10 Biblical tips for a happy marriage

With summer comes broken air conditioners, long trips in the car, projects that are started but not completed, visiting relatives and other activities central to every family and marriage. Sometimes the summer fills up quickly, causing stress on a relationship. A quick look at the scriptures will show you what true happiness in a marriage really means.

Here are just 10 Bible verses that clue us in on how a godly marriage should work:

• Never bring up mistakes of the past.
• Stop criticizing others or it will come back on you. If you forgive others, you will be forgiven (Luke 6:37).
• Neglect the whole world rather than each other.
• And how do you benefit if you gain the whole world but lose your own soul in the process? (Mark 8:36).
• Never go to sleep with an argument unsettled.
• And don’t sin by letting anger gain

Serious your neighbor

Many people wonder “What can I do? I’m just one person, and I don’t have much money.” But one person can make a big difference to a lot of people.

Bill Eberting is 69 years old, disabled, and lives on $800/month social security and $200/month in food stamps – and yet on a recent Sunday he served 140 hamburgers, 120 hot dogs and gave away 130 pounds of chicken to the underprivileged residents of the Timberlee apartment complex. Eberting spent his dad’s small inheritance on a used school bus, trailer to haul tables and supplies, with a grill mounted on the back, and three freezers to hold the food that he believed would be donated.

A few weeks ago, Eberting invited Joe Weir to drive by Ripley Park to see and experience what he loves to do. Weir showed up only to find that none of his help made it, and he was alone with his propane cooker leaking gas. Weir drove home and loaded up his grill in the pickup and they cooked and served eighty hot dogs, chips and Kool-Aid that Sunday afternoon.

Since then a benefactor has donated 4,000 hamburgers and over 1,000 hotdogs, several cases of burritos, buns, chips, condiments, paper plates, cups and a sundry of other goods have been donated to help out with Eberting’s Sunday outreach.

Eberting and Weir, along with a few friends and relatives, have been helping serve the people around Ripley Park ever since. Several of the residents have also pitched in to help.

Fighting Human Trafficking by Cutting Demand for Prostitution

A new awareness campaign in Kansas is aimed at cutting the demand for prostitution as a way to fight human trafficking.

The campaign involves state agencies and local advocacy groups teaming up to push the Demand an End initiative. Kansas has joined 10 other states in the campaign, which involves education and announcements warning people that buyers of sex face charges, as well as the sellers.

Kansas Attorney General Derek Schmidt, at a press conference at the Capitol building, said that the campaign wants to create a culture where buying sex is not acceptable. He said it’s not a victimless crime. The aim is to curb the cultural appetite for enslaving and purchasing people for sex.

“The money goes somewhere,” he said.

“It fuels a marketplace.

“That in turn enables traffickers and exploiters to do to human beings things that are unlawful and wrong.”

Barry Feaker, executive director of the Topeka Rescue Mission, has been at the forefront of the orchestrating of a plan to understand the extent of the sex market.
Life Lessons From a Little One

SING, DANCE & BE SILLY

by Jessica S. Hosman

Words of wisdom from a seven-year-old: “Sing, dance and be silly… because God wants you to!” I think he has a valid point. Life is way too short to be serious all the time. Why do we as adults have such a hard time taking the time to breathe and just be goofy every once in awhile?

My son sings all the time. While he’s starting to be a bit more inhibited as he gets older, when he’s behind closed doors he knows no constraints. He sings songs he knows and invents silly songs no one knows. He doesn’t care. Singing brings him joy and to him, that’s a priority in life. Oh, how our lives would be brighter if we prioritized the same!

The Bible says that Christ came that we might have life, and life more abundantly (John 10:10). More abundantly than what? That’s the question! Jesus was about the chief to steal, kill and destroy. Therefore, I think it’s fair to conclude that Christ came to give us a life that’s more abundant than one void and robbed. And when we are robbed of joy, we are robbed of the fullness of life that can be ours.

Have you ever seen a child twirling and dancing in a random locale? They don’t care if they’re in the park, at the grocery store or in line at the DMV; kids have this amazing ability to dance and care less if anyone is watching. (I’m not sure what would happen if we started twirling around gleefully the next time we’re waiting to get our driver’s license renewed, but I do venture to say it would bring a few smiles and added joy to an otherwise dreary room.) It wasn’t the motor vehicles office, but Zechariah and I were patiently waiting for what seemed like hours for a fireworks show recently. While we waited, he wanted to play. We didn’t turn to video games and facebook… we turned to each other and started to dance, laugh and play tag. I was cognizant after-the-fact that I was one of few adults in a crowd of hundreds that wasn’t tuned into my cell phone during the wait. Instead, I was turned into my son. And I was captivated by his joy, wrapped up in his allness, and eager to become more like him in the process.

“Unless you become like a little child, you cannot enter the Kingdom of Heaven [which is] righteousness, peace and joy in the Holy Spirit” (Matthew 18:3, Romans 14:17).

I want to experience the fullness of God’s Kingdom, here on earth and in the afterlife. I’ve used my silly little son to help me recognize some of the keys to entering in. It’s not about figuring everything out and having every ducks in a row. It really is about being free like a child. And allowing ourselves that freedom in a world of weights that seem to want to rob us of it everywhere we turn. I pray the next time those weights start bringing you down, that the Lord sends a child across your path. A child with a smile, a dance, a song, a silly gesture that reminds you of a joy that can also be yours. Then let your hair down so to-speak. Open your mouth, let out a song; lighten your step, let out a dance. When no one is watching, when somebody is, Be free. Be you. Be young. You’ll be so glad you did.

NEIGHBOR

continued from page 1

Worship teams from the Topeka area churches have been invited to provide live music. Face painting for the kids along with popcorn and a movie are other activities that have been offered. Eberting himself would love to do more but would never ask for support. He is one of the true servants of Christ, humble and completely dependent on the Lord to meet his needs. However, he is limited by his finances and physical disability. Anyone wanting to help out can find him in Ripley Park on Sundays, or on his Facebook page (William Eberting).

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Brownback, Pompeo Roll out the Welcome Mat for World Leaders

The State Department’s first-ever ministerial on religious freedom doesn’t begin until Tuesday, but the event may have already been a success! That’s because, as FRC’s Travis Weber points out in a new column, the most important thing may not be what happens at all, but that it happened at all.

“The very fact that the Ministerial is being held sends a signal that the United States is taking religious freedom seriously,” he writes. “Let us not underestimate the power of this message.” The rest of the world certainly doesn’t. As State Department gears up to host government officials, representatives of international organizations, religious leaders, rights advocates, and members of civil society organizations from around the world, the significance of the moment isn’t lost on anyone. After all, Ambassador Sam Brownback points out, “This has not happened ever in the world.”

Three months into his new job as secretary, Mike Pompeo has put his stamp on plenty of foreign policy. But this department, Pompeo has put his stamp on plenty of foreign policy. But this department, Administration, we’re more appreciative of the fact that the United States rarely has an encounter with a country where we don’t raise human rights concerns where they exist.

After the eight years of the Obama administration, we’re more appreciative of the fact that the United States rarely has an encounter with a country where we don’t raise human rights concerns where they exist.

The Sep. 13 POWER Luncheon will feature Josh Jones of Advisors Excel.

The annual “Pastors Appreciation Luncheon” will be held Oct. 11 at Great Overland Station, and the featured speaker will be Larnae Hunt, Jr. Members and guests are invited to invite or bring their pastors. All pastors are invited and welcome and will be prayed over, as well as treated to lunch and a gift bag of items donated by C5 members.

C5 Alive Luncheons to feature Lamar Hunt, Jr., Cody Foster, Barry Feaker

The next monthly C5 Alive “POWER Luncheon” will be held August 9, 11:30am - 1 pm at Avondale East, 455 SE Golf Park Blvd. Featured speaker at the luncheon will be Rev. Barry Feaker.

Upcoming luncheons will feature Josh Jones, Cody Foster and Lamar Hunt, Jr.

The cost to attend the luncheons is $10 for C5 Alive members and first-time guests who RSVP, and $12 at the door. Non-members and other guests pay $15. C5 luncheons are open to the public and everyone is welcome to attend, organizers said. RSVPs and inquiries can be sent to info@C5Alive.org.

In addition to monthly “POWER” luncheons held on the second Thursday of each month, C5 also hosts periodic business fairs and other events, including the annual Topeka Easter Parade and Family Fun Fest, held on N Kansas Avenue and in Garfield Park on the day before Easter.

C5 members may also sponsor luncheons and other events as a way to promote their organizations. For more information about C5, go to C5Alive.org, facebook.com/C5Alive, or call 785-640-6399.

MARRIAGE TIPS

control over you. Don’t let the sun go down while you are still angry (Ephesians 4:26).

At least once a day, try to say something complimentary to your spouse.

Gentle words bring life and health; a deceitful tongue crushes the spirit (Proverbs 15:4).

Never meet without an affectionate welcome.

Kiss me again and again, your love is sweeter than wine (Song of Solomon 1:2).

For richer or poorer — rejoice in every moment that God has given you together.

A bowl of soup with someone you love is better than sex with someone you hate (Proverbs 15:17).

If you have a choice between making yourself or your mate look good, choose your mate.

Do not withhold good from those who deserve it when it’s in your power to help them (Proverbs 3:27).

If they’re breathing, your mate will eventually offend you. Learn to forgive. I am warning you, if another believer sins, rebuke him; then if he repeats, forgive him. Even if he wrongs you seven times a day and each time turns again and asks forgiveness, forgive him (Luke 17:3, 4).

Don’t use faith, the Bible, or God as a hammer.

God did not send His Son into the world to condemn it, but to save it (John 3:17).

Let love be your guidepost.

Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable and it keeps no record of when it has been wronged (1 Corinthians 13:4, 5).

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Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times, or consider staying indoors during these hours.

The elderly or those with a weakened immune system should consider limiting their exposure outside during dusk and dawn, when the Culex species mosquitoes are most active.

Make sure you have good screens on your windows and doors to keep mosquitoes out.

Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children’s wading pools empty and on their sides when they aren’t being used. Horses can also be infected with WNv. Talk with your veterinarian about vaccinating your horse to protect them against WNv.

Most WNv infections occur in the late summer and early fall. Although there have been no cases of WNv reported to KDHE in 2018 there have been more than 600 cases of the most severe form of WNv and 30 deaths in Kansas from 1999-2017.

The Centers for Disease Control and Prevention provides this webpage with additional information about West Nile virus and preventing mosquito bites: www.cdc.gov/features/StopMosquitoes

For questions about West Nile virus or other Arboviral diseases contact the KDHE Epidemiology hotline at 877-427-7317.

VIRUS

continued from page 1

A repellent containing an EPA-registered active ingredient on skin and clothing, including DEET, picaridin, oil of lemon eucalyptus, or IR3535. Follow the directions on the package.

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The Age Gap in Religion Around the World

By several measures, young adults tend to be less religious than their elders; the opposite is rarely true.

In the United States, religious congregations have been growing for decades, and young adults are now far less likely than their elders to identify with a religion or engage in a variety of religious activities. But this is not solely an American phenomenon. Lower religious observance among younger adults is common around the world, according to a new analysis of Pew Research Center surveys conducted in more than 100 countries over the last decade. Although the age gap in religious commitment is larger in some nations than in others, it occurs in many different economic and social contexts—in developing countries as well as advanced industrial economies, in Muslim-majority nations as well as predominantly Christian states, and in societies that are, overall, highly religious, as well as those that are comparatively secular.

While this pattern is widespread, it is not universal. In many countries, there is no statistically significant difference in levels of religious observance between younger and older adults. In the places where there is a difference, however, it is almost always in the direction of younger adults being less religious than their elders. Overall, adults age 18 to 39 are less likely than those ages 40 and older to say religion is very important to them in 46 out of 106 countries surveyed by Pew Research Center over the last decade. In 58 countries, there are no significant differences between younger and older adults on this question. And just two countries—the former Soviet republic of Georgia and the West African country of Ghana—have younger adults who are, on average, more religious than their elders.

Similar patterns also are found using three other standard measures of religious identification and commitment: affiliation with a religious group, daily prayer and weekly worship attendance.

Age gaps are more common in some geographic regions than others. For instance, in 14 out of 19 countries surveyed in Latin America and the Caribbean, adults under 40 are significantly less likely than their elders to say religion is very important in their lives. This is also the case in about half of the European countries (18 out of 35), and in both countries surveyed in North America (the U.S. and Canada; Mexico is included in the figures for Latin America).

Age gaps are also more common within some religious groups than in others. For example, religion is less important to younger Christian adults in nearly half of all countries around the world where sample sizes are large enough to allow age comparisons among Christians (37 out of 78). For Muslims, this is the case in about one-quarter of countries surveyed (10 out of 42). Among Buddhist adults, however, there are significantly more religious in just one country (the United States) out of five countries for which data are available.

Other key findings from the report:

• Age gaps in religious commitment may be the result of more-devout older generations being replaced by less-religious younger generations, who may grow up with increased material comforts and security. Age gaps may also reflect increases in levels of religious commitment that occur as people age.

• The countries with the highest shares of people who say religion is very important in their lives are in Africa, the Middle East, South Asia and Latin America, while those with the lowest shares are in Europe, North America, East Asia and Australia.

• The most religious areas of the world are experiencing the fastest population growth, due to high fertility rates and relatively young populations.

• The United States is an outlier among rich countries due to the high frequency of daily prayer in the country.

This study, produced with funding from The Pew Charitable Trusts and the John Templeton Foundation, is part of the Pew-Templeton Global Religious Futures project, a broader effort to understand religious change, including the demographic patterns shaping religion around the world. Previous reports have focused on links between gender and religion, religion and education and future population growth projections for major world religions.

The findings can be found at www.pewforum.org/2018/06/13/the-age-gap-inreligion-around-the-world.

Dennis Quaid Says His Faith Saved Him from Addiction

Dennis Quaid is not your average actor. He has accepted Jesus Christ as his savior and put it all on the line to star in the hit Christian movie I Can Only Imagine. The actor’s embrace of Christianity has recently paid off big time. This year, it was a surprise blockbuster. His story of faith is incredible—it changed his life and helped him defeat the demons of addiction.

Quaid claims he used cocaine daily during his early days in Hollywood. Those cocaine-fueled days led him to only sleep about an hour every night and he cried out to God for help. “I was basically doing cocaine pretty much on a daily basis during the 80s. I spent many, many a night screaming at God to please take this away from me. I’ll never do it again because I’ve only got an hour before I have to be at work,” Quaid said. “Then about 4 o’clock in the afternoon, I would be “oh that’s not so bad. I had a white light experience where I saw myself either dead or losing everything that meant anything to me.”

He also had another experience with a bright white light while performing with his band in LA. This time, it came with a premonition that caused him to change his lifestyle of addiction. “I had one of those white-light experiences that night where I kind of realized I was going to be dead in five years if I didn’t change my ways. The next day I was in rehab,” the Houston native said.

Quaid said the 1990s helped define him as he recovered from his addictions. He’s changed his life and has embraced his faith. He’s stepped out as a Christian and created his own faith-based foundation. His story of addiction and recovery was recently turned into the movie I Can Only Imagine.

The film was released earlier this year and it has become a big hit. It is currently #1 at the box office.

“Right now, there are women and men saying, ‘Hey, let’s make a joke about that person and what they’re wearing,’” she said. However, there needs to be more work done to make sure victims of human trafficking aren’t also charged with crimes. By large margins, she said, people selling sex face more penalties than do buyers of sex.

“Every time I would go out and speak on the issue, I would always hear stories about how they were victimized by this crime,” Countryman-Roswurm said. Kansas has made changes to state law in recent years to help victims of human trafficking fend off criminal charges. Schmidt said they could offer a defense that they aren’t criminally liable because they are victims of human trafficking. He said more training for attorneys could help put the law to better use.

“I think there’s a great opportunity to make progress,” he said, “by ensuring the tools already available are used well.”

Schmidt said it is imperative that we engage in dialogue about what is going on around the world and that the treatment of human beings is not tolerated.

— Stephen Koranda | Kansas Public Radio/Kansas News Service contributed to this report
It’s Baby Step 1 for a reason

Dear Dave,
I’ll be receiving my income tax refund soon. It will be enough to completely pay off my two smallest debts, or get my starter emergency fund of $1,000 for Baby Step 1 in place. What should I do?
Brandy

Dear Brandy,
I love that you’re excited about using your refund to start the Baby Steps, and begin gaining control of your finances. But we call the beginner’s emergency fund Baby Step 1 for a reason.
Bad things can happen while you’re working to get out of debt. That’s why I want people to get a little money set aside before they start Baby Step 2, which is the debt snowball. What if the alternator on your car goes out, or your refrigerator dies? Life happens, and things go wrong. When this kind of stuff pops up, and you don’t have any money set aside, you’re likely to quiz the plan and wind up going even deeper into debt.
I know you want to get out of debt. I want you to get out of debt, too. But I want you to stick with the plan, and actually get out of debt, instead of falling off the wagon the first time you hit a bump in the road.
—Dave

Take care of the basics

Dear Dave,
I just graduated from college, and I’ll be starting my first real job soon. What can young adults, who are just getting started, do to avoid money problems now and in the future?
Ben

Dear Ben,
Congratulations! I’m glad you realize the importance of being responsible with your money and planning for things down the road.
There are three or four important things a recent college graduate — or anyone, really — can do to make the most of their money and protect themselves financially. The first is to always live on budget. When you write down a budget on paper, and give every dollar a name before the month begins, it helps you know what your money is being used for. It’s the difference in your financial situation now and in the years to come!
—Dave

Creative key

Dear Dave,
How do you have a wedding without debt?
Brooklyn

Dear Brooklyn,
It’s pretty simple. To have a wedding without debt you must be creative and think within your budget. In other words, you pay for a wedding with the money you have.
There’s absolutely nothing wrong with a small, inexpensive wedding. Once you realize and understand that fact, and start thinking about things with a budget in mind, you’ll realize you can scrap and save and still have a great small wedding. Lots of people have beautiful ceremonies, and even small receptions, for well under $1,000.
Sure, you can go into debt by renting the fanciest venue, and buying a $9,000 wedding dress to wear for just a few hours on one day. Or, you can realize it’s not the place and the clothes that make a wedding special. What about an outdoor wedding at a friend or family member’s house? When it comes to a dress you can opt for something simple and inexpensive, or even one that has been worn once, for just a few hundred dollars. If you think that’s awful, let me tell you something that’s going tens of thousands of dollars into debt for an event that lasts just a few hours!
Most people don’t have lavish, expensive weddings, and guess what? Years down the road they’re still happily married, very much in love, and they look back on their wedding as the best day of their lives.
—Dave

Looking for Work May Impact Your Taxes

By Peggy Beasfield
Owner, Peggy’s Tax and Accounting Service

If you are looking for a job in the same line of work, you may be able to deduct some of your job search costs. Here are some tax tips you should know when searching for a new job:
• Same Occupation. Your expenses must be for a job search in your current line of work. You can’t deduct expenses for a job search in a new occupation.
• Resume Costs. You can deduct the cost of preparing and mailing your resume.
• Travel Expenses. If you travel to look for a new job, you may be able to deduct the cost of the trip. To deduct the cost of the travel to and from the area, the trip must be mainly to look for a new job in order to deduct all costs.
• Placement Agency. You can deduct some job placement agency fees you pay to look for a job.
• First Job. You can’t deduct job search expenses if you’re looking for a job for the first time.
• Time Between Jobs. You can’t deduct job search expenses if there was a long break between the end of your last job and the time you began looking for a new one.

• Reimbursed Costs. Reimbursed expenses are not deductible.
• Schedule A. You normally deduct your job search expenses on Schedule A, Itemized Deductions. Claim them as a miscellaneous deduction. You can deduct the total miscellaneous deductions that are more than two percent of your adjusted gross income.
•Premium Tax Credit. If you receive advance payments of the premium tax credit, it is important that you report changes in circumstances - such as changes in your income, a change in eligibility for other coverage, or a change of address - to your Health Insurance Marketplace. Advance payments are paid directly to your insurance company and lower the out-of-pocket cost for your health insurance premium. Reporting changes will help you get the proper type and amount of financial assistance so you can avoid getting too much or too little in advance.

For more on job hunting refer to Publication 529, Miscellaneous Deductions, available at IRS.gov/forms at any time.
5 Reasons I Changed My Mind About Donald Trump

By Eddie Hyatt

Donald Trump was not my first choice for president. He wasn’t even my second choice. In fact, when the presidential campaign began he was far down the list. Ted Cruz, Scott Walker, Ben Carson, Mike Huckabee and Carly Fiorina were all ahead of Trump on my list of candidates.

However, after almost two years in office, I am now totally convinced that Donald Trump was God’s choice. There is no question in my mind that he is in the White House because of prayer and Divine providence.

Here are five reasons I have changed my position on Donald Trump.

Reason No. 1: I Now See His Temperament as a Plus

Like many others I was concerned about Trump’s temperament. He seemed overly brash, bombastic and rude. I didn’t like how he labeled people, even his fellow Republicans, with derogatory names like “Little Marco,” “Lying Ted,” “Low Energy Jeb” and so on.

With the advantage of hindsight, however, I now see that the temperament of a combative, New York businessman is just what was needed. With political perversity and corruption so deeply imbedded in Washington, D.C., a businessman from Queens, who had spent years battling corruption, knew politicians, the mafia and other competitive business people, is exactly what was needed at this time in history. A “nice” person would never do.

As a historian, I see a parallel in this regard with Martin Luther, who was relentless, crude and bombastic in his attacks on the pope and the Roman Catholic Church. Even some Protestants thought he went too far. At his funeral, his colleagues and fellow-theologian, Philip Melanchthon, addressed this, saying, “Some have complained that Luther displayed too much severity, I will not deny this. But I answer in the language of Erasmus, ‘Because of the magnitude of the disorders, God gave this age a violent physician. I do not deny that the more ardent characters sometimes make mistakes, for amid the weaknesses of human nature no one is without fault. But we may say of such a one, ‘rough indeed but worthy of all praise’ (Hyatt, The Charismatic Luther, 53).”

When this era of American history is written by future generations, when hindsight is 20/20, it may well be acknowledged that because of the deep political and moral corruption of the times, Donald Trump was exactly the one needed to save the American Republic from utter ruin.

Reason No. 2: His Commitment to Individual and Religious Liberty

In my book, Pilgrims and Patriots, I document how America was founded on the principles of freedom of conscience and religious liberty. The Founding Fathers and/or their parents and grandparents came to this land to escape government-empowered religious persecution in the Old World. They came here with a vision of being free to live out their faith according to the dictates of their own conscience.

Under the previous administration, those fundamental liberties were sacrificed for the modern LGBT agenda. Left wing politicians and activists used governmental force in their attempts to coerce Christians into conforming to their novel belief system. Small business owners, such as florists and bakers, were targeted and then sued when they politely declined to violate their consciences by participating in same-sex weddings with their artistic gifts.

The Trump administration has returned to those founding values of individual and religious liberty. They agree that no one should be forced to violate their conscience and sincerely held religious beliefs. They recognize that same-sex marriage is not a fundamental, constitutional right, as are individual and religious liberty, which are guaranteed in the First Amendment.

This is another reason I have changed my position on Donald Trump and now believe he was God’s choice for this time in American history.

Reason No. 3: His Fight for Persecuted Christians Around the World

In his campaign, Trump promised to help persecuted Christians in the Middle East and around the world. He has followed through on his promise. ISIS, which perpetrated such terrible atrocities on Christians in the Middle East, has been decimated and many Christians are now returning to their homes.

Trump appointed Sam Brownback, former governor of Kansas and a devout believer, as “ambassador at large for religious liberty.” Brownback and Secretary of State Mike Pompeo, who is also a devout believer, are putting pressure on oppressive nations and promoting the American ideal of religious liberty.

continued on next page
A Topeka Police officer is going viral in recent weeks with a lip-sync challenge video with a unique spin. The video, which was posted July 6, has over 10.7 million views.

Law enforcement officers across the country are caught up in the latest online craze – posting videos of themselves lip syncing. Most are fun or humorous but a Topeka Police Officer has gone viral for a very different approach.

Sgt. Steve Block chose Cole Swindell’s “You Should Be Here” as a tribute to fallen officers. His daughter edited it together with photos and videos. Since his wife posted it online, it’s had more than 10.7 million views and been shared nearly 260,000 times.

“As I watched the others I realized I wanted to do something different and unique,” said Block. “As an Honor Guard I have performed the flag ceremony fire fighter and Honor Guard for a number of years. I had foreign ministers say, “I’m going to be there.”

I wanted the video to be less about me and about the fallen officers, hence the photos. My daughter added the photos and graphics for me,” said Block.

“The powerful messages have been from surviving family members of fallen officers expressing how much it means to them to make sure their fallen officers sacrifice is not forgotten,” Block said. “I’m amazed by its reach and humbled by the response.”

Here are a few samples of the Facebook comments:

Tiffany Fling This is by far my favorite. Thank you!! Much love from Kansas City, KS.

Deb Stephenson You moved the world with this.

Nicole Geyer (Lower Burrell, Pennsylvania) Rob and Steven block. I want to personally thank you. My home has been hit twice in 6 years with losing one of our own. Officer Shaw lost right before last Thanksgiving. I pray for you all. I’m bawling this hits home for me. My sons bestfriends father is a local detective. God bless you all. I know

I’m a complete stranger but thank you from the bottom of my heart xoxo stay safe

Teresa McElwee Greber please thank your husband for posting this. I lost my brother in law in 1992 in a drug raid here in Shreveport Louisiana. I still grieve daily for him. He’s missed so much. He should be here. My husband is an officer as well. I live daily with the threat and the reality that he may not be here. I love the lip-sync challenge, but am so happy that your husband and you chose to use it to remind us of the danger and the ultimate sacrifice that they make. Thanks for this beautiful video.

Julie Myers Marving Awesome job! We back the blue! Great job from Fla. Lori Vance Osborne What a beautiful and touching tribute. My sister was killed in the line of duty last year in Abilene Texas. Thank you for sharing.

Jamie Batz Hi Robin. Would you please forward this video to North Las Vegas Police Department? Thank you so very much. Beautiful Tribute.

Mike Mullins All have gone a long way to add some fun and good spirit to the thin blue line. My son is an officer. You state right away you took a different approach. It was a nice tribute and a needed look at the life of an officer who has seen the loss of a friend and brother. I was a 40-year career fire fighter and Honor Guard member. I have seen too many myself and could no longer present flags because of the emotion of giving one to a dear friend on the loss of her husband. Great job and thanks for the prospective, it was a needed reminder. God Bless you and your service!

Sgt. Block’s wife Robin says the video has won the first round of voting, and asks fans to keep voting and spreading the word through the next round.

Block says any prize won will go to the Kansas Chapter of Concerns of Police Survivors (C.O.P.S.).

**CONTINUED FROM PREVIOUS PAGE**

**Support for Israel**

President Donald Trump has surrounded himself with devout Christian statesmen such as Mike Pence, Ben Carson, Mike Pompeo and others. At a large Trump rally in Florida, his wife, Melania, opened by leading the crowd in reciting the Lord’s Prayer. There are many indicators that Trump has made a turn toward the Christian faith and is promoting Christian values.

This is another reason I have changed my position concerning his presidency.

Who is on the Lord’s Side?

During the Civil War, it was well known that both sides were fasting and praying for God’s assistance. In a conversation with President Lincoln, a northern minister expressed his hope that, “The Lord is on our side.” Mr. Lincoln replied, “I do not look at this in that light, but it is my constant anxiety and prayer that I and this nation should be on the Lord’s side.”

I am not a politician. I am not a Democrat or a Republican. I recognize that Trump has faults. However, I am a believer who aspires to always be on the Lord’s side in every situation. That is why I am praying for this president and supporting him with my presidency. I can do no other, for I am now convinced that Donald Trump was God’s choice to be the president of these United States of America.

Dr. Eddie L. Hyatt is on a mission to reconnect America with her revered Christian roots and help ignite another Christian revolution. He and his wife, Mela, served as missionaries in the Arab world and its allies that such a move would provoke. Enter Donald Trump. During the campaign, he

Howdy partner. There is a saying that goes, “Life is hard and then you die.” Each of us will face the finality of death. But the real question is how are you living your life now? You have three choices: give in, give up or give it all you got.

a. First, you can give in. Give in to the peer pressures that others apply to you. By doing that, you just become a drone to fulfill someone else’s life. Living that way is not living at all. Far too many folks are just being robotic in their life.

b. Secondly, you can give up. Throwing in the towel isn’t good either. You have great Godly worth and value. You might not see it or feel it now, but that just tells me that you aren’t looking in the right direction.

God has a plan for your life. Let Him show it to you!

c. The final answer is the best answer! Give it all you got! This is the only way to truly live your life! Using the Bible for direction, you can live your life to the fullest! By living this way, you won’t have any regrets. So, go ahead, give it all you got! Be encouraged!

Be Encouraged, Scott Perkins
The Country Parson

The Country Parson Video show airs at 10 a.m. on TV 25.4 every Sunday morning.

The Country Parson Radio show is about to come back to radio shortly. Stay Tuned!
Not your parent’s VBS! Summer tradition makes a comeback

Vacation Bible School — better known as VBS — is back as one of the most popular church programs in America after a few years of decline.

Back in the 1890s, a pair of Sunday School teachers — D.T. Miles of Hope Dale, Ill., and Virginia Hawes of New York City — both had the same idea.

School kids were off for the summer. Why not invite them to church to study the Bible? And maybe sing a few songs and have some fun along the way!

The idea was a hit.

Six in 10 Americans say they went to VBS growing up. Two-thirds of American parents say they plan to send kids to VBS this summer — even if they skip church themselves.

And almost everyone involved had a positive experience, according to a new survey from Nashville-based LifeWay Research, which surveyed 1,200 American adults about VBS.

“Each week of the summer there are thousands of VBS programs going on around America,” said Scott McConnell, executive director of LifeWay Research. “It’s one of the things that people love about church.”

VBS attendance & memories

Twenty-two percent say they went every summer growing up, while 14 percent said they went most summers. Another 13 percent went occasionally. Five percent went more than once. But 40 percent never went.

Many went because of a family tie. Forty-two percent say they went because their family attended that church. Twenty-five percent went because their parent or another family member was one of the leaders. Twenty-six percent went because the church was near their home. Twenty-five percent went because a friend invited them.

Among their memories: spending time with kids their own age (46 percent), learning Bible stories (45 percent), singing songs (40 percent), creating crafts (37 percent) and playing games (34 percent).

One in 6 (17 percent) remember making a spiritual commitment at VBS.

Most (88 percent) say VBS helped them better understand the Bible. That includes two-thirds who either completely agree (37 percent) or mostly agree (26 percent). Twelve percent disagree.

A majority of Americans (57 percent) who did not go to VBS also believe the program could have helped them better understand the Bible — at least a little. Forty-three percent disagree.

About half (52 percent) agree the program could have impacted their spiritual growth. Forty-eight percent disagree.

The survey’s results are a great reminder why VBS matters, said Jana Magruder, director of LifeWay Kids.

“It’s a strong affirmation of the work that churches put into VBS programs,” Magruder said. “I hope churches are encouraged by this research to continue to host VBS for their communities.”

Popular with parents

About half (47 percent) of parents with kids under 19 say their child has been to VBS.

The most common reasons: The family attended the church where the program was held (38 percent) or the parents were also taking part in VBS (33 percent). Twenty-nine percent say they valued their child’s spiritual growth; 27 percent valued studying the Bible.

Most parents (95 percent) say their child m ay go to m ore than one VBS. Forty-two percent disagree. Most parents (60 percent) say they’ll encourage their kids to attend VBS even if it’s held at someone else’s church. More parents will encourage their child to attend VBS at another church if they get invited by a friend (69 percent).

“Two-thirds of American parents,” Magruder noted, “are eager to send their children to a church activity where they will have fun experiences centered on what churches care about most: Bible stories, the Gospel and worship.”

“People still believe Vacation Bible School is good for kids,” McConnell said. “Even parents who don’t go to church want their kids to go to VBS.”

— by Bob Smietana | BP
Long weekends are great opportunity to explore

by Anita Widaman

In addition to a plethora of local and nearby opportunities for summer fun, there are also many places a little farther out that can make for a great long-weekend road trip.

Below are four locations that you can drive to, remembering along the way that it is people, families and communities that make America great and all of us proud!

Flint Hills. Kansans are proud of their prairie grass. The Flint Hill Discovery Center in Manhattan provides information on the past and how to preserve the prairie for the future.

Graduates of K-State will enjoy a trip to the Henry Doorly Zoo and Aquarium will make grandparents and parents super heroes in their kids’ eyes. The Old Market district with its brick paved streets has all the shops and restaurants that a family can devour in a day. With some planning, you can catch a Broadway show or other performances at the elegant, restored Orpheum Theater.

St. Louis. You can splurge on lodging or the theater because of all the free activities. In fact, all four of your favorite outings are free! The Saint Louis Art Museum, Saint Louis Zoo, Saint Louis Science Center and the Missouri History Museum. The Muny, an outdoor theatre, is also a great place to catch a show. Bentonville, Northwest Arkansas is great for camping, biking, and hiking for families. You can even borrow a bike from the upscale downtown hotel and use it to get around if you wish.

But Bentonville indoors is great for families also. The Crystal Bridges Museum is a free museum sponsored by the Wal-Mart family foundation and features only American art. You’ll recognize the portrait of George Washington by Gilbert Stuart from the dollar bills in your wallet. This summer, works of Dale Chihuly are presented indoor and outdoor. The Farmers Market held on the square is a work of art and has outstanding local produce.

Here are some other opportunities to look for as you travel:

County Fairs. One of the oldest traditions of summer is the fun and entertainment to be found at state and county fairs! From the livestock to music to crafts and demonstrations, there is something for everyone at the fair!

Baseball and more. Even if you’re not a baseball fan, who doesn’t love eating a stadium hotdog and people-watching?

Picnic. Choose a beautiful location you happen across to celebrate summer with a picnic at a local park. The kids are always happy playing on the playground equipment and Mom gets a break.

Museums and art. Experiencing learning first hand through a field trip or camp experience is a wonderful tool for home-school families. Many museums are free or inexpensive. At a young age, children can learn by describing and verbalizing about the exhibits and asking questions. The younger the child, the shorter the attention span, so looking at a variety of historical paintings and displays can be a delightful and memorable experience for the whole family. Children can learn history, art and culture simultaneously.

Be original. What is your favorite weekend getaway trip?

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National Night Out Kick-Off Party Scheduled

Excitement is building as neighborhoods are preparing for the 22nd year of National Night Out in Topeka/Shawnee County on Saturday, August 11. This annual event brings neighborhoods together to connect with one another and local law enforcement. The simple act of getting to know your neighbors is the best form of crime prevention.

The Topeka Kick-Off party will be Friday, August 10th, 5:30-7:30 PM at the Hy-Vee parking lot at 29th & Wanamaker, and will feature first responders, food, music, games, giveaways, fun and more for all ages, coordinated by Alpha Media. Everyone is invited to come for a good time and to help take a stand against crime!

National Night Out is designed to heighten awareness about crime, alcohol, drug & violence prevention, generate support for, and participation in, local anti-crime programs, strengthen neighborhood spirit and police community partnerships and send a message to criminals, letting them know that neighborhoods are organized and fighting back!

To sign up your neighborhood or to find out if your neighborhood has National Night Out plans, contact Safe Streets at 385.266.4660. You don’t need to have a neighborhood organization to host an event, so contact your neighbors and Safe Streets and get involved today!

As of July 16, there were 54 neighborhoods registered!
Top 10 ways to launch a successful school year

by Jessica Bullard

As an educator, I see and hear from numerous families regarding the struggles of heading back to school. While some parents rejoice at the idea of returning to normalcy, others have difficulty adapting and often wonder how to equip their children for success. Here are some helpful tips to ensure your family is on the right track.

1. Back to school organization

For the past 20 years, the Topeka Rescue Mission has been hosting a Back-to-School Fair benefitting homeless children residing at the Mission, as well as families in need from the community. This year’s event will provide backpacks loaded with grade-appropriate school supplies. Children residing at the Mission will also receive new clothing and shoes. The only eligibility requirements for a family to participate are that they are not already receiving school supply support elsewhere... and they are in need.

TRM Ministries wants every child to feel prepared and ready for the new school year. That’s what makes the backpacks and supplies received from the Back-to-School Fair even more special – the items are all brand new and will help them feel equipped for the classroom. Each face lights up with delight as they pick out their bag and examine the new “treasures” inside. Children will arrive at school on the first day with confidence because they have everything they need and feel as though they fit in. Simple things like this truly make all of the difference in the world to starting school off right.

2. Purchasing grade-appropriate supplies

TRM to Host 20th Annual Back-to-School Fair

3. Get organized.

As an educator, I see and hear from numerous families regarding the struggles of heading back to school. While some parents rejoice at the idea of returning to normalcy, others have difficulty adapting and often wonder how to equip their children for success. Here are some helpful tips to ensure your family is on the right track.

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2. Purchasing grade-appropriate supplies

3. Get organized.

4. Make time to read.

5. Partner with your child’s school teacher.

6. Allow your child to fail.


As children grow, it is imperative to provide them with opportunities to be independent and accountable for themselves. Many websites offer age-appropriate lists of tasks for which children may be responsible. This training at a young age will equip your child to function and succeed as an adult later in life.

8. Read with your children.

This step is imperative with elementary-aged children, as well as any who struggle with reading. Reading aloud to your children or turning turns reading will increase your child’s oral vocabulary, which will in turn increase reading comprehension, as they begin to recognize words they have heard. Studies show that individuals who read develop increased cognitive abilities and critical thinking skills. In addition, children who read with their families (or are read to) have a substantially higher likelihood of finishing school and furthering their education.

7. Teach your children to problem solve.

This skill encomposses so much more than merely building mathematical proficiency. Children must be taught to be independent, critical thinkers to adapt to every circumstance in life. Furthermore, they must be permitted to identify these problems, generate solutions, and persevere until the obstacle has been overcome. One certain facet of life is that of continual problems. Children must be equipped to solve these problems independently and take responsibility for their actions and decisions.

6. Allow your child to fail.

“Gasp!” I know this is an unpopular idea. We all want our children to be the best athletically, academically, artistically, etc., but few of us are willing to allow them to make mistakes to achieve this premier status. The fact is that we learn best from the mistakes we make. “Helicopter parenting” often leads to feelings of inadequacy within our children, while limiting the joys inherent within parenting. While it is often incredibly difficult to watch our children fail, it is absolutely vital that children identify those mistakes that led to the failure and recognize methods to prevent its recurrence. By not allowing them to experience the disappointments associated with failure, you render them helpless. They become incapable of solving issues on their own, which greatly debilitating them throughout life. So, although difficult, let them fail. In doing so, you empower them to succeed.

5. Partner with your child’s school teacher.

Your child spends the majority of their day at school with their teacher. Because of this, you and your child’s teacher form a unique partnership. Foster open communication with this teacher. Trust in her ability to teach your student and recognize that she has your child’s best interests at heart. Know that teachers have high expectations to propel your child to success in and out of school. One of our favorite expressions as educators is this: “If you don’t believe everything your child tells you about us, we won’t believe everything they tell us about you.” You undoubtedly hear stories of occurrences at school. Trust me—we hear all kinds of things about incidents that allegedly transpire at home. We recognize that these narratives are not always 100% accurate, and we endeavor to give you the benefit of the doubt. We ask that you do the same. Remember, this is a partnership. Let’s encourage one another.

4. Be positive about learning.

Children feed on the feelings and beliefs of the adults, particularly their parents. They recognize the unspoken cues as well. If you have a problem with a teacher, administration, school, or another child or parent, your child will distinguish this. In turn affects his or her learning ability and overall academic success. Children cannot compartmentalize their feelings. Negative feelings originating from adults often render the students confused, disheartened, and apathetic towards learning.

3. Allow them to be children.

They are impressionable, innocent, and have a much different view of the world than adults do. Children need to have fun, play outside, and solve age-appropriate issues with their peers. It is during these moments of play that creativity, social responsibility, and interpersonal relationships are developed and nurtured. Far too often, children are exposed to the trials facing adults. This places an unmitigated amount of stress on children, as they are not yet equipped to process the more complex difficulties of life. These issues often manifest as behavioral within the classroom, as kids struggle to battle problems they are not prepared to handle. According to Family Systems Today, children become “symptom bearers” of their home environment. They tend to mirror the problems occurring at home because they cannot effectively process and address them. Randy Withers, a professional counselor, states, “When adults start behaving as adults, problems like these tend to go away.” Be the adults and let your children be children.

2. Put away the technology

Where? We could write an entire dissertation on this topic—in fact, that’s not a bad idea. In January, two of Apple’s largest investors cited concerns regarding the growing epidemic of technological addiction. Yes, that is the term used by professional clinicians: addiction. We are a society that is absolutely obsessed with our gadgets. Adults and children, alike, constantly stare at screens—and it is absolutely destructive to our kids. According to research conducted by Harvard and San Diego State Universities, “ Teens who spend 5 hours per day on a device are 71% more likely to have a risk factor for suicide, while 8th graders who use social media heavily have a 27% higher risk of depression.” Further, more than 85% of teachers report witnessing greater emotional and social struggles in students due to the ubiquity of technological sources. These statistics are absolutely staggering! Another recent study presented at the annual meeting of the Radiological Society of North America reported a chemical imbalance in teens who were described as “smart-phone addicted.”

Again, the data is just beginning to scratch the surface of the pandemic we are witnessing. While some technology may be beneficial and perhaps necessary, the detriment to our children’s very lives seems to be irrevocable and catastrophic. I implore you to limit and monitor their use closely. It may save your child’s life.

1. Pray as a family.

One thing is absolutely certain pertaining to H A R Y ! You cannot do it alone. You cannot be with your child every moment of every day. You must trust that you have equipped them with necessary skills to succeed and that those in authority over them have their best interests at heart. Above all, you must trust that God has a unique plan for your child and that He will accomplish His will in his or her life. Proverbs 6:7 states, “Wisdom is the most important thing. So get wisdom. If it costs you everything, get it.”

How you can help

If you need help with school supplies, please contact the Distribution Center at 357-4285 or stop by 401 NW Norris to fill out an application. Check out the TRM needs list if you would like to help with School Supplies:

- Backpacks
- Plain pocket folders (without brads)
- Pencil Boxes/Pencil Pouches
- Big pink erasers
- 3 ring binders (1 or 1 & 1/2 in)
- Composition Books
- Colored Pencils (12 ct pkg.)
- Colored Markers
- Pointed & Blunt Scissors (Kids Size)
- Scissors (Regular Size)
- Highlighters (yellow)
- Dry Erase Markers (Black)
- Kleenex (Large Box)
- Antibacterial Wipes / Hand Sanitizer

All donations should be taken to the Topeka Rescue Mission Distribution Center, 401 NW Norris, between the hours of 8am-4pm Monday-Friday & 9am-1pm on Saturday.
by Jim Bresler | WNS

August is almost here and stores are already filling up with bright colored school supplies. For many families, they’ve spent the summer months thinking about the fall and where their children should go to school. Are there reasons to send your kids to a Christian school? Check out our four top reasons to help you, or someone you know, make the right decision.

**Misconceptions about Christian education**

A Christian school is not a place where a few “enrollments” like prayer, chapel, and Bible classes merely complement an otherwise secular education. Genuine Christian education seeks to integrate God’s Word into every facet of the curriculum as well as all co-curricular activities. As the Puritan theologian Charles Bridges wrote in his commentary on Proverbs, “The religious training must not be the border of the garment, which might easily be cut off. It must be the pervading substance throughout.”

Second, the phrase “Christian education” should encompass more than the study of religion. Unfortunately, many evangelicals have too narrow a definition. Christian education, they think, takes place only in Sunday school, during Bible studies, or at home during family devotions, but this view is too limited. The apostle Paul exhorts us to “take captive every thought to make it obedient to Christ” (2 Corinthians 10:5). Saint Augustine wrote that “every good and true Christian should understand that wherever he may find truth, it is the Lord’s.” Reflecting the same conviction, John Calvin wrote, “We shall neither reject the truth itself, nor despise it whenever it shall appear, unless we wish to dishonor the Spirit of God.” True Christian education relates God’s Word to every aspect of life.

Third, a Christian school is not a “safe house” from the world. Many well-meaning parents think that the Christian school offers protection from the evils of the world. A Christian school is not a guarantee against sin. The difference, however, is that the Christian school disciplines by teaching students about God’s demands, and His forgiveness, grace and mercy.

Finally, the Christian school is not a reform school for families who have exhausted other options to solve their problems. The Christian school should be their first choice, the place where Christian families, the church, and the Christian school can prepare students for effective lives of service in God’s kingdom.

**The necessity of Christian education**

We are living in what some have labeled a “Post-Christian Age.” In Against the Night, the late Charles Colson described our “barbaric” and “decadent” society as “The New Dark Ages.” The regenerate mind, from which Christian education flows, affirms the opposite God is the author and ruler of this universe; human beings, sinners from birth, are in need of redemption; all truth is God’s truth; and, man is not dependent on human reason alone.

The question, therefore, is this: Does a secular education enable a student to think biblically about the world? Consider the reasoning of Charles Bridges: “To expand, without soundly enlightening, the mind, is but to increase its power for evil. Far better to consign it to total ignorance, inasmuch as the un instructed savage is less responsible, less dangerous, than the well-furnished infidel.” Similarly, John Calvin believed that “a knowledge of all the sciences is mere smoke where the heavenly science of Christ is wanting.”

**The basics of Christian education**

A genuine Christian education provides a quality liberal arts education that glorifies Jesus Christ and prepares students for lives of faithful and obedient service to Him. The Bible is the integrative force, and all administrators, faculty, and staff personally know Jesus Christ as Savior and Lord.

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**Top 4 reasons to choose Christian education**

- **Christian schools offer protection from the evils of the world.** A Christian school is not a guarantee against sin. The difference, however, is that the Christian school disciplines by teaching students about God's demands, and His forgiveness, grace, and mercy.
- **The academic needs of your child.** Teachers in Christian schools are Christians who care, are knowledgeable, creative, and who are professionally certified. The respectful and focused academic climate of Christian schools provides for a high-quality education.
- **What opportunities are there for your child?** Christian schools take advantage of their smaller size to create excellent opportunities for students to participate in extra curricular activities. Whether in sports, music, drama or through class and school activities.
- **Will your child be encouraged to grow spiritually?** The Christian school effectively supports Christian homes and churches as children and teens travel the road of their spiritual journey. Most Christian schools start and end the day in prayer, have devotional time for students and staff, and have assemblies or chapels. The integration of Christian and Biblical principles in each class provides a faith-based environment where students, parents, staff, and volunteers work as a team to ensure the growth and success of each student. In our culture, students are continually bombarded with messages that negate the Christian faith to the margins of personal life. These messages come both subtly and overtly. Christian schools provide students with a foundation for understanding contemporary culture and use the tools and support they need to live their Christian lives more fully.

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**10 WAYS continued from page 10**

Everything you have, get understanding. “This is wisdom and instruction for the taking of a child from the womb…” (Proverbs 2:1, 5). We must teach what matters most to young people.”

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**Christian Schools: Are they right for you?**

**The academic needs of your child.**

Teachers in Christian schools are Christians who care, are knowledgeable, creative, and who are professionally certified. The respectful and focused academic climate of Christian schools provides for a high-quality education. Christian school graduates are very well prepared as they move on to next levels in education.

**What opportunities are there for your child?**

Christian schools take advantage of their smaller size to create excellent opportunities for students to participate in extra curricular activities. Whether in sports, music, drama or through class and school activities, Christian schools offer wholesome, creative and challenging opportunities outside of the classroom. In athletics, most schools compete against other Christian schools along with the schools in their local community.

**Will your child be encouraged to grow spiritually?**

The Christian school effectively supports Christian homes and churches as children and teens travel the road of their spiritual journey. Having a Christian education start and end the day in prayer, have devotional time for students and staff, and have assemblies or chapels. The integration of Christian and Biblical principles in each class provides a faith-based environment where students, parents, staff, and volunteers work as a team to ensure the growth and success of each student. In our culture, students are continually bombarded with messages that negate the Christian faith to the margins of personal life. These messages come both subtly and overtly. Christian schools provide students with a foundation for understanding contemporary culture and use the tools and support they need to live their Christian lives more fully.

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**What is the long-term goal for your child?**

When you're a parent, you are in it for the long haul – you only get to do it once. You want the best – not just what’s “good enough” – for your children. Parents want to give their children the best of opportunities and support so that their children are prepared as well as possible to face the challenges of life. Numerous studies show that a high percentage of students wander away from their Christian faith after their high school years. Along with Christian homes and churches, a Christian education helps solidify a strong foundation for life.

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By Jessica Bullard, principal at Outreach Christian Education and a Metro Voice contributor.
Some children try to sneak a peek at movies they shouldn’t watch. That sometimes happens at my house, too, but more recently, it’s been something far more vanilla — “The Waltons.”

Yes, the wholesome show from the 1970s set during the Great Depressions has become a nighttime staple in my home, and my 10-year-old son has gone so far as to tip-toe out of his room late at night and catch a few minutes while I’m watching it. But I’m not complaining. It’s cleaner than 99 percent of modern-day TV — and more entertaining, too.

Here’s the best news: All 200-plus episodes of “The Waltons” are now streaming on Amazon Prime, giving you and your family a chance to go back in time to a day when there were no cell phones or video games.

“The Waltons” fills the No. 1 position on this month’s edition of “5 Family-Friendly Things.”

The series aired from 1972 to 1981 and followed the adventures of a teenaged/young adult named John-Boy, his six-year-old siblings and his parents and grandparents — all of whom lived in the Virginia Appalachian mountains. The series’ timeframe — the early 1930s to the mid-1940s — is a historical goldmine, covering not only the Great Depression but the presidency of FDR and World War II.

The show gives children a chance to learn about a time when things were simpler, the pace was slower, and families were closer. Most shows also have a moral theme, too — not an outright biblical one.

Some of the episodes contain adult themes, so minor caution is advised. Thankfully, Amazon Prime’s episode descriptions give parents a hit at the content.

Also worth watching this month:
1. “Kirk Cameron’s ‘Connect’” — If you’re a parent who is trying to navigate through our tech-crazed world, then this DVD is for you. In “Connect,” Cameron interviews experts on technology, social media and parenting while answering one question: How can we live in a smartphone-dominat ed world while avoiding the pitfalls? “Connect” also is available on video on demand platforms.
2. “God’s Not Dead: A Light In The Darkness” — The third film in the “God’s Not Dead” series, “A Light In The Darkness” (PG) releases to DVD Aug. 21 and tells the story of a pastor who has a crisis of faith after his church is destroyed by arson. It’s the best “God’s Not Dead” yet — and it has an ending unlike the other two. Also available on streaming platforms.

Christian education is the best choice a family can make.

More than 450 years ago, Martin Luther preached a powerful sermon encouraging his listeners to stand firm in their faith and remind them of the nature of the conflict:

“Christendom must have people who can beat down their adversaries and opponents and tear off the devil’s equipment and armor that he may be brought into disgrace. But for this work, powerful warriors are needed, who are thoroughly familiar with the Scriptures and can contradict all false interpretations and take the sword from false teachers. . . . Each Christian should be so armed that he himself is sure of his belief and of the doctrine and is so equipped with the sayings from the Word of God that he can stand up against the devil and defend himself when men seek to lead him astray.”

This is the mission of the Christian school.

For Breakfast and Lunch it’s...

Hanover Pancake House...need I say more?

For more information visit:
www.hanoverpancakehouse.com

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**REASONS**

Specifically, Christian education is an acknowledgment, an attitude, and an ambition:

- Christian education is an acknowledgment about God’s world. He created it, He holds it together, He rules it, and we have an obligation to learn all that we can about it. We aren’t simply learning about math, science, and history; we are learning about God’s world. Christian education seeks to produce competent graduates who know the world as well as the One who created it.

- Christian education is an attitude related to God’s Word; therefore, studying God’s world from the perspective of the Word is critical. We can understand life only as we view it through the “spectacles of Scripture.” “For with you is the fountain of life; in your light we see light” (Psalm 36:9). Seeking to bring all thought and activity under the lordship of Christ, we want our students to be passionate about their God, their lives, and their call to service.

- Christian education is an ambition to do God’s will. Because it is a lifelong process of transforming our minds, Christian education spans “the cradle to the grave.” We want our students to be “mal-adjusted” to this world, to see the sin in themselves and in the world, and to commit their lives to the pursuit of justice, compassion, and integrity.

- As students study God’s world from the perspective of the Word, it will enable them to do God’s service. “We want to serve our culture,” writes Harry Blount in The Secularist Heresy, “we want our culture to work—not because it is the only good we can conceive, and not because we are finally and securely at home in—but because it is a great drama that we have been stage in, and it is good that we should play our part well.”

There are those who object to Christian schools saying:

- “We want our children to be in the ‘real’ world.” What is the “real” world for Christians? Is it a world informed by secularism, or one dominated by the love, reconciliation, and forgiveness of Jesus Christ?

- “We don’t want to abandon the public schools. We want our children to be a witness there.” Should the youngest mem-

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For more information visit: www.FaithCounts.com

**CONNECT**

Michael Foist is the husband of an amazing wife named Julie and the father of four small children. He has covered the intersection of faith and entertainment for more than a decade.

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**SHOP**

For Breakfast and Lunch it’s...

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CONCERTS

TOPEKA ACOUSTIC MUSIC JAM – First Sat. of ev. month, 3-5pm. Putnam Presbyterian Church (enter south door), 401 S.W. Washburn. 366-0277

THE BERRYTON PICKERS – First Sat. of ev. month, 7-9pm, Berryton Baptist Church. Bring snacks, have fun!


THE DRIFTERS QUARTET – July 28, 3pm, Berryton UMC.

DUBLIQUEST QUARTET – July 28, 2-3:30pm, Shawnee County Fair, Exposition.

CLINTON ANNUAL GOSPEL FESTIVAL – Aug. 30, 7pm and Aug. 31, 7pm. Clinton UMC, 6635 NW Church Ln. With special Garwoods. Doors open 90 minutes early for lunch or dinner. Tickets $10 – call John at 456-4525.

SUMMERLINE BLUES – Aug. 15, 7-9pm, Gage Park Amphitheater. “The Symbols,” Admissione is free. Seating available or bring your own chairs/blankets.

TRIBUTE QUARTET CONCERT – Aug. 30, 7pm, Wanamaker Woods Church of the Nazarene, 3501 SW Wanamaker Rd. No tickets needed, freewill offering. Doors open at 6pm. (785) 273-2388 www.wanaz.org


SPaceSPECIAL CHURCH EVENTS

SPECIAL CHURCH EVENTS

SENior FIT & FUN PROGRAM – every Mon., Wed., & Fri. 7-8am, at －First UMC, 6th & Tecumseh Rd. Picking Hills Community Church. 4350 NW Higgins Place (US Hwy 75 & NW 46th St.) 785-286-5585 www.pickinghills.com

SPIRITUAL PAUSE – Every Wed. 12-12:30pm, Carrol Chapel at Washburn Univ. informal worship service. 785-330-3169

SPECIAL EVENTS

KANSAS PREVENTION COLLABORATIVE – 1st and 3rd Sat., 3-5pm, First UMC, 6th & Tecumseh Rd. Showing “God’s Compass” and Veggie Tales for the kids. Doors open 6pm. Show starts at 7pm. Free snacks provided. nancy@highland-heights.com, 785-379-5642

25TH ANNUAL FAMILY OF GOD COUNCILOR – Aug. 3, 11am-1pm rightfully & Aug. 12, 11am, Faith Temple Church, 1832 SW Linde

12TH ANNUAL TENNESSEE TOWN BASKETBALL TOURNAMENT – Aug. 3-4-5, Lincoln Elementary. Lincoln & Massan, Registration is Free. Call 235-3034 to register your team! Lots of fun, homework, and food (while it lasts)

BACK TO SCHOOL FAIR – Aug. 4, 4pm, First UMC, 6th & Tecumseh Rd. Showing “God’s Compass” and Veggie Tales for the kids. Doors open 6pm. Show starts at 7pm. Free snacks provided. nancy@highland-heights.com, 785-379-5642

25TH FAMILY OF GOD COUNCILOR – Aug. 3, 11am-1pm rightfully & Aug. 12, 11am, Faith Temple Church, 1832 SW Linde

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BACK TO SCHOOL FAIR – Aug. 4, 4pm, New Mount Zion Missionary Baptist Church, 2800 SW Tecumseh Rd. Showing “God’s Compass” and Veggie Tales for the kids. Doors open 6pm. Show starts at 7pm. Free snacks provided. nancy@highland-heights.com, 785-379-5642

100TH ANNIVERSARY – Aug. 9, 3pm, St. John African Methodist Episcopal Church, 705 SW Topeka Blvd. Keynote speaker is The Right Reverend Clement W. Fugh, Presiding Bishop of The Fifth Episcopal District.

MEET ME AT THE PARK – Sep. 9, 11am, Gage Park Amphitheater. A taste of worship and fun in the park. A complimentary BBQ lunch will be served following the service. Free candles and train rides. Presented by First Southern Baptist Church. 272-0443, tfsbtopka.org.

JULY CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. For details: www.kansascyclist.com

JULY OUTDOOR ACTIVITIES – Various outdoor events and activities in Kansas. www.getoutdoorskansas.org/calendar


TUE & WEDS BROWN BAG CONCERT – July 24 & 25, 12-1pm, Old Mill Public Library. For info: 785-235-9296.

FARMER’S MARKET – August 12, 9am – noon, Susanna Wesley UMC, 7433 SW Shawnee County 4-H Fair.

LAKE SHAWNEE ADVENTURE COVE opens July 26 through Sep 15, at the former swim beach location. Canoe, kayaks, paddleboats, paddle boards & water bike rentals and more.

POETRY SLAM – July 27, Jassy Theatrical, 720 Jackson Ave. Sponsored by the Topeka and Shawnee County Public Library, registration for slam performers is at 6:30, and the performances are from 7:00 PM to 9:00 PM. All levels are welcome to participate and the winner will be awarded a cash prize of $50.00 from the Topeka and Shawnee County Public Library. Three-time award winning slam poet Matt Spaulding will host a showcase of slam poets and featured hip-top performers Sauce and DJ Aphasia. This event is free to the public, donations accepted.

HUNGRY FOR DAWGS AND CATS – July 27, 5-9pm, Helping Hands Humane Society, 7270 SW 21st St. Annual Croquet, Corn Dog Luncheon, 70’s and 80’s music, Live Auction, Door Prizes. 100% of funds raised above cost of event will be donated to the animal welfare organizations.

FOKOCOM – JULY 29, 9am – 2pm, Fisk Hall, Kansas State University. Fokocom is a hands-on workshop for women to design, develop, and solve a project while learning to code and use technology.

CELEBRATE SHAWNEE COUNTY – JULY 30-AUG 3, KANSAS

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AUG. 11, AT THE CAPITOL
AUG. 11, AT THE CAPITOL

FLAPPERS AND MOONSHINE – AUG. 11, 6-9pm. Jazzyhawk Theatre and Gallery, 720 Jackson Ave. Learn the iconic dance of the era. All ages and ability levels are welcome. Host Jill Hill and The Celtic Fox will have treats and drinks for purchase and 785 Big Band will be playing music from the 20’s, 30’s, and 40’s. $27 admission at the door, $20 VIP at the door. For info and tickets: jazzyhawktheatre.com

MUSIC FOR WELLNESS LEARNING CIRCLE – AUG. 15, 4-6pm. Free online class. Music for Wellness together. During our meetings we will watch instructive videos, and for prevention of drowning incidents. See Even A Child will lead on this assignment.

CAR SHOW – AUG. 5, 5-9pm. Topeka Bible Church, 1120 SW College Ave. This event is for anyone and everyone. Free to bring your own car. For info: jphillip.faulk@washburn.edu or 785-338-6406.

PRIMARIES ARE OVER – AUG. 8, 6-7pm, St. Michael’s Episcopal Church, 4020 NW 25th St. In remembrance and to remember all those who serve our country.

THE 10TH STREET BLOOM – AUG. 9, 9am -2pm, 10th and Andrews Ave. For info: 785-763-2593.

PRIMARIES ARE OVER – AUG. 9, 9am-3pm, Heritage Bank, 3024 SW Wanamaker Rd. A free event to remember all those who served in the military.

NATIONAL NIGHT OUT EVENTS – AUG. 1, National Night Out events throughout Topeka and Shawnee County. For info call Judy at Safe Streets, 206-4905 or email jjwilson@safestreets.org.

KANSAS TACO FESTIVAL – AUG. 11, 11-12pm, St. John’s Episcopal, Wanamaker Rd. Sampling from 150 Mexican eats, and enjoy some hot dogs and hamburgers! Fun activities for the kiddos, SFNM mugging campaign. For info: 785-235-7862.

OPEN HOUSE – AUG. 11, 4-7pm, Topeka Sunrise Coalition, 4020 NW 25th St. In remembrance to remember and have group discussions, and complete course assignments. The courses costs for 4 weeks and is available from edcub.org. Register at local:getforyourproject.
Meetings & Classes

**Catholic Women’s League** – Aug. 13-19, 3pm. Catholic Women’s League meeting at St. Mary Magdalen Catholic Church, 4420 SW 7th St. For info, call 357-5923.

**New Meet & Greet** – 10am, Prince of Peace Lutheran Church, 15th & SW Topeka Blvd. For info, call 845-1933.

**TOPICA** (Topeka Office Pool) – 2nd Wed., 5:30-8pm, Cascade Dining Room, 100 NE 30th St. For info, call 856-0060.

**TOPICA** (Topeka Office Pool) – 3rd Wed., 5:30-8pm, Cascade Dining Room, 100 NE 30th St. For info, call 856-0060.

**TOPICA** – 4th Wed., 5:30-8pm, Cascade Dining Room, 100 NE 30th St. For info, call 856-0060.

**TOPICA** – 1st Wed. of each month, 5:30-8pm, Cascade Dining Room, 100 NE 30th St. For info, call 856-0060.

**TOPICA** – 2nd Wed. of each month, 5:30-8pm, Cascade Dining Room, 100 NE 30th St. For info, call 856-0060.
It stinks when you have superhero powers and can’t use them. But that’s the situation that Bob Parr (Mr. Incredible), Helen Parr (Elastigirl) and their three children find themselves after they tried to catch a bank robber – the Underminer – and ended up destroying a city street instead. The bad guy got away with the cash, and the Incredibles made the front page of the newspaper for all the wrong reasons.

The money was insured, so what did they have to gain by chasing the villain? “If you had simply done nothing,” an official said, “everything would be proceeding in an orderly fashion.”

Of course, superheroes already were banned in their world. This just made things worse.

Now-living in a cheap motel, Bob and Helen Parr seen destined for a life in the real world, with a genuine job and actual responsibilities. That is, until two mysterious and wealthy people – the brother-sister tandem of Winston and Evelyn Deavor – enter their lives, promising a return to superhero fame. The Deavors blame politicians for the negative perception of superheroes. Their solution: body cameras, which will subsequently change media, which will change the public’s perception for the better. Politicians will be forced to change the law!

It’s a good plan, but the Deavors want to test it on only one superhero: Elastigirl. This will require Mr. Incredible to be a stay-at-home dad and raise three kids: the moody Violet, the energetic Dash, and the gets-into-everything baby Jack-Jack.

Will it work?

Pixar’s Incredibles 2 (PG) opened several weeks ago, some 14 years after the first installment – which still ranks in the Top 20 all time in animated film gross. It stars Craig T. Nelson (Coach) as Bob Parr/Mr. Incredible, Holly Hunter (The Big Stick) as Helen Parr/Elastigirl, Sarah Vowell (This American Life) as Violet, and Huck Milner as the new voice of Dash. Samuel L. Jackson returns as Frozone.

I took my 10-year-old son with me to watch Incredibles 2, and we laughed as much during the two-hour film as we did during the first one. It’s just as funny as the original, and the family-centric message is back, too.

Still, it’s not as clean as Incredibles was, and it contains some elements that might prevent parents from taking small children.

Warning: minor spoilers!

Like the first Incredibles, it has bloodless animated violence, but the film contains more punching and kicking than most animated films. There also is a flashback scene in which we learn a father was shot and killed in his bedroom. (We see the robbers and the gun but don’t see the bodies.)

The film’s most disturbing moment involves a villain named Screenslayer who uses hypnosis (through television and special glasses) to turn people into his subjects. It’s eerie and emblematic of the power the screen has over our society today.

But the family is more powerful than the screen. The Incredibles, as we learned in the first film, are a close family that supports one another. That’s the case in Incredibles 2, also.

Theologians call the family God’s first institution. Before He designed anything else – the church, the government – He created the family. Thus, it must be important!

And in Incredibles 2, family is preeminent. Bob and Helen love each other. They love their children. And the kids love their parents. In fact, everyone is willing to risk their own lives for everyone else.

But the bigger message in Incredibles 2 concerns parenting. It’s an important issue to be a superhero! Some moviegoers even may see a message about the traditional role of moms and dads. After all, Helen is great at being a superhero, but she misses her kids. Her children, in turn, miss her, too, and they want her back. (Her absence means she misses a key moment in Jack-Jack’s life.) Mr. Incredible struggles mightily at being a stay-at-home dad. It’s simply not his forte.

At one point, a fellow superhero asks Helen/Elastigirl, “How do you balance superhero stuff with the life stuff?” She never answers the question, but the answer is obvious: She doesn’t balance the two. She spends 100 percent of her time in the superhero world, and her family suffers. In the end, Elastigirl learns she can’t save the world by herself, and Mr. Incredible learns to respect his wife’s motherly skills.

Incredibles 2 is filled with messages about parenting and family. Such as children need a mom and a dad plus sometimes we need a little help as in when we see when Edna assist Mr. Incredible.

“Parenting is a heroic act,” Edna says. And in Incredibles 2, family is preeminent. Bob and Helen love each other.

The third show during the year is held in August. This performance is entirely focused on gospel music, bringing favorite hymns and country gospel to the Opry audience. This year, the gospel show will be on August 10 and 11. Friday show time is 7 pm and the Saturday show is at 1 pm. Lunch and dinner will be served 90 minutes before the show, so folks can come early for a meal and to get the perfect seat. Snacks and desserts are also available.

Tickets are $10.00 and can be obtained by calling John at 787-256-0156. Reservations are recommended as the opry shows often sell out.

REVIEWS

Movie Review: ‘Won’t You Be My Neighbor?’

By Michael Foust

If you believe what the experts say about success in television, then Mister Rogers’ Neighborhood never should have had a hit.

It had a low production value, a simple set, and an unlikely star.

But from 1968 through 1991, millions of American children grew up watching the soft-spoken and thoughtful Fred Rogers teaching them everything under the sun – from how to make friends, to how mail gets delivered.

His underlying message: You are unique and loved.

“It worked because he was saying really, really important things,” the show’s producer, Mary Jo Whitmer, said.

The documentary film Won’t You Be My Neighbor? (PG-13), which is showing in select theaters nationwide, gives Americans a behind-the-scenes look at one of the most unique people the country has produced.

Rogers graduated from Pittsburgh Theological Seminary and was set to be a Presbyterian pastor until he had a change of heart, believing he could use his ministry skills and his knowledge about child development to help America’s children. He rarely discussed his faith on the program but brought many of the teachings of Scripture into nearly every segment, especially its commands on love and forgiveness.

Won’t You Be My Neighbor? isn’t 100 percent kid-friendly, although adults (like me) who watched it growing up will find every scene fascinating. It follows his trajectory, from a humble man of the 1960s who wanted to redeem television, to a man who retired in 1991, having seen his likeness parodied on Saturday Night Live.

He believed “love is at the root of everything” in a child’s life. The more love a child receives, the more likely he or she would be to have a successful adulthood.

“Fred’s theology was love your neighbor as yourself,” said his friend, the Rev. Fred Wirth, in the documentary.

The film includes interviews with Wirth, family members (Rogers’ wife and sons Jim and John, crew members, and cast members, too: the actress who played Mrs. McFeely (Betty Seams), the actor who played Handyman Negri (Joe Negri), and the actor who played Officer Clemmons (François Clemmons).

Rogers was ridiculed by society’s cynics, but his message is that Jesus would want us to learn a few things from Mister Rogers.

He stood up for civil rights. When he learned that black families weren’t being allowed to swim in pools with white families, he added a suble-yet-brilliant segment to his show. It showed Rogers washing his feet in a kiddie pool on a hot summer day and inviting Mister Clemmons – an African American – to do the same. Clemmons did.

He taught children they were special and loved. Rogers famously invited Jeff Erlanger – a quadruplegic child in a wheelchair – on the show to teach kids about disabilities. They sang a duet, It’s You I Like.

He taught kids about grief. Rogers had special programs following RFK’s assassination, the Space Shuttle Challenger explosion, and 9/11. He was so discouraged after the terrorist attacks of 2001 that he initially didn’t know what to say – and didn’t know if it would make a difference – but after a pep talk from his producer he told the audience that we all are called to be “repairers of creation.”

Rogers, though, wasn’t always right, and eventually rejected the Bible’s teachings on homosexuality – that is, if we believe his family.

The documentary details how Rogers told a gay cast member to stop visiting a gay bar. If the cast member went back to the bar, he would be off the show. Rogers, though, eventually “came around” on the issue, his wife says, although the film doesn’t quote him on the subject.

Still, we can learn a lot from Mister Rogers – about civility, about friendship, about forgiveness, and about love, too. His theology wasn’t perfect, but millions of children got a small glimpse of Jesus’ teachings, even if the Bible wasn’t quoted. That’s light years ahead of what’s on television these days.

Content Warnings:

Violence/Disturbing – Minimal. We hear the Vietnam War discussed, and we see soldiers and war planes. We see the aftermath of RFK’s assassination and hear discussion about it. In TV clips,

Get Your Spirits Lifted at the Elmont Gospel Opry

Twice each year, in November and March, the Elmont Opry brings great country music to the folks in Northeast Kansas, at Elmont United Methodist Church, 6635 NW Church Lane, in North Topeka. It is located a mile east of US-75 highway, off of NW 62nd Street. The 300-seat venue usually sells out as people return time after time to laugh, listen, and sometimes sing along with the Opry band and guest performers.

The third show during the year is
Rethinking the Christian music culture

Music and film producer Mark Joseph knows a thing or two about the entertainment industry, having worked for decades in both the Christian and secular worlds. Rethinking both industries is the focus of his new book, "Rock Gets Religion: The Story of Mark Joseph," which has been published as Netflix’s first comic book and was "the biggest selling new comic-book franchise in nearly 20 years.

"When my wife Lucy and I are 11 months into our jobs at Netflix and it’s everything we hoped for to the power of ten," Millar said. "To see a movie based on your work every couple of years is incredibly exciting, but to see them all happening at once like this and with that goodwill is just off the scale."

"These are writers and directors I’ve privately been sending fan-mail to over the last eighteen months so to be working with them all is just enormously exciting," he said.

"He started playing keys at a nearby church, and has covered the intersection of faith and entertainment for more than a decade. He also expressed worries about attempts to keep Christians out of the secular music arena.

"American culture thrives when all different voices are at the table," he said. "When one group suddenly evacuates, that creates a problem in the culture."

"Joseph explained how he came to love both secular and Christian music during his younger years, but soon came to question why Christian music was contained in its own isolated genre — a dynamic that kept great talent from being heard in the mainstream.

"I begun to really question, ‘Why are they walled off?’ he said. ‘I just felt bad that there were so many amazing artists that were in Christian music who never got to be heard by the outside world.’"

"In 2002, Joseph started working in record distribution overseas and met some of those Christian artists. His concern only intensified.

"I realized that people of faith, devout Christians were not being heard," he said, noting that he soon found himself wondering how this trend could be reversed. "It’s like Christians were at the kiddie table, not being taken seriously."

"The music and film producer soon set out on a mission to try and change that dynamic, writing three books on the subject over the years. Joseph has plenty of ideas about how Christians can take their music into the mainstream.

"Ideally, he wants to see Christian music "function like a normal part of the industry," with insiders pitching to mainstream media. A smaller portion of Christian singer, he argued, should focus on church worship music.

"My hope was that a smaller percentage of them would really focus on ... songs that are for worship," he said.

When asked about the separate Grammy categories that currently exist for Christian and gospel artists, Joseph said that these categories can’t be eliminated and integrated into general music categories until Christian artists take a stand on the issue. "It has to be the Christians themselves saying, ‘You know what? We are tired of being at the kiddie table at Thanksgiving. We want a seat at the normal table,’ " he said.

"When the first artist declined the Grammy and says, ‘You know what? I am an artist defined by my category of music’ [then there will be change]."

"Joseph added, "Right now, Christians are being treated like second- and third-class citizens."
Getting Enough Vitamins After 50

If you think of vitamins as the chewable cartoon characters of childhood or overshadowed by the supplement industry, you may wonder if they really matter. The answer: Yes, in a big way.

Humans can’t survive without the 14 vitamins — A, C, D, E, K, choline and B complex — and 15 minerals. Fortunately, our bodies are designed to extract the nutrients we need from the food we eat.

Most people can get all the vitamins and minerals needed from a diet of vegetables, fruit, “protein,” dairy, healthy oils and whole grains. But “most people” is not everyone. After age 50 the absorption of some vitamins begins a slow decline. A system that works like a well-oiled machine at 50 may continue to do so or it may be squeaking by at 65 or 75. Along with age, vitamin deficits can also be caused or exacerbated by a number of issues, including:

• Some medications
• Diminished appetite
• Forgetting to eat due to memory loss or depression
• Poor food choices
• Food insecurity
• Too much alcohol
• Illness

So how can you tell if the person for whom you care has a vitamin deficit? You can’t. The only way to find a vitamin shortage is a lab test.

The signs of low vitamin levels can be subtle and seem unrelated, or dramatic and still seem unrelated. Serious symptoms — including pain, memory loss and a downturn in cognitive function — may be falsely attributed to normal aging or an already diagnosed illness.

And the consequences of a vitamin deficiency can be serious. For example:

• A vitamin D deficit can cause cognitive impairment and raise the risk of death from cardiovascular disease.
• Too little folate (B9), vitamin B12 and vitamin C can cause vitamin deficiency anemia, a condition that can cause weight loss, muscle weakness, personality changes, unsteady movements, confusion and forgetfulness.

Sometimes a single change in the body — one that seems unrelated to vitamin levels — can interfere with vitamin absorption and launch a domino effect, triggering symptoms that can lead to a misdiagnosis.

For example: Ten to 30 percent of Americans over age 50 don’t produce enough stomach acid. While that may sound great to heartburn sufferers, stomach acid is key to absorbing vitamin B12, a powerhouse that helps produce red blood cells and DNA, and maintain nerves.

The result: People without enough stomach acid, and the many more who take medication to suppress heartburn, are courting a B12 deficiency, a shortage that can produce a variety of symptoms, including:

“prickly” feet, impaired cognitive ability, muscle weakness, loss of taste and smell, shakiness, low blood pressure, incontinence, hallucinations, paranoia, confusion and psychosis.

Take away tips:
The best way to get vitamins is through food.
• If you suspect your loved one’s vitamin levels are low, talk to the doctor about ordering lab tests.
• Never add supplements without a medical OK.
• Too much of certain vitamins can harm the body or promote a different risk.
• Some supplements interfere with prescribed medications.

Recently, Amy Grant again found herself facing what many face-losing a parent for whom you were a caregiver.

Dr. Burton Grant died Saturday at the age of 86 after an extended illness. The well-known oncologist passed away at his Nashville home surrounded by family members, including daughter Amy.

Sharing the news with fans on social media, the singer who has sold 30 million albums during her career, posted a sweet story about her dad when he was just a young man at the beginning of his career.

“My grandfather passed away when my dad was a teenager,” she explains alongside the photo of her and her dad. “When my dad decided to become a doctor it was his mother, my grandmother, who paid his way through school. Years after my grandmother passed, I found her graduation program in a box of her things with a note from her dad. It said, ‘I’m so sorry I will serve mankind in such a way as to justify your faith in me. Love, Burton.’

But the loss of her dad is the end of a journey of care giving for both her parents that began 10 years ago. The acceptance that her mom had dementia involved a memory of her and her mom when Amy was just a teenager.

On one ordinary school night, a 16-year-old Amy Grant was in her room, putting the finishing touches on her first original song, which she would later sing for the first time for an audience of one — her mother, Gloria.

“I picked her because she was always there for me — she made me feel comfortable,” Amy recalls.

But a few decades later, the same woman who put Amy so at ease would no longer remember that her daughter sang at all, let alone recall the details of a storied career that encompassed six Grammy wins, multiple platinum-selling albums and the title of best-selling contemporary Christian music performer in history.

Growing Concerns, Cancelled Concerts

It was during a visit home in 2008 that Amy first recognized things weren’t quite right with either of her parents.

Gloria was exhibiting extreme confusion, which would later reveal itself to be a symptom of Lewy Body dementia, while Amy’s father, Burton, was making uncharacteristically bad financial decisions.

The singer cancelled her 2009 plans in order to help her father and three sisters — Carol, Mimi and Cathy — take care of Gloria. Two years later, once she had resumed performing, Amy and her mother had an especially profound exchange.

Amy was saying goodbye to her parents before embarking on a tour when her mother asked where she was going.

When she heard her daughter was leaving to perform, Gloria replied with a simple, heart-wrenching question: “Oh, you sing!”

The memories of all the songs she’d played for her mother over the years coursing through her mind, Amy responded: “Yes ma’am, I do.”

Would you sing something for me?”

Amy lifted her voice, singing “Revive Us Again,” a hymn beloved by Gloria.

The older woman couldn’t remember the song, but she enjoyed Amy’s singing and asked to come with her. When Gloria realized she couldn’t accompany her daughter, she offered one simple directive: “When you get on that stage, sing something that matters.”

After assuring her mother that she would do exactly that, Amy managed to make it to the car before losing her composure.

Gloria died two months later in April of 2011.

Amy’s last album, “How Mercy Looks From Here,” is dedicated to the mother who continued to guide her, despite dementia. “At some point in life you realize that some things really matter and some things don’t. Living matters. Celebrating life matters. Seeing the value in hard times matters. Relationships and people matter. Faith matters.”

Like her songs, Amy’s insights echo the unexpressed emotions of millions of men and women on caregiving journeys. “I think it goes back to why people become songwriters to begin with—we’ve always felt compelled to tell stories, or find a story in something. What you’re really hoping for from a song is that someone is going to feel moved by it. You don’t have to make up much when you’re writing—there’s so much inspiration in life.”

Conquering the Great White Elephant

Communication is the main factor Amy cites when describing how her clan managed to stay together while watching two much-loved family leaders decline into dementia.

In fact, it was an exchange with her daughter, Corrina, which enabled Amy to handle her own mother’s inability to remember her singing career with such poise.

When Gloria was still alive, Amy came across Corrina one day, crying in the hallway. “I’m so scared that one day Grando won’t remember who I am,” sobbed the youngest of Gloria’s 17 grandchildren.

Despite her daughter’s youth, Amy knew that honesty was the appropriate approach. “I just sat her down and said, ‘When that day happens, remember that it has absolutely nothing to do with love—Grando loves you, she just needs your help. Remind her of who you are and tell her that you love to dance, you love to sing.’ We walked through the whole scenario together.”

A few months after that pivotal discussion, the whole family was gathered around the dinner table when Corrina’s fear manifested itself. Gloria, a confused and unrecognizable face, started shifting her gaze between her daughter and her granddaughter. After a few moments, she leaned towards Amy, saying, “Who is that?” gesturing towards Corrina.

Amy turned to her daughter, saying

Please see AMY GRANT next page
simply, “This is the time we talked about.”

Corrina gathered her courage, rose from her seat, went to stand next to Gloria and, much like her mother did all those years ago, began to sing a song meant for an audience of one—for Gloria. The tune wasn’t one she’d written herself, but one she’d learned at school for Grandparent’s Day.

“There are always going to be things we’re afraid of,” Amy remarts. “Sometimes we need to have someone tell us not to be afraid—we’re going to handle it together. Our family made it a point to talk through these situations ahead of time, we didn’t just wait for the white elephant to appear.”

The Sisters Create a Caregiving Tag-Team

Faith and family Amy and her sisters together as they looked after their father, whose dementia rapidly worsened in the wake of his wife’s death. Burton’s impairment advanced to the point where he spoke infrequently and couldn’t remember his daughters’ names; but, as a former Sunday school song leader, music still maintained the power to move him. Amy describes an instance where he sat down at the piano and began playing a perfect rendition of the Tennessee Waltz—an especially remarkable feat given that she didn’t even realize he knew that song.

Burton took much of the financial burden of elder care off his daughters by purchasing long-term care insurance years ago. They had the means to hire in-home caregivers to assist with some daily tasks. But the Grant sisters all took turns providing hands-on help for their father. “It goes in cycles,” says Amy, who admits her caregiving duties were not as strenuous as some of her other siblings, mainly because she was the only one with a young child still living at home at the time. She said towards the end much of the day-to-day care fell to her sisters because of her own travel schedule.

Caregiving challenges caused both conflict and growth in the siblings’ caregiving quartet. “A hallmark is that there is a weird dynamic in every family. No two children are cared for in the same way by a parent. There’s unspoken hurt and drastic differences in individual relationship dynamics. In the beginning, my sisters and I were a therapist’s dream—the important thing was that we didn’t walk away from each other. We prayed a lot. We let our guards down, and we tried to be respectful and caring, not just to our parents, but to each other as well.”

Indeed, handling family conflicts while caregiving can be tricky. It took years for Gloria’s daughters to be able to go through the things she’d left behind after she passed away. Just recently, the foursome gathered at a sister’s house, prepared a big meal, and sat down to sort through the earrings, necklaces and bracelets that their mother—a former jeweler—had left to the family. As they exchanged fond memories of Gloria, Amy’s brother-in-law poked his head in the room, an astonished look on his face, and said, “If I didn’t know better, I’d think you guys, were shooting craps together in here.”

“We’ve come a long way,” Amy admits. “Because of this whole process, we’ve lost pettiness in the dust. I guess that’s my take on all of the craziness that surrounds dementia and dying. There’s so much to be gained by sharing things with other people who are as invested in caregiving as you are.”

Communication and creativity are the two tools Amy brought to the caregiving table—a natural fit, given her songstress roots. “Whenever we had tough things we needed to talk to mom and dad about, my sisters would always say, ‘Amy, you go talk to them.’ I think that’s because they knew I was accustomed to singing and saying vulnerable things.”

She admits that her background does help when it comes to talking about tricky caregiving issues. “It probably gives me sort of a decent toolkit to talk about things that are hard, because what you’re really hoping for from a song is that someone is going to feel moved by it. You don’t have to make up much when you’re writing a song—there’s so much inspiration in life. You just need to figure out a way to say things that are honest, simple and not posturing.”

The Importance of Being Honest

Honesty, simplicity and vulnerability are three keys to effective communication that are so hard for so many caregivers.

The men and women who assume the selfless duties of taking care of a loved one are more wont to deny and bury their feelings, not wanting to share their burden with others, even though sharing stories and experiences with each other is a major way many caregivers find support.

Celebrities often shy away from speaking candidly about the difficulties in their lives, but Amy knows first-hand the invaluable impact that honest communication can have when one is going through a challenging life experience, a fact which has compelled her to share her stories with other caregivers.

WHAT MEDICARE DOES NOT COVER

Many individuals enrolling in Medicare, assume the program will pay for all their insurance claims. Although Medicare does cover most health care services, the following are some of the things NOT covered by original Medicare Parts A and B.

HEARING CARE. Although Medicare does cover ear-related medical conditions, it does NOT cover routine hearing exams, hearing aids or exams to be fitted for hearing aids.

DENTAL CARE. Original Medicare does NOT cover most routine dental services and supplies. This includes dentures, oral exams, cleanings, extractions, fillings, and root canals. Medicare Part A (Hospital Insurance) might pay for certain dental services that you get while you may be in the hospital.

EYE EXAMS. Medicare does NOT cover routine eye exams for glasses or contact lenses. Coverage is limited to ophthalmological expenses such as cataract surgery.

FOOT CARE. Medicare generally does NOT cover routine care for feet such as callus removal.

LONG TERM CARE. Also known as custodial care, Medicare does NOT cover long-term care services performed at home or nursing home care. Medicare may cover limited stays in rehabilitation facilities, following a hip replacement for example. However, if you become seriously ill or need custodial care, Medicare does NOT provide coverage for those services.

INTERNATIONAL COVERAGE. Original Medicare does NOT cover medical costs while living or traveling outside of the United States.

Other non-covered items include cosmetic surgery, acupuncture and other alternative treatments, and most chiropractic services. You can find a complete list at www.medicare.gov.

When Medicare is your primary health insurance plan, you must pay out of pocket for the items above that are not covered services, unless you have additional coverage. For example, many Medicare Advantage (Part C) Plans offer coverage for services that do not come with Original Medicare such as dental or vision care.

Century Health Solutions is a subsidiary of Stormont Vail Health, Topeka, and provides free Medicare Educational Seminars. We are your local expert in Medicare insurance planning and will help you find the best option for your personal situation.

Call us at 785-270-4593 Monday-Friday, 8:00am-4:30pm with questions or to sign up for a free seminar. For more information go to www.centuryinsuranceagencyks.com or email info@century-health.com.
Terry Bradshaw Reveals How Jesus Saved His Life in Heartfelt Testimony

Anyone under the watchful eye of the media knows there's often a price to be paid for voicing certain opinions. Oh, you're allowed to believe what you wish, just as long as it's politically correct, mind you.

Many celebrities crumble under the pressure. They either give in, go with the flow and follow their peers, or they remove themselves from the spotlight altogether.

Which is why it's always refreshing when someone famous chooses to be outspoken regarding their faith, despite what some might say or do. Terry Bradshaw is perhaps most famous for his sports career, but there's much more to appreciate about the former Pittsburgh Steelers quarterback.

But it's not his TV and film career that's ruffled more than a few feathers. Rather, it's his views on faith and politics that have left some with crossed arms and sour expressions. But Bradshaw hasn't let the bad blood get him down.

In fact, about a decade ago, Bradshaw spoke out about his faith in Jesus. In a one-on-one interview with CNN's Scott Ross, the sports guru chatted about his upbringing, criticism from the media, and the power of prayer.

"You have to understand, I got hammered pretty good by the media," Bradshaw shared. "They called me stupid. They called me dumb. That's pretty powerful."

Yet the media's harsh words didn't stop Bradshaw. He may have dealt with depression, and he even cried out to God and pleaded, "just get me out of here.

However, the NFL icon pushed through and is now one of the most well-known sports commentators on television. "...everything that I've done, everything that I do, is to this day, all major decisions are all through prayer," Bradshaw explained.

"I had one of those great, wonderful, salvation moments in my life," he said. "It was one of those moments that I knew that God's spirit had moved into my heart... I couldn't escape it. Because I learned that God forgave me."

And it's his faithfulness to his beliefs that have continued to show up in interviews. When the national anthem protest became a controversial issue in the NFL starting in 2016, Bradshaw didn't shy away from his views about the matter.

"I do have a problem when people in this country don't respect our flag and national anthem," he said in an interview with Fox News. Bradshaw also expressed his frustrations with not being able to talk about Jesus.

"We can't talk about Jesus. We can't mention that anymore," he said. "So we say 'I'm religious,' because if we say Jesus, you automatically are pigeon-holed and kicked off the desk."

Powerful and sobering words from a man of faith. No doubt we can continue to expect Bradshaw to do what he does best — to live the life, morals, and faith he believes, despite what the media might think.

— Sara Catri / westernjournal.com

The Fellowship of  
Christian Athletes (FCA) is on a mission to see the world transformed by Christ through the influence of coaches and athletes.

One way they're making this happen is by hosting hundreds of summer camps around the world that train students spiritually and athletically. The camps have already begun and more than 113,000 athletes and coaches in 45 states and 41 countries are expected to participate.

"FCA staff is in a unique place to be able to meet with coaches and athletes — meeting them in their sports, helping them at camps get better in their sports," FCA Director of Ministry Advancement Kellen Cox says.

The athletics and coaches attend the camps to become better players, but also get to hear the gospel while they're there.

"Faith in Jesus Christ has changed literally thousands of coaches and athletes' lives even this year," Cox shared. "We see coaches and athletes give their lives to Christ, put their faith and belief in Jesus, and it truly has changed everything."

Dozens of athletes and coaches recently responded to the gospel message at a football camp in Georgia. "In a room full of a thousand plus people where the gospel of Jesus was shared, 46 athletes and coaches gave their lives to Christ," Cox said.

Last year, several thousand coaches and athletes did the same.

This year’s theme for the sports camp is “strong.” It is based on the Bible verse from 2 Timothy 4:7; “I have fought the good fight, I have finished the race, and I have remained faithful.

"God calls us to be solid in our faith, to fight the good fight with perseverance, and surround ourselves with a firm support system in order to finish strong," said FCA President and CEO Shane Williamson. "With Jesus Christ and His Word transforming us daily, we can be strong 24/7!"
Room-by-Room Refresh

(Family Features) Spring is a sensible time to refresh and restore your home after heavy indoor use during winter. It’s also an opportunity to conduct overdue home maintenance and achieve a sense of accomplishment.

Tackle the project room by room with these tips from the experts at Office Depot to make the work feel more manageable and ensure you complete a thoroughly satisfying job.

Entryway
The main entrance, whether it’s the front door or a mudroom entrance off the garage, tends to become a dumping ground where items are shed with each trip through the door. You may have to wade through some clutter to make headway, but after a thorough cleaning of the furniture, floors and walls in this space, your next challenge is making sense of all the mess.

One solution is assigning designated storage spaces for each family member. A series of plastic storage boxes or cubby-style organizers can help contain possessions like shoes, backpacks, handbags and more. Rely on stylish hooks or a coat tree for extra storage. Put your finishing touch on the freshly cleaned entryway with some pops of color and personality, such as cheerful wall art and a welcoming rug.

Home Office
If there’s any room that comes close to the clutter of the entryway, it’s the home office. A major difference is that generally, office messes come in the form of paperwork, and paper can actually be organized quite easily.

Sorting is the best first step, so you know exactly what you’re up against. Create piles for all the different types of paper you’re likely to encounter, from bills and to-do lists to the kids’ school work. Separate other items by category, such as medical records and financial documents or art supplies and books, into piles of their own. An option such as the 3M Weighted Desktop Dispenser and Organizer can help keep supplies like pens, tape, paper clips and sticky notes neat and tidy.

There are dozens of options when it comes to home filing systems. Consider keeping current documents in a location you can access at your fingertips, such as a hanging file drawer or a desktop file. Labeled tabs and color-coded folders can help make frequently used documents more easily accessible.

For archival materials, such as tax returns and insurance policies that you’re likely to consult infrequently, a secure but separate storage solution makes more sense. Drawer labels and colored hanging file pockets paired with a categorical or alphabetical organization system can make it easy to dispose of unwanted clutter without tossing important papers.

Once you’ve dealt with all the paperwork, don’t overlook important details like dusting the computer desk and screen to make your freshly cleaned office extra inviting. Adding a stylish, functional centerpiece like the See Jane Work Kate Writing Desk can also help you stay organized now and in the future.

Kitchen
Because it’s likely the most used room in the house, the kitchen sees a fair bit of cleaning year-round. However, in any busy household it’s easy to let deeper cleaning slide. While you’re tackling the rest of the house, take time to give the kitchen its due. Mop the floors, disinfect all surfaces and remove clutter that has accumulated, including old and out-of-date food from the refrigerator and pantry.

Because consumables are such an integral part of this space, it’s a good idea to use green cleaning products that won’t leave harmful residuals on your cooking surfaces or distribute contaminants into the air.

Bedrooms
When warm spring weather arrives, throwing open the windows to circulate fresh air can be one of the most welcoming ways to wake up the bedroom after long winter months. Freshly washed linens and a flipped or rotated mattress can also give the room a freshness you can see and feel.

Beyond the typical chores like vacuuming and dusting, don’t forget dusty baseboards and make sure to wipe down any glass or mirrored surfaces for extra shine. Another way to make a big difference is organizing items that exceed the storage capacity of your furniture. In the bedroom itself, a trunk at the foot of the bed or a wardrobe organizer that complements your other furnishings is a smart bet.

In the closet, you can repurpose common office supplies and organizers to make the most of limited space. For example, adhesive hooks are perfect for handbags, necklaces and scarves. Lightweight shelving or cubbies make it easy to confine shoes, and for an assortment of accessories and nick-knacks, try stacking plastic bins. Another idea to maximize drawer space in your dresser: move undergarments and socks into a portable storage cart with trays or drawers that fit neatly in the closet.
New Resident Church Guide

1. SOUTHWEST TOPEKA BIBLE CHURCH
4141 SW Blvd (3rd and Gage) Topeka, KS 66610
785-234-5445
Sun. School: 9:30 Bible Study Classes 10:45 Worship Service
www.swbdc.org

2. CHRISTIAN CAVALRY MINISTRIES INT.
Paster Beaux Bryant
c/o Seaman Baptist Church
2105 NW Buchanan, Topeka KS 66608
785-224-5419 • www.churchforbikers.org
Sun. School: 9:30 am
Sun. Service: 10:45 am
Wed. Prayer & Bible Study 7pm

3. TOPEKA BIBLE CHURCH
1101 SW Mulvane St, Topeka, KS 66604
785-220-5418 • www.church4bikers.org
Sun. Services: 9:30 Bible Study Classes
Midweek Bible University – Wed. – 7pm
785-224-5419 • www.churchforbikers.org
Sun. Worship: 9am (Hymns) & 11 am
Sun. School: 9am
Wed. Prayer & Bible Study 7pm

4. NORTHLAND CHRISTIAN CHURCH
3102 NW Topeka Blvd, Topeka KS 66608
785-319-1204
Worship: 8:00 – 9:30 & 11am
Sunday School & Bible Studies: 9:30 & 11am
www.discoverbc.com

5. INDIANA AVENUE CHURCH OF CHRIST
3510 SE Indiana Ave., Topeka, KS 66605
785-266-7788, www.indianachurch.org
Bible University – Sunday: 9:30 – 11am
Classes for all ages.
Morning Worship – Sunday – 10:45 a.m.
Midwest Bible University – Wed. – 7pm

6. FIRST SOUTHERN BAPTIST
1912 SW Gage, Topeka, KS 66609
272-0443 • www.fsbotopeka.org
Sunday Services: 8:00 AM Traditional Worship
9:45 AM Bible study—all ages
11 AM Contemporary Worship

7. TOPEKA BAPTIST CHURCH
“Finding New Life in Christ”
Sunday Worship: 9:15 & 10:45, 6pm –
6 pm School for all ages –
4500 SW Gage Blvd., Topeka KS 66608
785-862-0989 • www.tobaptist.org

8. WANAMAKER ROAD BAPTIST CHURCH
“Being and making disciples of Jesus Christ by the power of the Gospel, to the glory of God”
2700 SW Wanamaker Rd., Topeka KS 66604
785-272-9232 • www.wrbctopeka.org
Traditional Sunday Worship: 10:30am & 6pm
Sunday School: 9am – Wed. Prayer 7pm

9. GRACE COMMUNITY CHURCH
310 E 6th St (E. US 56 Hwy)
Overbrook, KS 66517
Elvin Dillard, Senior Pastor
Sunday School: 9 am; Worship: 10 am
www.gccoverbrook.com

10. LORD’S HOUSE CHURCH
300 SW Roosevelt, Topeka KS 66606
Pastor Marilyn Hahn McIntire
Sunday School: 9:15 am; Worship 10:30am
Children’s worship time 10:30 am
Hear us on WREN Radio Sun. 10-11am
Like us on Facebook!
All are welcome - Come and see us!

11. COMMUNITY CHURCH
1619 SW 21st St., Topeka
233-9357 • www.topekachurchks.com
Sun.9:30am — Sunday School for all ages
Sun. 10:30am – Worship & Word, Children
Wed. 6:30pm - Children, Youth, Adult.
~ Nursery care for all services ~

12. BUCK CREEK COUNTRY CHURCH
Meeting at Buck Creek School House
Children Sunday School - 8:30 a.m
Worship Service - 9:00 a.m.
Contact: Logan Barnett 785-597-5499,
343-4046, Jack Swart 700-7973

13. WANAMAKER WOODS NAZARENE
Serving Christ - Loving People
3511 SW Wanamaker Rd. • 785-234-2248
Dr. L.D. Holley, Sr. Pastor
www.wnnaz.org
Sun. Worship: 8am (Hymns) & 11 am
Sunday School: 9 & 11 am
Sunday School: 9 am, all ages
Sun. Evening: Various Children’s Programs
6 pm Life Groups; 6:30 pm Teen Life Groups
Wed. 6:30 pm Kids United
~ Nursery care at all services ~

14. GRACE LIFE CONNECTION
Living grace inside-out in an upside-down world
Saturdays @ 8:00 PM
Papan’s Landing Senior Center
621 NW Parmane St, Topeka KS
Pastor Pete Whitehead

15. OAKLAND UNITED METHODIST
801 NE Chester, Topeka, KS 66616
233-1010 • www.co1muskc.org
Shawn O’Timble, Pastor
Sunday School 9:15am, Worship 10:30am
Children’s worship time 10:30am
Hear us on WREX Radio Sun. 10-11am
Like us on Facebook!
All are welcome - Come and see us!

16. HOUSE OF THE LORD CHURCH
286-1204
5973 SW 25th St.
Topeka, KS 66614 • www.totallights.org
Fr. Matthew Schiffelbein, Pastor
Sunday Services: 8:30 and 10:00 AM
Meet at 522 SW Polk
801 NE Chester, Topeka, KS 66616
785-234-5545
www.o2muskc.org
601 NE Chester, Topeka, KS
633-7060

17. EAST SIDE BAPTIST CHURCH
286-1204
2350 SW Gage Blvd
801 NE Chester, Topeka, KS 66616
785-234-5545
www.eastsidebc.org
601 NE Chester, Topeka, KS
633-7060

18. CHRIST THE KING CATHOLIC CHURCH
Voted 2015/16 Best Church in Topeka!
1917 NE 25th St.
Topeka, KS 66614 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10am and 6pm
Junior Church for kids: Sun 10am
Wed. Worship: 7pm

19. SEAMAN COMMUNITY CHURCH
Independent Christ-Centered Bible Church
2306 NW Taylor, Topeka, KS
354-9777 • www.seamanchurch.com
Adult Sunday School - Sun. 9:30am
Sunday Worship: 10:30am

20. HERITAGE BAPTIST CHURCH
1907 NE Madison St.
Topeka, KS 66616 • 785-506-4594
Pastor Dale Stockburger
Sunday Worship: 10am and 6pm
Junior Church for kids: Sun 10am
Wed. Evening Worship: 7pm

21. HARVEST FAMILY FELLOWSHIP
Meets at 552 SW Polk
785-220-5416
Pastor Roy Rodriguez
Sun. Worship: 10 am
www.tokehaartharvest.wsbpeb.com
22. FAMILY OF GOD CHURCH
1231 NW Eugene St.
Topeka, KS 66608
Pastor Roger Rangel
Sunday Worship: 10:30am

See our website for info on our Student Ministries & Kid City
www.esboks.org

Contact: Logan Barnett 785-597-5499,
343-4046, Jack Swart 700-7973

Payment in advance required: $12 for the first 25 words; 25 cents for each add’l word. (classified ads also go immediately online)

FOR SALE:

GOLF CLUBS – a 2013 model Cleveland Driver SL 290. 10.5 Degrees, regular flex shaft, Retail $339, asking $49, only played a few rounds.
New Warrior 10 degree Driver, only hit a few at $339, asking $49, only played a few rounds.
SL 290, 10.5 Degree, regular flex shaft. Retail

FOR RENT:

CHURCH RENTAL SPACE – Space available for church services on Sunday mornings at Imago Dei Church, 1201 NW Central Ave. in Topeka, KS 66608. Call 785-633-3264 for details

WANTED:


WANTED: DONATIONS TO A PROJECT – Only 50 cents will send one book to a student who may not have ever held a book. Send to Chaminoo Library Project (Lincoln Law) Am. Peace Corps Books for Africa

IMMEDIATELY NEEDED: FUNDRAISERS – Metro Voice needs volunteers or interns who can serve as area correspondents for church and community news around the metro area. Call 235-3340 or email voice@cox.net. Some perks i

MetroVoiceNews.com
Facebook/MetroVoiceNews
Topeka Metro Voice

Listen at work!
UpperRoomRadioOnline.com
Operation Backpack is Back!

Topeka North Outreach, Inc. Youth Ministry is set to begin its 13th year providing Weekend Food Sacks to area children in need through its Operation Backpack program. To start the new school year, backpacks and school supplies are being collected for eligible children whose families are: working poor, single or widowed, foster or adoptive, disabled, or grandparent parents.

The TNO school supply giveaway will be August 4th from 9:00am – Noon at the Indian Creek elementary school, 4303 NE Indian Creek Rd, Topeka, KS (the corner of 43rd Street and Indian Creek.) No application necessary; supplies will be given out on a first come, first served basis until gone. Please bring your school’s supply list with you.

Once school starts, children will receive a Weekend Food Sack full of nutritious, single-serving size food items every Friday, to take home in their backpack.

The desire is to look after orphans and widows, the poor and needy. TNO is currently raising funds, collecting school supplies and backpacks, and collecting snack type food items in order to reach 600 children every week at ten local schools.

71.99% of children in Topeka Public Schools fall in the “economically disadvantaged” category according to the Kansas State Department of Education website (2016-2017 statistics.) That’s close to 11,000 children right here in Topeka!

Food donations can be dropped off at any of the member churches Calvary Church, Calvary Lutheran, Elmont United Methodist, Faith Family Life Center, First United Methodist, Grace Communion International, Grace Point Church, Kansas Ave. United Methodist, Lighthouse Bible Church, North Topeka Baptist, Northland Christian Church, Oakland Presbyterian, Oakland United Methodist, Pleasant Hill United Methodist, Seaman Community Church, Second Baptist Church, Second Presbyterian Church, St. Marks AME, St. Peters United Methodist, Topeka Church of the Brethren.

School supply donations can also be taken to our pantry at 4303 NE Indian Creek Rd. no later than Thursday, August 2nd 6 pm. Gideon’s will be distributing bibles.

Volunteers are always welcome to help assemble the Weekend Food Sacks the first Thursday of every month at 6 pm beginning September 6 and continuing thru June 2019 at Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers are also needed on Fridays to distribute sacks to the children at school. Over 100,000 Weekend Food Sacks have been distributed to needy children in Topeka since the program began. TNO distributes food sacks to children in need that attend Chase Elementary, Elmont, Logan, North Fairview, Northern Hills, West Indiana elementary schools, Pleasant Hill Learning Campus, Seaman Middle School, Seaman High School.

If you would like to help, contact TNO at 785-286-1370, or email: youth@topekanorthoutreach.org.

If you are needing help with School Supplies then visit the website: topekanorthoutreach.org.

Also, VBS Club is held every day after school at Garfield Community Center offering bible stories, crafts, music, service projects, homework help, after school snacks, mentoring, tutoring.

The TNO Hygiene Ministry also distributes hygiene kits to area children in need.

More North Topeka events:

ELMONT GOSPEL ORY – Aug. 10, 7pm and Aug. 11, 1pm, Elmont UMC, 6635 NW Church Ln. Doors open 90 minutes early for lunch or dinner. Tickets $10 – call John at 246-0156.

OPEN HOUSE – Aug. 4, 4-7pm, Soldier Township Fire Dept., 600 NW 46th. Come visit and meet Fire Chief Doug Schmitt, learn about the two new engines, and enjoy hot dogs, hamburgers & fun activities for kids. 5PM pinning ceremony for newest hires. 785 286 2123.
Boutique on Boulevard
the Topeka Rescue Mission Ministries

Every $25 you spend at the Boutique or Thrift Store helps shelter 3 people for a night.

Primary Election Day is Aug. 7
Voting in Kansas has already started!

Get voting info and the Pro-Life Voter Guide you know you can trust from Kansans for Life!

Don’t forget to VOTE!

VoteProlife.net