583.

OXANA ELIAHU. Oct 21, 7 p.m. Or HaOlam, 9898 W 95th St, OP, KS. 913 383-8448

SMALL TOWN AMERICA TOUR W/ SEVENTH DAY SLUMBER, MANIC DRIVE, SHONLOCK, CONSUMED BY FIRE, VROSE, SPEC. October 21, 6:30 pm. Marshall Family Worship Center, 225 Drake Road, Marshall, MO 65340. 417-894-8225.

SOUTHERN GOSPEL (Call for groups)

SWEET SPIRIT & FRIENDS. Will not be having music outreach for May, June, July and August.

ALPHA OMEGA CHRISTIAN MUSIC ASSOCIATION MONTHLY MEETING, PRAYER, DEVOTION, POTLUCK AND JAM. FIRST FRIDAY, 7pm. 10035 E. Westport Rd., Indep., MO 64052.

MO-KAN GOSPEL MUSIC ASSOCIATION
POTLUCK AND JAM. FOURTH FRIDAY (except
for Nov. & Dec. when we meet on the 3rd Fri.).
Northland Christian Church, 6120 NE 48th St.,
KCMO. 913-432-0359.

LIVE CHRISTIAN MUSIC VENUE. THIRD FRIDAY, 7:00 pm. Bent Knee Cowboy, 13415 S. 142nd St., Bonner Springs, KS. 913-927-4567.

PENTECOSTAL TABERNACLE CHURCH. SEC-OND SATURDAY, 6pm. 341 S. 72nd St., KCK 66111. Praise and Worship songs of Zion. 913-334-1009.

CGMA NW MO CHAPTER MEETING, GOSPEL

MUSIC AND POTLUCK. SECOND SATURDAY.
Faith Assembly of God Church, South 13 Hwy,
Polo, MO. Travel North on I-35 North, go North of
Liberty to the Polo/Lathrop Exit. Turn right onto
116 Hwy. Go 12 miles to 13 Hwy. Turn left and go
1/4 mile. pegcla@msn.com.

RADIANT LIFE ASSEMBLY OF GOD. LAST SUNDAY, 6:30 p.m. Hwy. 33, Kearney, MO. Open mike. Gospel sing.

PARADISE BAPTIST CHURCH. SECOND SUNDAY, 6 p.m. Pot luck dinner at 5 p.m. Paradise Missouri. 816-591-1020.

CLASSES, SEMINARS, CONFERENCES

HER CHOICE TO HEAL CLASS AND RECONCILI- ATION. September. Emotional and spiritually after having an abortion, offer a grace-filled journey for healing. For more information, contact

LABOR OF LOVE. September 1-4. TAU Institute, Ottawa, Kansas. This is a 100% free but space is

Jama at jedlund@infg.org.

calendar continuned on next page



OCTOBER 21 · 6:30

Marshall Family Worship Center 225 Drake Road, Marshall, MO 65340

> Less Than an Hour From the KC Metro! Perfect for a Youth Group Outing!

TICKETS:

Advance \$15, Door \$20, VIP \$25, Group of 10 or more \$10 each. Doors open 5:30pm.

www.itickets.com or at the church. More info: 417-894-8225



September 16 • 6pm Lakewood Way Community Church

1150 NE Woods Chapel Rd. • Lee's Summit Doors Open at 5:30.

Tickets just \$12 For info visit:

www.lakewoodway.com or call (816) 373-8559

ASL interpreter available. Childcare reservation deadline Sept. 11 limited! Do you like Archery? Canoeing? Learning about Christ with other young believers? Putting your faith into practice and making the world a better place? www.ottawa.edu/LaborOfLove

GIRLFRIENDS' CAFÉ. September 7, 6:30 pm. Nashua Baptist Church, Hwy. 169 North/Cookingham. Guest speaker/coffee and desserts. 816-734-

"AVOID PROBATE" SEMINARS. September 7, 7:00 pm. Lewis Living Trust Center, 700 NE Langsford, Lee's Summit, MO 64063. 816-524-3200.

2017 KC HAITI SYMPOSIUM. September 9, 9:00 am-12:00 pm. Polsinelli Conference Center, 900 W. 48th Pl., Kansas City, MO 64112. An opportunity to hear about successful organizations and companies working in Haiti. Hear about their successes, lessons learned, and connect with others working in Haiti. 913-220-4461.

SETTING BOUNDRIES IN TOXIC RELATION-**SHIPS/HIDDEN ABUSE.** September 9, 9:00 am. GateWay of Hope, 801 N. Mur-Len Ste. 111, Olathe, KS 66202. 7 key indicators all women should know. gwhope.org 913-393-4283.

GOOD NEWS CLUB TEAM ORIENTATION TRAINING. September 9, 9:00 am-4:00 pm. Shawnee Bible Church, 12921 W. 61st St.,

Shawnee, KS. Lunch is provided, and materials are available for purchase. 816-358-1138. FINANCIAL PEACE UNIVERSITY COURSE. Sep-

tember 10, 2:00 pm. Pisgah Baptist Church, 112 Pisgah Drive, Excelsior Springs, MO 64024. 9THE HEART OF GRANDPARENTING CONFERENCE. 8:30 A.M. TO 4:00 P.M. COLLEGE CHURCH OF THE NAZARENE, 2020 E. SHERIDAN ST., OLATHE, KS 66062.

week video course. Sundays, 2:00-3:30 pm September 10. Cost \$95 per person or per couple for materials. 816-630-5121.

AWANA. September 10, 2017, 5:00 PM Nashua Baptist Church 11408 N. Main Street, Kansas City, MO. New Awana year begins with an ice cream kick-off. Classes for kids age 3-teens. Every Sunday thru May from 5pm - 7pm. (816) 734-4046

JEWISH STUDIES. Starts Sept. 11 and 12. Adat Yeshua, 8512 Stearns Ave., OPKS. Multiple choices. See ad. 913-888-7272.

FAMILY-TO-FAMILY COURSE. September 11, 6:30 pm-9:00 pm. Jewish Community Center of

Greater Kansas City, 5801 W. 115 Street, Suite 101, Overland Park, KS 66211. Provides family member and caregivers with communication and problem-solving techniques, coping mechanisms

and self-care skills needed to deal with their loved

one's mental illness as well as its impact on the

SKILLBUILDERS EDUCATION & SUPPORT FOR WIDOWS, WIDOWERS, CAREGIVERS.

family. www.nami.org 913-327-8000.

Tuesdays, September 12-November 14, 9:30 am-9:45 am (coffee, meet, greet, support) 9:45 am-11:30 am (program). The Palmer Center, Craft Room, 218A North Pleasant, Independence, MO 64050. No charge. Various practical classes, see ad for examples.

FINDING MAJOR DONORS NOW! September 13, 10:00 am. Free Webinar. Sponsored by National Christian Foundation Heartland. This webinar will discuss: practical insight into the heart and mind of the major donor, crafting a compelling message to reach the major donor, finding and cultivating relationships with major donors. 913-310-0279

IF NOT FOR GRACE VOLUNTEER ORIENTA-**TION.** September 14, 1:00 om-3:00 pm. Crown Pointe Church, 5950 NE Lakewood Way, Lee's

Summit, MO 64064. Bringing His message of hope and healing to the abortion wounded. Come learn how you can impact God's Kingdom using your time and talents. vgregg@infg.org.

FALL ADULT RETREAT REACHING UP AND REACHING OUT. September 14-16. Windermere Baptist Conference Center, Roach, MO 65787. Special speaker Dr. William Miller; concerts with Phil and Pam Morgan and The Blackwood Brothers; worship leader Rod Maples.

SKILLBUILDERS EDUCATION & SUPPORT FOR WIDOWS, WIDOWERS AND CARE-

GIVERS. Thursdays, September 14-November 16, 9:45 am-10:00 am (coffee, meet, greet, support) 10:00 am-11:50 am (program). Tomahawk Ridge Community Center, 11902 Lowell Blvd., Overland Park, KS 66213. No Charge. Various practical topics - see ad for example, 913-383-2519.

THE CONTENT OF CHARACTER SERIES KANSAS CITY 2017. September 15, 8:00 am-5:00 pm. Historic Delta Athenaeum, 900 F. Linwood Blvd., Kansas City, MO 64109. \$35 per person includes lunch. Guest speakers: Ken Ham. Alveda King, Greg Knapp, Pastor Stephen Broden, Reverend Walter Hoye II, and Pastor Dumisani Washington, www.ContentofCharacterSeries.com . 888-725-8654.

SKILLBUILDERS EDUCATION & SUPPORT FOR WIDOWS, WIDOWERS, AND CARE-

GIVERS. September 15-November 17. 10:00 am-10:15 (coffee, meet, greet, support) 10:15 am-11:50 am (program). Platte County Resource Center, Board Room, 11724 NW Plaza Circle, Kansas City, MO 64153. Nor charge. Various practical classes, see ad for example.

FREEDOM. September 16, 10:15 am-4:00 pm. Legacy Christian Church, Blue Valley Campus, 14301 Metcalf Ave., Overland Park, KS. A day with Jennie Allen. 816-246-0707.

"AVOID PROBATE" SEMINARS. September 19, 7:00 pm. Lewis Living Trust Center, 700 NE Langsford, Lee's Summit, MO 64063. 816-524-

ROSH HASHANAH. September 20, 7 P.M. - Erev

Rosh Hashanah. September 21, 10 A.M. - Rosh Hashanah. Or HaOlam, 9898 W 95th St, Overland Park, KS. 913 383-8448

YOM TERUAH-ROSH HASHANA. September 20, 7:00 pm. B'nai Yeshurun Messianic Congregation, 107 5th Ave., Greenwood, MO 64034. Celebrate the Feast of Israel this is thought to be the traditional day that the Lord was born. The sounds of Shofar. www.bnai-yeshurn.org 816-739-

ROSH HASHANAH (FEAST OF TRUMPETS) -NEW YEAR RENEWAL. September 20, 7:15 pm; September 21, 10:15 am & 7:15 pm. Adat Yeshua Messianic Congregation, 8512 Stearns St., Overland Park, KS. 913-888.7272.

MOMCON 2017. September 21-23. Kansas City Convention Center, 301 West 13th Street, Kansas City, MO 64105. Speakers: Mandy Arioto, Ann Voskamp, Amena Brown, Mark Batterson, Bob Goff, DJ Opdiggy. Organized by MOPS International. 816-513-5000.

THE WORD ALIVE WITH LYSA TERKEURST.

September 22-23. First Baptist Raytown, 10500 E. 350 Highway, Raytown, MO. 816-353-1994.

GOOD NEWS CLUB TEAM ORIENTATION

TRAINING. September 23, 9:00 am-4:00 pm. Blue Ridge Bible Church, 8524 Blue Ridge Blvd., Kansas City, MO. Lunch is provided, and materials are available for purchase, 816-358-1138.

THE HEART OF GRANDPARENTING CONFER-

ENCE. September 23, 8:30 am-4:00 pm. College Church of the Nazarene, 2020 E. Sheridan St., Olathe, KS 66062. Speakers include: Dr. ken Canfield, Judd Swihart, Ray Poteet, Tom Eddy, Rev. Roberto Moreno, and Betty Rae Wallace. www.heartofgrandparentingconference.com. 913-710-1714

THE WORD ALIVE WITH LYSA TERKEURST.

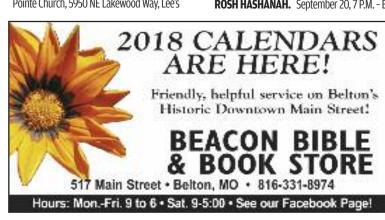
September 22 & 23. First Baptist Raytown, 10500 E. State Route 350, Raytown, MO 64138. \$59 per

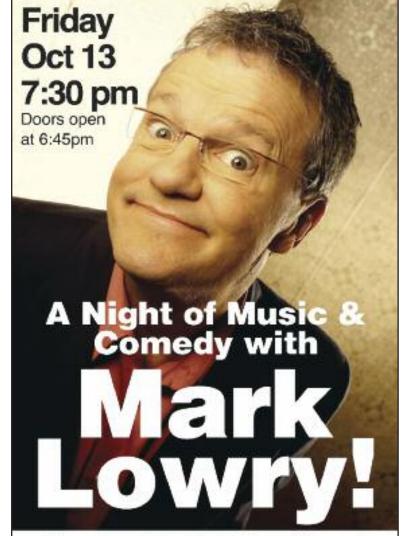
DR. JIM RICHARDS. September 24, 9:00 am; 11:00 am; and 6:00 pm. September 25, 7:00 pm. Cornerstone Church, 301 SE AA Hwy., Blue Springs, MO 64014. www.cornerstonelife.org

YOM KIPPUR: DAY OF ATONEMENT. September 29, 6:45 pm; September 30, 9:45 am-12:30 pm and 6:15 pm. Adat Yeshua Messianic Congregation, 8512 Sterns St., Overland Park, KS. Closing services: Awe inspiring - last Shofar Blast - Special after service Break Fast meal - open to the public - 913-888-7272.

YOM KIPPUR. September 29, 7 P.M. - Erev Yom Kippur Kol Nidre. September 30, 10 A.M. - Yom Kippur. Or HaOlam. 9898 W 95th St. Overland Park, KS. 913 383-8448

YOM KIPPUR - DAY OF ATONEMENT. September 29, 7:00 pm. B'nai Yeshurun Messianic Con-





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gregation, 107 5th Ave., Greenwood, MO 64034. Observe the Day of Atonement - The holiest day of the year. 816-739-2052

DESIGN FOR LIFE WOMENS CONFERENCE 2017. October 12-14. JQH Arena, 685 S. John Q
Hammons Pkwy., Springfield, MO 65897. Speakers: Debbie Lindell, Bobbie Houston, Pricilla
Shirer, Lisa Harper, DawnCheré Wilkerson.
www.designedforlife.org

GOOD NEWS CLUB TEAM ORIENTATION

TRAINING. October 14, 9:00 am-4:00 pm. Grace Christian Fellowship Church, 9200 Parallel Parkway, Kansas City, KS. Lunch is provided, and materials are available for purchase. 816-358-1138.

2017 CHRISTIAN WRITERS CONFERENCE. October 19-21. "What's in Your Hand?" Sponsored by Heart of America Christian Writers Network. Speakers, breakout sessions, numerous tracks on various aspects of writing, getting published and more. www.hacwn.org

BOUNDARIES - WHEN TO SAY YES, WHEN TO SAYNO TO TAKE CONTROL OF YOUR LIFE. Fridays, October 20, 11:30 am-1:00 pm. GateWay of Hope, 801 N. Mur-Len, Ste. 111, Olathe, KS 66202. Using the best selling book by Dr. Henry Cloud Y Dr. John Townsend. New group begins Friday, October 20, 2017 from 11:30 am-1:00 pm. gwhope.org 913-393-4283.

PREMARITAL COUNSELING SEMINAR. October 27 and 28. Heart of America Ministries Church-Bible College & Theological Seminary, 7600 Blue Ridge Blvd., Kansas City, Mo. 64138. Attendees may earn 3 College Credit hours, or may Audit the course. 816-356-6380

STATEWIDE MRL LEADERSHIP. November 11, 10 a.m. Pleus Hall, Immaculate Conception



816-286-4640

9670 NW Seymour Ave.

Kansas City, MO 64153

www.tbn.org

Parish, Jefferson City. More details coming soon. 573-635-4926

MARRIEDLIFE DATE NIGHT WITH DOUG

FIELDS. November 12, 6:30 pm-8:30 pm. WFC Lenexa, 8500 Woodsonia Drive, Lenexa, KS 66227. Refresh your marriage. Dinner and childcare available with early registration. 913-422-8257.

SPECIAL CHURCH EVENTS

WE CARE BLUE SPRINGS. September 1, 12:00 pm. Woods Chapel United Methodist Church, 3609 SW State Route 7, Blue Springs, MO 64014. Campus is excited to launch a full-time childcare ministry this fall! Full-time childcare for ages 0-6 and after school programming for school-age kids, 816-867-0706.

FOOD PANTRY. September 5, 3:30 pm. Faith Baptist Church, 1460 Langsford Rd., Lee's Summit, MO 64063. Food Pantry available to anyone in need 816-524-4214

GIRLFRIENDS' CAFÉ. September 7, 6:30 pm. Nashua Baptist Church, 11408 N Main St., Kansas City, MO. No cost. 816-734-4046.

MISSOURI RIGHT TO LIFE ED FUND GOLF TOURNAMENT. September 8, 11:30 am. The Links at Dardenne, O'Fallon, MO. Sign in/lunch 11:30 am with shotgun start at 1:00 pm. 314-434-

BBQ CONTEST FUNDRAISER. September 9, 4:00 pm. Fort Osage Church of the Nazarene, 19333 E. 24 Highway, Independence, MO 64056. BBQ Contest Fundraiser! Car Show! Craft Sale! Kid's Carnival Games! Bake Sale! Come join the fun—open the all ages! 816-796-5879.

NATIONAL DAY OF REMEMBRANCE FOR ABORTED CHILDREN. September 9, 11:00 am-12:00 pm. Gates of Heaven Cemetery, 126th and Parallel Parkway. Kansas City. KS. 573-635-5110.

SHOW ME CHRISTIAN YOUTH HOME 50TH ANNIVERSARY CELEBRATION. September 9, 9:00 am-5:00 pm. Show-Me Christian Youth Home, 24302 Mahin Road, La Monte, MO 65337. Featured events: horse expo, concert, lunch served, special program, and Alumni dinner. Kidevents Tarl Homes

COMMUNITY BLOCK PARTY. September 9, 2017, 11:00 AM. Nashua Baptist Church 11408 N. Main Street, Kansas City, MO. Free everything --

Sat. 12-10
Sun. 1-6

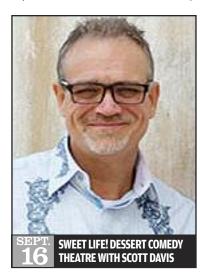
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food, music, bounce house, crafts, photo booth, and carnival games and make your own ice cream sundaes! (816) 734-4046

KANSANS FOR LIFE. September 14, 7:00 pm-8:00 pm. Signs of Life, 722 Massachusetts, Lawrence, KS 66044. Re-organization of Douglas County chapter. Refreshments will be served. kfllawrence@gmail.com 785-748-1536.

2017 GOLF TOURNAMENT RACHEL HOUSE. September 15. Shoal Creek Golf Club, Kansas City,



MO. rachelhousefriends.org/golf-tournament

SWEET LIFE! DESSERT COMEDY THEATRE.

September 16, 6:00 pm (doors open at 5:30 pm). Lakewood Way Community Church, 1150 NE Woods Chapel Road, Lee's Summit, MO 64064. 816-373-8559. **WESTSIDE FAMILY FESTIVAL.** September 17, 12:00 pm-4:00 pm. WFC Lenexa, 8500 Woodsonia Drive, Lenexa, KS 66227. Everyone is invited to this free community wide festival for families. Bring your whole crew for acres of rides, gigantic inflatable's, games and activities for all ages. 913-422-8257.

\$2 off with this

IF NOT FOR GRACE "BE THE CHANGE" FALL GALA. September 23. Overland Park Convention Center, 6000 College Blvd., Overland Park, KS 66211. Featured speaker: Les Norman. 816-847-

KANSAS CITY AREA CHRISTIAN COLLEGE FAIR & FINANCIAL AID WORKSHOP. September 25, 6:00 pm. Maranatha Christian Academy, 1500 W. 63rd Street, Shawnee, KS 66216. Over three dozen Christian colleges and universities from the Midwest region will be on hand and free financial aid workshop. 913-631-0637.

FREE LUNCH FOR SCHOOL COUNSELORS, NURSES, PSYCHOLOGISTS, CASE WORKERS & COMMUNITY RESOURCE PROVIDERS. September 27, 10:30 am-1:00 pm. Mother's Refuge, 3721 Delridge Road, Independence, MO 64052. Meet our staff, learn more about our program and enioy a free lunch. Our goal is to acquaint you

3721 Delridge Road, Independence, MO 64052. Meet our staff, learn more about our program and enjoy a free lunch. Our goal is to acquaint you with the services we provide for pregnant young mothers. RSVP to Volunteer Coordinator, 816-353-8070.

TGIW/CHARACTER THAT COUNTS GOLF. September 28, 10:45 (registration); 12:30 pm (shotgun start). Creekmoor Golf Course, Raymore, MO 64083. Awards ceremony at the clubhouse. 816-309-7122.

LIFE DAY WALK, RALLY AND LIFE CHAIN. October 1. St. Joseph, MO. More details coming soon.

LIFE CHAIN. October 1, 1:30 pm. 9501 Nall Ave., Overland Park, KS 66207. Stand united for the unborn as a public witness and prayerful protest against abortion. Johnson County location is along 95th Street from Quivira to State Line. www.lifechain.net 913-642-5433.

LIFE CHAIN. Oct 1. 1:30 to 2:30. The Legends. Call 913-642-5433 for info.

LIFE CHAIN RAYTOWN. Oct. 1. Blue Ridge Blvd at 8812 E Gregory Blvd, 1:30 to 2:30 p.m.; meet at Our Lady of Lourdes parking at 1:00 p.m.; Priscilla Moran 816-322-2007

LIFE CHAIN KANSAS CITY / SOUTH. Oct. 1. 95th St at Wornall Rd at Colonial Presbyterian

Church, 2:00 to 3:00 p.m.; Beth Sykora 816-353-4113 and Annie Fowler

Metro Voice Ad

LIFE CHAIN BLUE SPRINGS. Oct. 1 - State Hwy 7 at State Hwy 40, park by west lake, 2:00 to 3:00 p.m.; Alice Goergen 816-224-6768

REMEMBERING OUR BABIES. October 15, 7:00 pm. JC Nichols Memorial Fountain,50 W. 47th Street, Kansas City, MO 64114. A wonderful evening of remembering each of our babies. There will be luminaries around the fountain with each baby's name as well as a balloon release as the list of baby names are read. Assisting, supporting parents of neonatal death, pregnancy loss, and still birth. www.samspond.org 816-215-8535.

VITAE FOUNDATION KANSAS CITY PRO-LIFE EVENT. October 19. Overland Park Convention Center, 6000 College Blvd. Overland Park, KS. Sponsored by Vitae Foundation. Keynote speaker: Allen West. 573-634-4316.

MOTHER'S REFUGE TASTE OF COMPASSION.October 20, 6:00 pm. Adams Pointe Conference Center, 1400 NE Coronado Dr., Blue Springs, MO 64014. Dinner, Silent Auction, Live Music, Cash

ST. JOSEPH PRO-LIFE EVENT. October 27. Stoney Creek Conference Center, 1201 N. Woodbine Rd., St. Joseph, MO. Keynote speaker: Dinesh D'Souza. 573-634-4316.

MISSOURI RIGHT TO LIFE ANNUAL BENEFIT DINNER. November 2, 6:00 pm. Adam's Mark Hotel, & Conference Center, 9103 E. 39th Street, Kansas City, MO 64133. Speaker: Melissa Ohden, she is a survivor of a failed saline infusion abortion in 1977. Reception at 6:00 pm & Banquet at

GRUB RUN 5K. November 4, 8:30 am-11:00 pm. Kansas City Church, 7700 N. Church Rd., Kansas City, MO 64158. \$25. Help us stomp out hunger and raise money for our food pantry. 816-781-7550

WEEK OF PRAYER. Nov. 5 – 12. SAT 7 prayer effort for the Middle East. http://www.sat7usa.org/week-of-prayer/

FINE ARTS

MILLION DOLLAR QUARTET. Through September 24. New Theatre Restaurant, 9229 Foster, Overland Park, KS 66212. 913-649-7469.

38TH ANNUAL ART WESTPORT. September 8-



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10. Westport Rd., & Pennsylvania Ave., Kansas City, MO 64111. Top artists line the streets of Westport showcasing their original art, unique jewelry, fine crafts and much more. 816-531-4370.

THE SNAKE WITH BIG FEET. September 9. Puppetry Art Institute, 11025 E. Winner Rd., Independence, MO 64052. www.hazelle.org 816-833-9777.

SUNFLOWER ART & MUSIC FESTIVAL DES-**OTO, KS.** September 15, 12:00 pm-7:00 pm; September 16. 10:00 am-7:00 pm: September 17. 10:00 am-5:00 pm. The Barn, 9200 Kill Creek Road, Desoto, KS. Admission an parking are free. Family-friendly weekend of fine arts and fine crafts, live music, food and beautiful sunflowers.

WE SHALL NOT BE MOVED: THE STUDENT **SIT-INS OF 1960.** September 19-October 22. Crown Center, 2450 Grand Ave., KCMO 64108.

THE 86TH ANNUAL PLAZA ART FAIR. September 22, 5:00 pm-10:00 pm; September 23, 10:00 am-10:00 pm; September 24, 11:00 am-5:00 pm. Kansas City, MO. 816-960-6234.

DRIVING MISS DAISY. September 27-November 26. New Theatre Restaurant. 9229 Foster. Overland Park, KS 66212. 913-649-7469.

I'VE GOT A CRUSH ON YOU. September 29-October 29. Quality Hill Playhouse, 303 West 10th Street, Kansas City, MO 64105. 816-421-1700.

MADAGASCAR-A MUSICAL ADVENTURE. JR. (SOUTH). October 26-29. Bell Culture Events Center Mid-America Nazarene University, 2030 E. College Way, Olathe, KS 66062. Sponsored by CYT of Kansas City. 913-681-3318.

FAMILY OUTINGS

45 ANNUAL SANTA-CALI-GON DAYS FESTI-

VAL. September 1-4. Historic Independence Square, Independence, MO 64050. 400 Arts, Crafts, Food and Commercial Vendor booths. Free entertainment on both Community Stage and Main Stage. A large carnival midway.

KANSAS CITY IRISH FEST. September 1-September 3. Crown Center Square, 25th & Grand Blvd., Kansas City, MO 64108. 30 bands on seven stages, heritage workshops and displays, comedy, genealogy, a massive children's area and so much more. 816-561-7555.

KANSAS CITY RENAISSANCE FESTIVAL. September 2-October 15. Kansas City Renaissance Festival, 628 N. 126th St., Bonnor Springs, KS 66012. Pay heed to exploits of Jousting Knights on thundering steeds, roam the village shops for unique crafts, delight in comedy, music, magic and more on our 20 stages of non -stop entertainment, and feast on delicious food and drinks from the far reaches of the globe! 913-721-2110.

HOMESCHOOL HISTORY ADVENTURE WEST-**WARD HO!** September 6, 1:00 pm & September 7, 10:00 am. Johnson County Arts & Heritage Center, 8788 Metcalf Ave., Overland Park, KS. 913-831-

2ND ANNUAL SWIFT MILE STREET FESTIVAL. September 8-9. North Kansas City. Free Children's Area, handmade and local market, artists, musicians on 3 stages, food vendors. www.theswift-

KANSAS STATE FAIR. September 8-17. Kansas State Fairground, Hutchinson, KS. 800-362-3247. 64132. Event is included with Zoo admission. No registration required. www.kansascityzoorun.com

AMERICAN INDIAN CULTURAL CELEBRA-

TION. September 24, 10:00 am-4:00 pm. Nelson Atkins Museum, 4525 Oak St., Kansas City, MO

WOODFEST. Sept. 30. Camp Wood YMCA, 1101 Camp Wood Rd, Elmdale, Kansas 66850. Enjoy the Symphony in the Flint Hills with horse riding, painting, art, nature walks & more! 620-273-8641.

MONTHLY MEETINGS

BUILDING BETTER MOMS. The United Methodist Church of the Resurrection, 13720 Roe Ave., Leawood, KS. For local mothers of children in early childhood, elementary school, middle school, high school, and for single moms, with both day and evening meeting times avail. at the Leawood campus. www.cor.org 913-897-0120.

WEEKLY - CHRISTIAN BUSINESS MEN'S COM-**MITTEE.** Meets weekly in various parts of the city. Call Jim Mathis. 913-269-6709. for time/loc.

WEEKLY - FAITH BASED 12-STEP PROGRAM OF RECOVERY FROM COMPULSIVE

OVEREATNG. Call Overeater's Anonymous 913-383-5933 or visit www.kansascitvoa.org for more information and to access the schedule of various meetings in the metro area.

MONTHLY - MISSOURI RIGHT TO LIFE CHAP-

75th St., & Wornall Rd., Kansas City, MO. Familyfriendly event, is a FREE neighborhood festival that includes kids rides, games, face painting,

TERS 816-353-4113. Kansas City Zoo, 6800 Zoo Drive, Kansas City, MO



46TH WALNUT VALLEY FESTIVAL. Sept 13-Sep-

tember 17. Winfield, Kansas. www.wvfest.com.

25TH ANNUAL WALDO FALL FESTIVAL. Sep-

tember 16, 10:00 am-5:00 pm. CVS parking lot at

food trucks, local music, and a host of vendors to

met and mingle with throughout the day. 816-

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3RD SUNDAY - CANCER SUPPORT GROUP.

6:30-8:00 pm. Beacon Free Baptist Church, 10825 E. 79th Street, Raytown, MO 64138. Connect with others who share your journey, you are not alone. 816-353-7447.

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entertainment

Fall movie preview: There's something for everyone

MULLY (OCT. 3-5, NOT RATED YET) -A

Kenyan boy raised in poverty grows up

Rated PG for thematic elements.

movienews

by Michael Foust

An action-packed summer movie season ended with a dud in August, as studios opted to save their best releases for a later date.

Thankfully, though, Hollywood is giving us plenty of promising movies this fall – from faith-based to animated to superhero flicks.

Following are the films I'm monitoring. This list comes with a major caveat: I have not screened any of these yet. Proceed to the box office with cau-

NINJAGO (SEPT. 22, PG) – It's an animated Lego movie. Need I say more? This martial arts

based on the Ninjago Lego characters and tells the story of Master Wu, Master Builder Lloyd and their friends as they try and defeat the evil warlord Garmadon. Rated PG for some mild action and rude humor.

A OUESTION OF FAITH (SEPT. 29, PG) – The lives of three families collide when they are impacted by a pair of tragedies. Pure Flix, an independent faith and family studio, is behind this one.



to become rich and then help the country's abandoned children. Focus on the Family is helping promote this three-night event.

MY LITTLE PONY (OCT. 6, PG) - Twilight Sparkle and her magical friends must defeat an evil force that is threatening Ponyville. Rated PG for mild action.

THE MOUNTAIN BETWEEN US (OCT. 6) —

Two strangers -- a man and a woman must set aside their differences and learn how to survive when their place crashes in the midst of snow-capped

> mountains. It's being called a romance-disaster, but the trailer hints that it's mostly a survival film. We'll see.

THE STRAY (OCT. 6, PG) – A stray dog helps save a marriage and a family, not to mention several lives during a lightning storm. Based on a true story. Rated PG for thematic elements, including

a perilous situation.

MARSHALL (OCT. 13. PG-13) – Chadwick Boseman stars in this biopic as a young Thurgood Marshall, the first African-American Supreme Court justice. The film, though, follows Marshall during

his pre-high court days, as he works as an attorney in a sexual assault/attempted murder case. Rated PG-13 for mature thematic content, sexuality, violence and some strong

SAME KIND OF DIFFERENT AS ME (OCT. 20, PG-13) – Based on a New York Times bestselling book, it tells the story of an international art dealer who befriends a homeless man who helps save his marriage. The faith studio Pure Flix is behind this one. Rated PG-13 for thematic elements, including some violence and language.

THOR: RAGNAROK (NOV. 3, NOT YET **RATED)** – Thor must stop Hela – the goddess of death -- from destroying his homeland. First, though, he gets involved in a battle with Hulk. Wouldn't "Thor vs. Hulk" have been a better title?

The Star (Nov. 10, not yet rated) - This faith-based animated film tells the Nativity Story through the eyes of animals, and is brought to us by Sony Pictures and Affirm Films (War Room, Heaven Is For Real).

JUSTICE LEAGUE (NOV. 17, NOT YET RATED) -- Batman, Wonder Woman, Aquaman, Cyborg (and maybe Superman) team up to fight evil in DC Comics' answer to Marvel's Avengers

WONDER (NOV. 17, PG) – A fifth-grade boy with facial differences who has had multiple surgeries enters school for the first time. Based on a book. Rated PG for thematic elements, including bullying and some mild language.

Coco (Nov. 22, not yet rated) — The latest Pixar movie follows a boy who longs to become a famous guitarist despite his family's ban on music. To reach his goal, he visits the "Land of the Dead." The verdict's still out on this one.

MOVIES, STREAMING, BOOKS, MUSIC, INTERVIEWS & MORE!

streaming



leads September streaming lineup

By Michael Foust

Perhaps we should get this out of the way first: It likely was a bad idea to remake the legendary movie Ben-Hur.

The Charlton Heston-led 1959 version million, and won 11 Oscars. Contrast that to the 2016 film, which cost \$100 million. finished in the red with a \$26 million

It was – without a doubt -- a financial disaster, a box-office flop and an easy tar-

But that doesn't mean it wasn't a good movie. In fact, the 2016 version of Ben-Hur was inspiring, entertaining and welldone. And despite the fact that only 25 percent of critics at Rotten Tomatoes liked it, it did get thumbs up from mainstream reviewers at CNN, Huffington Post and RogerEbert.com. Not bad for a film that has forgiveness at its core and features Christ.

The newest Ben-Hur (PG-13) – which begins streaming Sept. 2 on Amazon and Hulu – differs slightly from the 1959 version. In the 2016 movie, the main characters of Judah Ben-Hur (Jack Huston), a Jewish prince, and Messala (Toby Kebbell), who is Roman, are adoptive brothers. In the '59 film, they're simply

But that change benefits the 2016 plot, which is set during the time of Jesus and highlights the brothers' differences. They worship different gods and come from different cultures, and the gulf between them widens when Messala leaves the

Tragedy brings them back together

See STREAMING page 20

New 'Ben-Hur'

cost \$15 million to make, grossed \$74 gross, and was widely panned by critics.

family to try and make it on his own.

when Judah is falsely accused of an assas-

Summer's almost over, but still plenty to hear

music**scene**

The children are back in school and homework is finding its way home. Our

family has definitely enjoyed our summer. We have traveled, seen amazing sites and have eaten some of the finest foods our travels had to Cedric Austin offer. With all of that



said, my only question is; Is it fall yet? I chuckle at myself knowing that the weather is always a topic. Although I love to have the kids home and travel the world, my wife and I aren't fans of the heat. We would prefer it to be fall or winter most of the time. Life has seasons and we must take every season with stride. Each season has a lesson for us. It's up to us to live in the moment, learn then move on. Now that I've given you a Sunday school lesson, lets move on to

September New Releases

Jamie Grace - '91 - Independent Thousand Foot Krutch - Untraveled Roads: A Live Album - Fuel Music Planetshakers - Integrity Music

Michael English - Love Is The Golden Rule - Daywind Records - New Day Kristene DiMarco - Where His Light Was - Bethel Music - Capitol

Ricardo Sanchez - Taste and See (Live) - Difference Media - Capitol Marvin Sapp - Close - Verity Records

- Provident Brian Free & Assurance - Beyond

Amazed - Daywind Records - New Day Matt Maher - Echoes - Essential Records - Provident

See MUSIC page 20

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is fictional, but inspiring. (If you're wanting a similar plot based on a true story, then consider the chess-themed Queen of Katwe, which is on Netflix.) Rated PG for

New this month:

Akeelah and the Bee (PG, 2006).

An 11-year-old black girl from Los Ange-

les competes in the Scripps Howard Na-

tional Spelling

Bee. The story

some language. Sept. 1. **Barnyard (PG, 2006)** - Otis is a carefree cow who would rather party and play than accept responsibility. His father, though, is determined to teach Otis how to work. Animated. Rated PG for some mild peril and rude humor. Sept. 1.

Nacho Libre (PG, 2006) - A monk raises money for orphans by moonlighting as a wrestler. This comedy was written and directed by the same director-writer team that brought us Napoleon Dynamite. The latter film is funnier, but both are worth a watch. Rated PG for some rough action, and crude humor and dialogue. Sept. 1.

Netflix

The Magic School Bus Rides Again (2017) - The classic 1990s animated series about Ms. Frizzle's class and their magical field trips gets a 2017 remake. Let's hope the new series is every bit as good (and family-friendly) as the original. Sept. 29.

Beauty and the Beast (PG, 2016) Much controversy surrounded this liveaction remake and its inclusion of a gay character, LeFou. Here's what you need to know: Once you learn LeFou is gay, it's difficult to watch the movie and not see



his sexuality in most scenes. That said, children likely won't

view it through that lens. The most problematic scenes take place in the final 10 minutes, when a character dons women's clothes and when LeFou is seen dancing with a man. Each scene is very brief (a couple of seconds each). The music, not surprising, is splendid. Rated PG for some action violence, peril and frightening images. Sept. 19.

Other notables: Disney's **Hercules** (1997, PG, Sept. 1); Disney's **Mulan** (1998, PG, Sept. 1); **Call the Midwife**: Season 6 (2016-2017, Sept. 18).

Amazon

Music from the Big House (unrated, 2010) - Blues singer Rita Chiarelli and inmates at Louisiana's Angola Prison put on a concert. Unrated; it contains no language. Features a blend of music styles, including gospel. Sept. 1.

The Black Stallion (G, 1979) - A young boy befriends a wild Arabian stallion and enters it into a race. Based on a 1941 children's novel. Sept. 1.

A while after

The Late Sooner

came out, Sally

began working

Daughter. For

The

are absolutely essential. But that doesn't

Telling the truth through fiction?

book**scene**

by Jeanette Gardner Littleton

With all of the current political warnings about rewriting history, where does historical fiction fit in?

While nonfiction books teach us the facts about days past, historical fiction puts flesh on those facts. It makes the statistics walk and talk and find a place cal fiction tells stories that can make us better relate to the facts and see the real men and women and issues involved.

According to author Lily King, "Regardless of how long ago an historical novel takes place, accuracy



Jeanette Gardner Littleton

and authenticity of the historical setting

just apply to the physical setting; the worldview of the characters, their values, mores, and general sensibilities must accurately reflect their era. Truly great historical fiction has the ability to portray those sensibilities in a way that can do more than just provide a glimpse into the past—it can also provide insight into contemporary situations and ways of being."

King pinpoints 50 Essential Historical Fiction books. We've listed some of these below for you to see how many you've read.

The Nightingale – Kristin Hannah

I, Claudius – Robert Graves (Roman empire)

All the Light We Cannot See - Anthony Doerr (WW2)

The Twentieth Wife – Indu Sundaresan (16th Century India)

The Three Musketeers – Alexandre Dumas (17th Century France)

Silence - Shusaku Endo (17th Century Japan)

À Tale of Two Cities – Charles Dickens (French Revolution)

The Book of Negroes – Lawrence Hill (18th Century slavery)

Gone with the Wind - Margaret Mitchell (Civil War)

Death Comes for the Archbishop – Willa Cather (Mexican-American War)

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The Far Pavilions – M.M. Kaye (19th Century India under British rule)

The Leopard – Giuseppe di Lampedusa (Sicilian society 19th century)

Local Writing Scene

All of us have stories in our own families. Sally Jadlow is a metro KC author and corporate chaplain who became fascinated with the possibilities of her family's history. "When I discovered my great grandfather's one-line-a-day diary in my mother's antique cabinet, I didn't dream God had set me on a new path to writing historical fiction," she says.

"Over the next thirteen years, I took



Jadlow

that diary, family stories, and my dad's letters and fashioned a trilogy of life from 1886 to 1945."

Since her greatgrandfather participated in the Oklahoma land rush,

she researched that era and visited the Guthrie (Okla.) Historical Society to learn more. And sometimes the facts she learned were very interesting. "I was surprised to learn through my research that the new settlers in Oklahoma survived a drought and prairie fires in their first year and a half in 1890. They had nothing to eat but turnips. Even the animals ate turnips, which made the eggs

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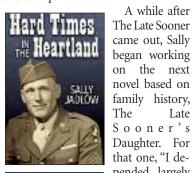
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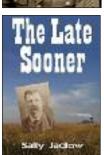
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and meat taste the same. The government sent in trainloads of wheat for grinding into flour and planting. The locals refer to that year as "The Year of the Turnip."





that one, "I depended largely on family stories to guide the plot," she says. For the next book, Hard Times in the Heartland, heavily depended on the

letters her father

wrote home during World War 2. By reading through my father's many letters, it brought into sharp focus the every-day life of my dad, a 35 year-old who had already served three years in the Army and then was drafted and sent to Germany.

Of all of her books she says, "The basic stories are true. Of course, I don't know what the actual conversations were, so I had to create those. In order to round out a story I had to add a character or two here and there. But I coordinated all three books with historical dates to make them as accurate as possible." And the faith trail of her family shows how God worked in the lives through the generations.

Bringing her family back to life through the pages of her books has personally rewarded and satisfied Sally. "I would encourage anyone who has access to family letters, diaries, or older relatives to write the stories. Nothing is as compelling as first-hand accounts. If these stories are not written, they'll be lost, forcing us to repeat the same heartaches again."

You can learn more about Sally's family histories and her other books at www.amazon.com or http://sallyjadlow.com/books/. Sally is also a leader in Heart of America Christian Writers Network. To see if this organization can help you further your own writing, see www.HACWN.org.

–Jeanette Gardner Littleton is a bookaholic and is director of the Heart of America Christian Writers Network conference Oct. 19-21, which is designed to help writers learn to write. For more, go to www.hacwn.org.





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'It Is Well" with my soul

hymn**history**

by Cedric Austin

"It Is Well" is one of those hymns where at the least most everyone knows the chorus. I never knew the story behind the song or how sad it was. Horatio G. Spafford (1828-1888), was a Presbyterian layman from Chicago. He had established a very successful legal practice as a young businessman and was also a

devout Christian. Among his close friends were several evangelists, including the famous Dwight L. Moody, also from Chicago.

Spafford's fortune evaporated in the wake of the great Chicago Fire of 1871. Having invested heavily in real estate along Lake Michigan's shoreline, he lost everything overnight. Yet, God in His mercy and kindness allowed the business to flourish once more. A short time before his financial disaster his son died of pneumonia. Unfortunately, the worst

was vet to come.

Hymnologist Kenneth Osbeck tells the story: "Desiring a rest for his wife and four daughters as well as wishing to join and assist Moody and [his musician Ira] Sankey in one of their campaigns in Spafford

Great Britain, Spafford planned a European trip for his family in 1873. In November of that year, due to unexpected last-minute business developments, he had to remain in Chicago, but sent his wife and four daughters on ahead as scheduled.

"On November 22 the ship was



struck by the Loch Earn, an English vessel, and sank in twelve minutes. Several days later the survivors were finally landed at Cardiff, Wales, and Mrs. Spafford wired her husband, 'Saved alone, what shall I do?" Spafford left immedi-

ately to join his wife. This hymn is said to have been penned as he approached the area of the ocean thought to be where the ship carrying his daughters

When peace, like a river, attendeth my

When sorrows like sea billows roll; Whatever my lot, thou hast taught me to say,

It is well, it is well with my soul.

Another daughter, Bertha, was born in 1878 as well as a son, Horatio, in 1880, though he later died of scarlet fever. After the birth of daughter Grace in 1881, Spafford and his wife moved to Jerusalem out of a deep interest in the Holy Land. There they established the American Colony, a Christian utopian society engaged in philanthropic activities among Jews, Muslims and Chris-

CAREGIVERS

continued from page 12

likely ever be the same again. Caregivers experiencing these crisis events hit the graduate level of caregiving before they even have a chance to do undergraduate

No matter how you entered into your caregiving role, you will have to make changes in your life.

Setting Boundaries

Setting boundaries never come naturally to me when it comes to someone I love. Yet, I had to learn and so must you. If caregivers have no boundaries and just blindly do whatever is asked of them at all times, they may burnout before they know what's happening.

Healthy emotional boundaries are important in helping the caregiver distinguish between his or her own needs and the needs of the person being cared for. Boundaries remind you and your loved one that your relationship is between two adults and that there need to be expectations of mutual respect and autonomy for the relationship to be successful. Set boundaries and make them

Be Flexible as You Settle In

If you've been in crisis mode, after the crisis settles down and you've figured out some kind of care plan you will likely need to tweak your boundaries. Naturally, if your dad has another stroke, you're not going to say, "I'm done for the day. Someone else handle this." Life happens. However, even long-term caregiving will shift as life moves forward and the care receiver's needs increase. This is the time when, if you

haven't done so before, you'll likely need to get outside help.

Get Support from Others

The point is, get support from other caregivers. Ask people who have been in the trenches what they did that worked, what they did that they'd do differently, and what they advise. Then, take a look at your boundaries, do more soul searching, and get some help.

You need to look inward to yourself as much as outward to your loved one. If you develop severe caregiver health problems, you may not be able to help this person you have nearly given your life for. Just like instructed by the airline stewardess, put on your oxygen mask before your put one on the person you love. If you don't, you both may go

#6 - Olive Oil

Olives, and the extra-virgin oil that is made from a single pressing of the fruit, contain many of the antioxidants that are thought to protect against the oxidation of LDL cholesterol compounds. They also are high in monounsaturated fatty acids, which are called "the healing fats" because they lower the effects of "bad" cholesterol while raising "good" cholesterol levels. High in vitamin E, olive oil also is thought to protect against colon cancer, and it is helpful in fighting gastritis and other ailments.

#7 - Honey

Raw honey, in addition to being a natural sweetener, is replete with antioxidants and is considered to be an anti-viral, anti-bacterial, anti-fungal substance. It is thought to have tumor-fighting properties, and may help prevent colon cancer. The daily consumption of a spoonful of honey is said to increase antioxidant levels in the blood, and is the healthiest sweetener for type-2 diabetics.

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FOODS

continued from page 12

and type-2 diabetes if eaten regularly. Barley also contains trace amounts of copper, which have been shown to help reduce the symptoms of arthri-

#3 - Grapes

Everyone knows that grape juice and red wine are tasty—but healthy? Grapes contain nutritional compounds called flavonoids, which are believed to reduce your risk of blood clots and protect your body from damage by the "free radicals" found in LDL, or "bad," cholesterol. Rich in antioxidants, grapes may provide protection against cardiovascular disease, particularly in women.

#4 - Figs

These sweet fruits, eaten either dried or fresh, are high in potassium, a mineral that helps control blood pressure. They are also high in dietary fiber, which may help you lose weight, and they are a fruit source of calcium, which can help preserve bone density.



Fig leaves, which are not typically eaten but can be made into an extract, are thought to help lower insulin levels in diabetics.

#5 - Pomegranate

These strange-looking seed fruits are back in vogue as health-giving super-foods, particularly in juice form. The fruits are rich in antioxidants, which prevent LDL cholesterol from doing its damage, and it helps prevent blood clots by keeping blood platelets from clumping together. Pomegranates may also help reduce the risk of breast cancer and lessen the symptoms of arthritis.



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MUSIC

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Travis Greene is Intentional

Gospel and Contemporary artist Travis Greene is an expressive singer and songwriter who incorporates several genres into his sound. Greene was first driven to express himself through music as a young man, following the death of his father. As a child he had his own



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Central Missouri. Less

paddling, less dragging,

after a fall from the fourth floor of a building in Germany. Not only is

with

Greene a very talented musician and songwriter, he has also held the ministry positions of youth pastor, worship leader and now pastor. In 2007, Greene

released his debut album, The More on his on Greenelight label. He released a second album, Stretching Out in 2010 and third album The Hill in 2015 which included this hit single "Intentional" with RCA Records. Intentional reached number one on the Billboard's Top Gospel Albums chart and garnered Greene seven awards at the 2017 Stellar Gospel Music Awards. On the tail end of those accolades, Greene has returned with his awaited fourth album, Crossover: Live from Music City, featuring the single, "You Waited."

The feel of this latest album is a spirit of thanksgiving. This album takes us to the cross where Iesus was crucified.

Understanding that He (Jesus) did not have to suffer and die for our sins. Yet, he chose to do so. Song titles such as "Have Your Way", "Without Your Love", "While I'm Waiting" and "Taste & See" will keep you focused on our creator and the love He has for us. As I listen to this album, I'm thankful that Jesus waited for me. Greene's album "Crossover" is available now on all dig-

ital music platforms.

With the August 4 release of their new album, Revival, the members of Third Day can cross a longtime goal off their collec-

Third Days Returns to Roots

tive bucket list Celebrating their 25th anniversary this year, lead vocalist Mac Powell, gui-



tarist Mark Lee and drummer David Carr had long planned on recording a project at Fame Studios in Muscle Shoals, Ala. "What we wanted to try to do musically was go back to our roots, and it just made sense to go to a place that so many classic records have been made and so many classic artists have been to," Powell says of the studio." The swampy, gospel-tinged title track is the first single. "I think it just made sense," says Powell of the decision to lead with "Revival." "It was a song that all of us were really excited about." The song, written by Mac Powell, was inspired by "Revival Week," an annual event held by Powell's childhood church in central Alabama. "We loved the idea of "Revival" and just for us it was a musical revival in a sense of really getting back to our roots and playing some good ole down home Southern music. I also love that it's not a worship record by any means, but it's a very gospel record. It's hard to explain because it's not a Southern gospel record and not a black gospel record and yet lyrically, I think it takes vou to church."

This album will require you to do some soul searching. The question we would ask ourselves is, Are we really ready to surrender to God's will. If the answer is yes, a personal revival needs to take place. Give your life back to God and allow Him to do some amazing things. This album is one of my personal favorites and I encourage you to check it out. This album is available for purchase on all digital music platforms.

Issac Cates & Ordained

"In life there are many talented individuals whose musical gifting and expressionism appears effortless to audiences. Some are born with these gifts while others are trained to become great minstrels and psalmists. However, there are those who are exceptionally blessed to marry their natural gifting with their learned skills to become known as "masters" of their craft! Having been compared to Oscar Peterson. Dianne Warren, Thomas Whitfield and

Richard Smallwood, Isaac S. Cates immerges on the music scene as an artist with an astonishing musical knowledge, skill and unparalleled creativity that places second, only to his passion for encouraging people.

Born in Kansas City, Kansas and affectionately known as a child prodigy, Isaac has always shown a great interest in music. Isaac has been composing and arranging music for the past 17 years. Isaac began studying piano at the early age of four, Isaac went on to further his studies of music at the University of Music, Conservatory of music.

My wife and I had the privilege to attend the Isaac Cates & Ordained Live Concert in July at First Baptist Church of Raytown. Ordained is Isaac's ensemble of anointed and skilled vocalists whose musical diversity and remarkable vocal abilities have set them apart as premier trendsetters in the national gospel music industry. The concert also featured Bishop Cortez Vaughn (My Hallelujah Belongs to You) and the very talented and classically trained Soprano, Callie Day. From the very first song that had us standing and clapping to several other songs that took us to the throne room this concert was worth attending. Isaac's piano skills captivated us and the vocal arrangements of Ordained had our ears perked.

If you ever have a chance to hear Isaac Cates and Ordained in person, I encourage you to go. One of my favorite songs written by Isaac is "Strong Tower". You can find this song and many others on most social media and digital music

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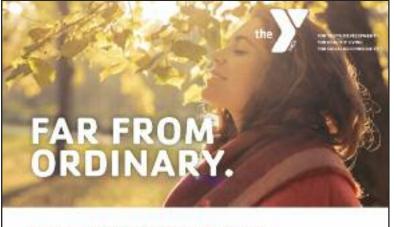
continued from page 17

sination attempt on Pontius Pilate. Messala – now a Roman army officer – sentences Judah to work in the galley of a Roman slave ship, where he will face a near-certain slow death.

Yet Judah survives and pledges payback against his brother.

He will get his revenge in a chariot race – a dangerous sport that kills most who attempt it. (The chariot race by itself makes this one worth watching.)

Ben-Hur features one of the most powerful examples of forgiveness you'll ever see in a movie. It is rated PG-13 for sequences of violence and disturbing



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Big XII golf champion Chase Hanna to highlight LIKE US! FACEBOOK.COM/METRO VOICE **Character That Counts tournament**

By Alan Goforth

Chase Hanna hasn't played in the annual golf tournament for Character That Counts and TGIW in years. However, he hasn't exactly been neglecting

Hanna, who graduated from the University of Kansas in May, is the defending Big XII Conference golf champion and an NCAA/Ping All-American. He began his professional career in late July at the Web.com Digital Alley open in Kansas City. And if that isn't enough, he was the first golfer ever to defeat the legendary Tom Watson in the annual Watson Challenge.

Despite the many accolades, he is looking forward to the fund-raiser, which will be played on Sept. 28 at The Golf Club of Creekmoor in Raymore. "I have good memories of playing in the tournament," he said. "It will be a lot of

The two ministries have been an important part of his life for as long as he can remember. William Hanna, his father, and Rod Handley, founder of Character That Counts, are longtime friends and accountability partners.

"I really respect Rod and everything he is doing in the Kansas City area and across the nation," he said. "I have met some great people through Rod."

The character lessons he learned over the years are more important than ever in the high-pressure world of professional golf.

"It's still the same game, and I'm still trying to shoot under par," Hanna said. "But the competition is much better. Unlike college, a lot of golfers have a real chance of winning every week. The biggest difference is how deep the fields are from top to bottom."

Patience is the one trait that Hanna turns to most frequently.

"Certainly, golf requires a lot of patience," he said. "You lose a lot more than you win, and it's easy to get down on yourself. There is just one winner



every week. It's easy to lose sight of the big picture. Attitude is extremely important in golf, and patience is a big thing."

As bright of a future as Hanna has in professional golf, he understands it comes in third behind faith and family. Even as he reached the pinnacle of col-

legiate golf in the past year, his sister, Mackenzie, battled a serious health challenge. (She is fine now and back at Baylor Univer-

"It certainly made me appreciate all that I have," he said. "I noticed the positive impact she had on people, and it really inspires

There is still time to register to play or help sponsor the tournament on Sept. 12 (see ad on page 5). In the meantime, Hanna has a few pointers for golfers who hope to lower their scores.

The important thing is to slow down and manage your game," he said. "What I mean by that is pick the correct target and have a good preshot routine before you hit the ball. It doesn't mean being slow but to have a routine when you walk to the

"I see amateur golfers get mad when they bogie a par four, but to me, that's success. Manage your expectations. If you usually hit 10 greens, try to hit 11, and 12 would be great. Course management is the biggest thing."





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ANTIFA GROUP

continued from page 1

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sides), video evidence clearly demonstrates that members of Antifa, or so-called anti-fascists, heavily contributed to the violence.

Here are seven things you need to know about Antifa:

1. Antifa uses fascist tactics to achieve its goals. Antifa is to anti-fascism what Stalin was to freedom. Antifa is fascism personified. Despite calling themselves "anti-fascist," members of Antifa routinely deploy fascist tactics to shut down, intimidate, harass, and bloody their political opponents. In fact, the group gained national visibility after viciously targeting Trump supporters at an event in Berkeley. "They've shown up previously at Berkeley to shut down a 'free speech' event hosted by provocateur Milo Yiannopoulos, leaving damaged property, fires, and assault victims in their wake," notes Conservative Review. Before that, Antifa thugs expressed their rage about Trump's presidential victory by burning down liberal meccas like Portland and Oakland. Throwing rocks through Starbucks' storefronts, slashing tires, burning parked cars, smashing windows at auto dealerships, shutting down public transit, and attacking police, these thugs effectively took control over major city centers in the days after Trump's electoral victory.

2. The Department of Homeland Security labeled Antifa's actions as "domestic terrorism." "Shortly after Trump's election, anarchist and far-left protesters rioted in Portland, bringing at least a million dollars' worth of damage — and resulting, in the eyes of the Department of Homeland Security, in 'domestic terrorism,'" explains Politico. The Antifa group in Portland, known as Rose City Antifa, is particularly violent. The group has actively targeted Republican organizations and student groups, threatening to shut down events with violence. The left-leaning Oregonian newspaper has called Rose City Antifa's rampage the worst political violence in a generation. "Their actions - conducted anonymously but brutally show them to be punk fascists," said the paper's editorial board.

3. Antifa uses "black bloc" attacks to promote violence, sow chaos, and evade law enforcement. Like their counterparts in Europe, American leftist activists often promote violence and reap chaos through time-tested tactics such as black bloc assaults, which feature thousands of black-clad and masked self-professed anarchists destroying everything in sight with hockey sticks, baseball bats, metal poles, trash cans, and virtually anything they can get their hands on.

The tactic was popularized by leftist rioters during the 1999 World Trade Organization protests in Seattle. Since then, it has been deployed by an eclectic blend of leftists at both college campuses and international summits in an effort to terrorize those who promulgate problematic points of view, including capitalism, patriarchy, and alleged racism.

4. Antifa's garbled ideology is grounded in Marxism. All Antifa members seem to share an aversion to capitalism. Beyond that, Antifa's political aim cannot be pinned down to one issue or cause. Ultimately, these violent leftist activists do not appear to have a coherent, let alone unified, message. When they riot, activists air their grievances about everything from climate change to transphobia in an effort to espouse whatever fashionable leftist talking point is popular at the time.

As *Time Magazine* notes "There's not one set answer" when it comes to Antifa's ideology.

"Anti-fascist groups have long protested globalization in Europe. These days in the U.S., Antifa protestors are often bound by an opposition to capitalism. Some may also describe themselves as anarchists, people who question authority on principle," explains Time.

Time even spoke with an anonymous Antifa member to gain some clarity about the group's ideology, but the Antifa member simply listed a catalogue of abstract "-isms" the leftist group is opposed to.

"The standard for Antifa ideology is anti-capitalism, anti-fascism of course,"

said the far-leftist, adding:

Those are kind of the two main pillars, but within that, encompassed, it also comes with being anti-racism, anti-sexism, anti-ableism, anti-transphobia, anything like that and just protecting people who are marginalized and oppressed.

Moreover, there is no central institution governing Antifa's offshoots in Portland, Berkeley, Charlottesville and elsewhere. The group is largely fragmented and decentralized.

"The Antifa movement is a loose and informal one," notes Time. "But the label is becoming more visible, showing up in graffiti on college campuses and forums for grassroots organizers online"

5. The mainstream Left is praising Antifa. Berkeley's student newspaper isn't the only one celebrating the thuggish group for their violent tactics in the age of Trump. From Esquire to Slate to The Nation, mainstream liberal publications are glorifying Antifa's "resistance," reframing their violent tactics as "defensive" posturing against the Trumpian America's supposed plunge into fascism.

Paranoid and conspiracy minded, the mainstream Left has abandoned all sense of political decorum to embrace vigilantism. And even liberals who aren't explicitly praising Antifa are refusing to condemn their behavior. "Trump's rise has also bred a new sympathy for Antifa among some on the mainstream left," asserts The Atlantic.

6. The vast majority of Antifa members are pitiable losers. As The Daily

Wire's Aaron Bandler reported, 9 in 10 Antifa members are still living in their mother's basement. Citing a report by Heat Street, Bandler noted "92% of the protesters at these anti-fascist rallies that are believed to have committed violence still live with their parents."

UNGOVERNABL

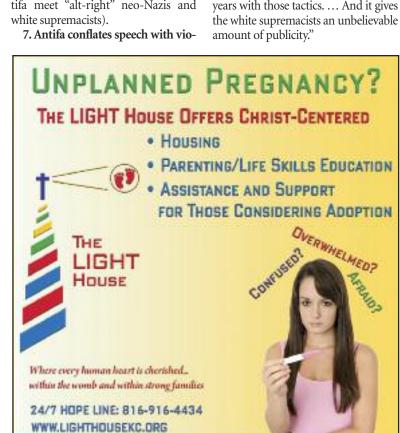
While Antifa claims to support "diversity," the group's rank-and-file is comprised mostly of single, unemployed young white males (far-left Antifa meet "alt-right" neo-Nazis and white supremacists).

lence. Believes that "offensive" rhetoric, "hate" speech, and micro-aggressions should be counteracted with macro-aggressions, or physical violence. Internalizing the social justice warrior (SJW) gospel, Antifa has come to believe that speech itself is tantamount to physical assault. As a result, Antifa deploys violent tactics to shut down speech they don't like. We saw that vividly in Berkeley.

"In the name of fighting for those ideals — and putting a stop to 'hate speech'—some antifa protestors will employ militant tactics or violent means such as vandalism," explains Time.

Antifa's tactics aren't just violent but counterproductive to their poorly-articulated goals.

"It just makes [antifa] feel good — they think they made a point," Mark Pitcavage, a domestic political extremism researcher with the Anti-Defamation League (ADL), tells Politico. "But their tactics are counterproductive. They haven't made any dent over the years with those tactics. ... And it gives the white supremacists an unbelievable amount of publicity."



RWANDA

continued from page 1

for her. As the girls looked at the items in their boxes, Moreno told them all Jesus loves them just the way they are and has a plan for each one of them.

Moreno said she is glad the girl who doubted Jesus' love had such friends to encourage her, and her prayer for the all three girls is that they would attend The Greatest Journey, Operation Christmas Child's 12-week discipleship and evangelism program.

For Melvin, one of the most unforgettable moments from the trip was when they laid wreaths and roses at a memorial for victims of the 1994 genocide in the country.

"The thing that made me cry and still challenges me as a Christian is how the people of Rwanda went through a genocide in 1994 where nearly a million of their people were killed violently with machetes and how they managed to build their country back up in 20 years or so," Melvin said. "Only God allows a country to rebuild, and only God individually rebuilds people's souls and

lives."

An Operation Christmas Child shoebox recipient and speaker who lost family members during the genocide traveled with the group and shared his story of loss, forgiveness and faith. Additionally, one of the group's translators was a shoebox recipient who lost family members in the genocide and has a very impactful testimony of forgiveness and God's provision through devastating circumstances.

Moreno and Melvin both serve in the capacity of area coordinators for Operation Christmas Child. In their roles, they help coordinate efforts to collect shoeboxes and promote the ministry in their respective areas of the Kansas City metro. Samaritan's Purse invited both women to travel to Rwanda in May as a way for them to see what happens on the other side of the shoebox.

"Watching the children react to the simple items such as soap, washcloths, colored pencils, hats and sunglasses showed me how much the gifts brought them joy," Moreno said.

More than 936,000 children in Rwanda have received Operation

Christmas Child shoebox gifts, and this season 117,624 children will receive gifts. Since 2010, 129,413 Rwandan children have participated in The Greatest Journey discipleship program.

"This trip allowed me to see how God is using Operation Christmas Child shoeboxes to further His kingdom, and He is using all of us to make that happen - one child, one shoebox and one powerful message every time," Moreno said.

The women attended many shoebox distribution outreach events during the trip. There were between 70 and 200 children at each event, all sitting quietly as they received their box and the gospel presentation was given. The distributions were done in collaboration with local churches and schools.

Moreno said the ministry of Operation Christmas Child extends beyond the children as the mothers also attended the events and would sit and listen during the gospel presentation. She said the demeanor on their faces would change after their children received the boxes, and they too heard that Jesus loves them.

side**note** | Volunteers killed

Franklin Graham's Operation Christmas Child volunteers killed in tragic Madagascar bus crash

Spreading the love of God around the world does not come without risks, even for volunteers of Samaritan's Purse. Several volunteers for Franklin Graham's Operation Christmas Child were among

those killed in a bus crash in Madagascar in



At least 34 people died when the vehicle carrying young Christian worshippers toppled over a ridge and plunged down a steep ravine. The packed bus was travelling from the central town of Soavinandriana to a church meeting on the north-west of the island in the port city of Mahajanga. The in-

cident happened late at night near Ankazobe, 44 miles north-west of the capital Antananarivo. "The bus struggled to climb a road on a hill and fell down a ravine about 20 metres deep," police spokesman Herilalatiana Andrianarisaona told AFP. 'It caught fire after rolling several times.'

Franklin Graham, chief executive of Samaritan's Purse, revealed the deaths of eight local teachers working with the organisation's Operation Christmas Child's discipleship programme plus 12 recent graduates of the program. 'I'm thankful they knew the Savior and are now in His presence,' he wrote on Facebook.'Would you join us in praying for those who are grieving their loved ones and for the many injured?'

Pastor Saholy, who organised the trip according to The Sun, said around 140 people were on board when the crash happened around midnight. "We were on the road to attend a pilgrimage in Mahajanga (350 miles north-west of Antananarivo) on Wednesday, when the drama happened."

Maria's Mea Culpa: Missouri State Senator says she's seeking redemption after tweet about Trump

FORGIVENESS

continued from page 1

"I made a mistake and

I'm owning up to it and

I am not ever going to

make a mistake like that

again and I have learned

my lesson."

-Chappelle-Nadal

flurry of state and national press coverage. Missouri Governor Eric Grietens, Lieutenant Governor Mike Parson, US Senator Claire McCaskill of her own Party and other members of Congress and the Missouri Senate and House of Representatives called for her resignation. The United States Secret Service confirmed the next day that they were investigating.

Three days later on August 20, Chappelle-Nadal held a press conference at Wellspring Church in Ferguson. She began by saying, "I stand accused, rightfully, because I made a mistake." She further stated, "I am a servant of God and the people I represent, and I failed them both recently.

Chappelle-Nadal said she was reminded of the kindness that has been afforded to people, like her, that have made mistakes and that we are all human beings and none of us are perfect. She then said, "President Trump, I apologize to you and your family. I also apologized to all of the

people in Missouri and to my colleagues in the Missouri Legislature for the mistake that I made."

She ended the press conference by saying, "I made a mistake and I'm owning up to it and I am not ever going to make a mistake like that again and I have learned

my lesson." With no sign of Chappelle-Nadal resigning, on August 22 Parson called for the launch of a special legislative session to expel Chappelle-Nadal from office in September.

Chappelle-Nadal served six years in the Missouri House of Representative and is nearing her eighth and final year in the Missouri Senate, due to term limits. If expelled, she would be the first member of the Missouri Senate to be Constitutionally removed-something that would require a two-thirds majority vote of the Senate.

On Sunday, August 27, Chappelle-Nadal re-



ceived a visit from investor and conservative political activist Foster Friess. He was a major donor to Rick Santorum's presidential campaign, and has been promoting a Return to Civility campaign at fosterfriess.com. It urges people to "grab

a cup of coffee with someone you don't agree" and calling for civil dialogue. The website suggests, "Democrats to Republicans, young and old, black and white-get to know someone with whom you don't agree." Friess is even offering \$25 to

the first 1000 Americans who share their story with the hash tag #return2civility on Facebook, Instagram or Twitter.

Friess reached out to her for a personal meeting. Afterwards, she described him as "a very kind and gracious man" and told the Metro Voice that he said he forgave her for her comments about President Trump.

She tweeted that day that she and Friess talked about trauma and what she experienced during the events in Ferguson in 2014 plus other issues including a return to civility in politics, education and school choice, the plight of single parent families and their mutual Christian faith.

The legislator spoke with Metro Voice with an obvious contrite heart. She described the last two

"Republicans, including

President Trump, and

Democrats like me. all

want racial healing.

Reconciliation and

unity is the pathway."

-Chappelle-Nadal

weeks as a "traumatic process" brought on by her mistake, which she calls "humbling and cor-

"After much prayer and counsel from my pastor, Mr. Friess and other spiritual and political advisors," she said. "I am seeking to defuse any potential conflicts and respond in an opposite

spirit and seek forgiveness redemption, reconciliation and unity, even with President Trump."

"It has been a learning process that has led to much reflection and personal growth for me and a change of tone. With God's help and the instruction of Scripture and encouragement from wonderful people like Foster Friess and others, I want to seek a higher and better way that is redemptive," she shared. "My Judge and Jury is

As of press deadline, Chappelle-Nadal told the Metro Voice that in the follow-up to her meeting with Friess, she emailed an official letter of apology to President Trump on August 29. In it she sought forgiveness and offered an olive branch to work with him on issues in which they share common goals to oppose racism, hate and bigotry and promote national reconciliation and

Metro Voice asked her how she would respond to critics who might question her sincerity and wonder if this is just a play to save her job. Noting that Foster Friess sought a meeting with her, she said, "Through repentance, I have realized that to oppose racism, hate and bigotry and effect change, we need to come together. Republicans, including President Trump, and Democrats like me, all want racial healing. Division gets us nowhere. Reconciliation and unity is the path-

In a follow-up written statement to the Metro Voice Chappelle-Nadal wrote: "I have been anti-Trump on issues, but I'm offering my time and committing in prayer to work with those with whom I disagree and be respectful in doing so.

My mom taught me it is better to strengthen a relationship through commonalities than through hatred. I have not been right in my spirit. I've had hate in Division gets us nowhere. my heart. The only way to be forgiven is to change my ways. That's where prayer and true repentance come in."

It remains to be seen

how Senator Maria Chappelle-Nadal's Mea Culpa or "acknowledgement of her fault or error" will play out and if and how she will demonstrate the fruits of repentance found in

If she makes good on her change of heart, it would represent a "road to Damascus" moment from her past rhetoric and could be a powerful game-changer in the state and national conversation on race, hate and bigotry.

Editor's Note: Look for updates on this developing story at metrovoicenews.com

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