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NEW RESIDENT churchguide

East Side Baptist Church



See inside back cover!

City of Topeka gets \$1.7 million to help homeless



The U.S. Department of Housing and Urban Development (HUD) announced the City of Topeka will receive \$1.7 million to fund its homeless housing and service program, Shelter Plus Care. The City was awarded an additional \$51,737 in planning funds to help the homeless population.

This announcement comes one day after the City reported an increase in the homeless population from its annual Point in Time Homeless Count.

According to the count, 365 people, and 297 households are experiencing homelessness in Topeka and Shawnee

■ Please see HOMELESS page 2

Only 4 Percent of Christian Parents Have a Biblical Worldview



Poll Finds Children Are 'Spiritually Disadvantaged'

By Michael Foust

Less than five percent of American parents who claim to be Christian possess a biblical worldview, new research out of Arizona Christian University found. The research also shows most parents today hold

to a "syncretistic" belief system that blends multiple worldviews.

The study, released Tuesday by the university's Cultural Research Center, found that only 2 percent of all parents of pre-teens in the United States possess a biblical worldview. And although two-

thirds of those parents are self-identified Christians, only 4 percent of that group holds to a biblical worldview.

The research involved interviews with parents of children under the age of 13. It was part of the center's

■ Please see PARENTS page 2

New format makes Metro Voice more user-friendly



SMALLER SIZE - MORE PAGES

With this issue, Metro Voice debuts a new, modern format that's more of a newsmagazine look, which makes it more user-friendly and easier to read.

The new format is also more easily translated onto digital platforms, which makes for easier reading on your devices.

Now in our 16 year of publication in Topeka, Metro Voice continues to print thousands of copies for Northeast Kansans to pick up and read for free, as well as daily postings of articles on our website and social media pages.

MAYA: The Great Jaguar Rises will open at Union Station in May

The record-breaking Auschwitz exhibition at Kansas City's Union Station is closing this month. Station officials announced this week that the next major exhibition, MAYA: The Great Jaguar Rises, will open on May 13.

"This major exhibition spotlights the mystery, legacy and resilience of one of the world's great civilizations -- the Maya of Central America -- a powerful culture that rose in the tropical rainforests of Guatemala thousands of

years ago," said George Guastello, Union Station president and CEO. "Through educational experiences like MAYA, we promote understanding and appreciation for peoples from around the world. Their traditions. Their achievements. And their lasting impact on the global tapestry of humanity. In so doing, we hope to bring an undeniable connectedness that transcends time and place."

■ Please see MAYA page 2



Churchgoers are more likely to express satisfaction in relationships

Churchgoers are far more likely than the general population to say they are content and satisfied in their family and personal relationships, according to a new survey from Barna and Gloom that is part of their "State of Your Church" project.

The poll, released this month, found that 58 percent of churched adults rate the "contentment" in their friendships and relationships as strong, compared to 34 percent of the general population who answer that way. Practicing Christians score even higher on the question at 67 percent.

"Overall, churched adults fare better than the general population in their relationships," Barna said in an analysis of the survey. Similarly, "practicing Christians fare better across the dimensions."

This gap also was seen in other questions about relationships.

When asked if their relationships are "as satisfying" as they would want them to be, 54 percent of

churched adults and 60 percent of practicing Christians scored their relational satisfaction highly, compared to 29 percent of the general population.

About half (52 percent) of churched adults and 61 percent of practicing Christians scored their "relational flourishing" highly as well. The study defines relational flourishing as a combination of the two previous relationship questions. For the general population, 28 percent scored their relational flourishing highly.

"A church that not only welcomes and connects people but also operates out of an awareness (if not a proficiency in) in the realities of what it takes to be content and satisfied in relationships today is key in supporting the whole-life flourishing of congregants," Barna said.

The State of Your Church project outlines five markers of flourishing people and 15 markers of thriving churches.



Meanwhile, 72 percent of practicing Christians in the survey gave a high score on a question about whether their church is an essential partner in their spiritual growth.

The research around flourishing people and thriving churches, Barna said, shows that "now more than ever, simply counting heads in pews or views on a streaming service cannot fully reveal the impact of

a church, the effectiveness of the pastorate or the transformative power of discipleship."

"I firmly believe this moment provides an opportunity to pioneer new ways of leading God's people and new, deeper pathways to discipling people," said Barna CEO David Kinnaman.

—Michael Foust

HOMELESS

continued from page 1

County. 40% of the homeless population are unsheltered, meaning they are not living in an emergency shelter or in transitional housing.

"Shelter Plus Care helps around 240 households on a given month. This renewal of funding can help some of those unsheltered individ-

uals in the community, as that number is increasing," said Corrie Wright, Division Director of Housing Services for the City of Topeka.

Shelter Plus Care is a program designed to provide rental assistance to homeless persons with disabilities, including severe and persistent mental illness, chronic problems with alcohol and/or drugs. Participants may choose their residence from units where

the landlord agrees to accept the established housing subsidy, and abide by the Shelter Plus Care program guidelines.

In order to be eligible for Shelter Plus Care, you must meet all of the following criteria:

- You are homeless, living in the streets or shelter
- You suffer from one of the following disabilities; severe mental illness, chronic substance abuse,

and/or HIV/AIDS

• You are receiving case management services through one of the designated agencies

For a full list of criteria, and for more information about Shelter Plus Care, visit <https://www.topeka.org/housing-services/shelter-plus-care/>.

Shelter Plus Care can only accept referrals from the agencies providing case management.

MAYA

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The Maya flourished in cities of stone carved into the jungles of

Mexico, Guatemala, Belize, Honduras and El Salvador. The exhibition will feature more than 300 original objects that detail the daily life, religion, politics and innovations of the Maya. By

studying the stars, the Maya developed a calendar more accurate than any other in the world. Their use of the number zero opened the door for advanced mathematics. Rubber balls were essential to Maya sports centuries before the "discovery" of vulcanized rubber. And they introduced the world to chocolate.

Although the exhibition looks back at the height of the Maya civilization, it also acknowledges the millions today who still speak a Mayan language and the many more who are direct descendants. Far from being a lost or ancient civilization, the Maya thrive today in renewed vibrancy.

"With the Maya, we can ex-

plore and see how people without any contact to other civilizations in Europe, Africa or Asia came up with similar ideas, inventions and solutions," said Nikolai Grube, Ph.D., curator of the exhibition and professor of anthropology of the Americas at the University of Bonn. "The Maya civilization was never lost. This was a very romanticized 19th century European perspective on the Maya. What was lost were the big cities in the rainforest. The Maya of today preserve many ideas, languages and forms of living of their ancestors."

Tickets and additional information are available at www.unionstation.org.

PARENTS

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American Worldview Inventory for 2022.

"Every parent teaches what they know and models what they believe," said George Barna, director of research at the Cultural Research Center. "They can only give what they have, and what they have to give reflects their driving beliefs about life and spirituality. Parents are not the only agents of influence on their children's worldview, but they remain both a primary influence and a gatekeeper to other influences."

More than 9 out of 10 parents have a "syncretistic" or blended worldview, meaning their beliefs are a mix of multiple worldviews where "no single life philosophy is dominant," the study found. This produces "often self-contradictory" worldviews, the center said in an analysis.

"The typical American parent is either fully unaware that there is a worldview development process, or they are aware that their child is developing a worldview, but they do not take responsibility for a role in the process," Barna said. "Or they are aware the child's worldview is being developed, but choose or allow outsiders to accomplish that duty on the parent's behalf."

The research further found that "the younger the parent, the less likely they are to have a biblical worldview." Today's children, Barna said, are "spiritually disadvantaged."

Still, Barna said, he has hope for the future.

"The reality is that culture-changing movements can transform a nation with as little as 2 percent of the population on-board. Turning around the paucity of commitment to the biblical worldview cannot," he said. "... We estimate that there are perhaps 10 to 15 million adults in the country who have a biblical worldview and therefore might be engaged in such a worldview transformation effort."

Barna added, "A relevant question is whether there is sufficient concern among that remnant to get organized and wage an uncompromising, strategic, and tireless battle to recast the heart, mind, and soul of Americans."

The study was based on interviews with 600 parents of children under the age of 13. Interviews were conducted in January.

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7th Annual EasterFest returns to Garfield Park

Topeka EasterFest – The Topeka Easter Parade and Fun Fair – is back for 2022! The annual event began in Gage Park in 2014, then moved to Garfield Park in North Topeka in 2017. After being cancelled in 2020 and 2021 due to the pandemic, the 7th Annual EasterFest will be held Saturday, April 16, 2022 (the day before Easter), with a parade on North Kansas Avenue that runs right past Garfield Park, followed by an egg hunt and fun fair.

Over three thousand people have attended the event in the past to watch the parade, visit the Fun Fair, listen to live music, visit over 70 vendor & exhibit booths, attend the Health Fair and take part in the big egg hunt or other activities.

Every year, dozens of churches, businesses and non-profit organizations take part in the parade, and dozens more set up vendor booths and kids' games as part of the family fun fair. There have been lots of floats with a variety of themes, and all shapes and sizes of other vehicles, as well as walking entries such as schools, military groups, marching bands and more. The event is coordinated by C5Alive, a Christian leadership offshoot of the Capital City Christian Chamber of Commerce.

"We've had a great response and new entries each year at EasterFest," said Kevin Doel, one of the organizers. "I expect it to just keep growing every year."

Again this year the Easter Parade will



be on North Kansas Avenue, from NOTO Arts District to Garfield Park, followed by the Big Egg Hunt in the Garfield Park playground area. From 10am to 3pm, vendor booths, food trucks and kid's activities will be happening all over Garfield Park, inside the shelterhouse and inside the gym. This year, even more churches, non-profit organizations, schools and local businesses are expected to enter floats and marching bands, etc., in the parade, as well as set up activity booths at the fun fair.

The Family Fun Fair will consist of activities geared toward children and families, as well as health & wellness vendor booths, vendor exhibits, and more. Live performers will be on hand all day, such as jazz bands, dance troupes, praise bands, solo artists, street entertainers, health & fitness demonstrators and more.

Back are the ever-popular cupcake walks, along with face painting, petting zoo and food trucks.

There is still room for more EasterFest sponsors and participants for the Vendor Market, Entertainment Stage, Food Court and Health Fair. Volunteers are also needed to help with the entire event.

Major sponsors for EasterFest 2022 include Integrity Insurance, Peggy Beasterfeld Tax & Accounting, Metro Voice News, Health & Wellness Magazine, The Pad Restaurant, Golden Eagle Casino, SERVPRO, Capital City Flooring, Patton & Patton, Davidson's Funeral Home and more.

For more information, visit www.TopekaEasterParade.com, email info@C5Alive.org or call 785-640-6399. You can also find updates at Topeka EasterFest 2022 on Facebook.

Annual Prayer Breakfast returns after pandemic hiatus

By Sydney Hanna

Kansas leaders in government, business, education, and industry met Wednesday, March 16, for the 60th Annual Kansas Prayer Breakfast. These professionals arrived at Fellowship Bible Church just before sunrise to pray over the Topeka community, connect with one another, and share breakfast. By estimation, about 200 people attended the event in person and more tuned in virtually.

For this year's annual event, Rod Handley and Damion Cooper traveled from Lee's Summit, Missouri to share a powerful message with these community leaders. They spoke about the differences among people and how God created each person with a special uniqueness.

This is why no two people are exactly alike. However, despite individual differences, Jesus Christ holds the power to bring people together. Through His love and our love for Him, we are also all the same. We have enough in common that there should be no divide.

Loving one another despite differences and bringing everyone's uniqueness to the table as tools to tackle a challenge together were some key takeaways of the message.

To put it simply, Handley said, "We



are so different, but also the same."

Rod Handley founded Character That Counts over 20 years ago and has since been traveling across the country to tell anyone and everyone about the importance of integrity and accountability. He's written numerous books about his ministry and deeply desires to share the good news of Jesus Christ with as many people as possible.

In 2021, Damion Cooper started his mission under Character That Counts.

Thus, Kollektive Company was established with the vision to impact the next generation through love and relativity and to advance the Kingdom of God.

The Kansas Prayer Breakfast has been a yearly tradition for over 50 years. In 1962, a small group of businessmen came together for the first Annual Prayer Breakfast held in Topeka. The idea for this event originated in Washington D.C. when Senator Frank Carlson and President Dwight D. Eisenhower hosted a Presidential Prayer Breakfast in 1953. President Eisenhower is quoted as saying, "The problems of the world are so great that they won't be solved unless the leaders get together and pray." Later, the name of the event was changed to National Prayer Breakfast and has been held in Washington D.C. on an annual basis. The regular occurrence of this meeting inspired professionals across the nation to implement a similar event in their own states. Now, hundreds of state prayer breakfasts have been held across the country.

Celebrate Recovery at C5Alive POWER Luncheon

The monthly C5Alive POWER Luncheon will be held April 14, 11:30 a.m. to 1:00 p.m. at The Peak, 1930 SW Gage. The featured speaker will be Huston Thompson.

Thompson leads Celebrate Recovery and has a huge heart for the hurting, broken, and bruised in the community.

The cost to attend a C5 luncheon is \$10 for C5 members and first-time guests who RSVP, and \$12 at the door.

Non-members and repeat guests pay \$15. C5 luncheons are open to the public. RSVPs and inquiries can be sent to info@C5Alive.org.

"POWER" luncheons are held on the second Thursday of each month. The next monthly "POWER Luncheon" will be May 12 at NOTO Arts Center. Thomas Underwood, the Executive Director, will be the speaker.

C5Alive is part of the Capital City Christian Chamber of Commerce (C5), an organization dedicated to developing and uniting Christian Leadership in the community: businesses, non-profits and churches.

C5 also hosts other periodic events, including EASTERFEST, the annual Topeka Easter Parade and Family Fun Fair, held on N. Kansas Avenue and in Garfield Park on the day before Easter. Find Topeka EasterFest 2022. on facebook.

The second annual Fall Fest will be on October 8 at The Vinewood.

C5 members may also sponsor luncheons and other events as a way to promote their organizations.

For more information about C5, go to www.facebook.com/C5Alive, C5Alive.org, or call 785-640-6399.



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Why the sunflower has grown in popularity during the Russia-Ukraine conflict

The flower that represented the removal of nuclear weapons from Ukraine during the 1990s is again quickly becoming a worldwide symbol for peace as the Russia-Ukraine conflict persists into its second week.

People around the world have been laying sunflowers outside of embassies, lining streets and attending prayers and protests as a show of solidarity for Ukrainians.

The movement has even made it to the United States with the National Sunflower Association saying the interest in the flower has been higher than any time in recent memory.

"We've gotten a lot more calls with people who say they are going to raise them as ornamentals and for solidarity and even



A person holds sunflowers and a Ukrainian flag as members of the Ukrainian community protest at Place du Canada in Montreal, Quebec, on February 27, 2022. - Tens of thousands of Ukrainians have fled their country since Russian President Vladimir Putin unleashed a full-scale invasion on Thursday. (ANDREJ IVANOV/AFP via Getty Images)

farmers who are going to plant more acres this year to fulfill the

need for sunflower oil here in the U.S. and around the world," John

Sandbakken, executive director of the NSA, said.

The sunflower is thought to be one of the few crops that originated in North America and expanded in popularity, especially in Eastern Europe and Russia during the last several centuries.

Today, the NSA believes that Ukraine and Russia make up 75 percent of global exports of sunflower seed, making it critical to the world's supply.

"You have to be in a drier, more arid climate. If you grow a sunflower in an area with a lot of humidity and too much moisture, you could have diseases. It is susceptible to mold," Sandbakken said.

The United States Department of Agriculture estimates around

95 percent of the North American sunflower seed is produced in the Plains because of the growing climate.

Sandbakken believes U.S. farmers could produce more than half a million acres of sunflowers for oils and other uses during the summer growing season compared to last year's crop.

Despite the increase in domestic production, experts do not believe the output will make up for the loss of products from Russia and Ukraine.

"The prices have really gone through the ceiling. I've seen a 50 percent increase in sunflower oil. On seed prices, I haven't seen them as high. I would say around 10 to 15 percent increase in seed price," Sandbakken said.

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Downtown Farmers Market reopening for the season



The Downtown Topeka Farmers Market is now open on Saturday's through Nov. 5, from 7:30 a.m. to noon, at 12th & Harrison, south of the Judicial Building.

The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more. Visitors may also find whole wheat baked goods, fresh cut flowers, potted plants, local honey and much more. Service dogs are welcomed at the market.

Farmers Markets provide an opportunity for increased access to fresh fruits and vegetables and help to decrease the number of Kansans who do not eat enough fruits and vegetables.

If you're interested in becoming a vendor please visit the website: <http://topeka-farmersmarket.com/>. For more information call (785) 249-4704 or email topekafarmersmarket@gmail.com.

Other farmers markets in the area will be opening in May.

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Clarence Thomas decries impact of cancel culture on college campuses

Cancel culture is taking a heavy toll on college campuses, U.S. Supreme Court Justice Clarence Thomas said in a speech last week.

"If you can't do it on a university campus, where do you learn civility?" he asked, according to "The Christian Post."

"Where do you learn to disagree without being disagreeable? I'm afraid that we have, particularly in this world of cancel culture and attack, I don't know where you're going to learn to engage as we did when I grew up."

Thomas made the comments during a speech in Utah hosted by the Orrin G. Hatch Foundation. The lack of civility displayed by students in college, Thomas said, will continue in their careers in legislatures and courts. They then will resort to tribalism and yelling.

At 72, Thomas is the second-oldest member of the court and will become the oldest upon the retirement of

Stephen Breyer, who is set to step down at the end of this term. Thomas was confirmed by the Senate in 1991.

Individuals who hold traditional views on abortion and the family, Thomas said, often stay quiet so as not to draw antagonism. He said he doesn't enjoy going to college campuses because it's "not fun." In the past, he said, people on opposing sides of an issue would exchange ideas but remain friends.

"Now it's people who actually seem quite full of themselves," he said. "Now it's sort of this animus develops if you disagree."

He's worried about the future of the country.

"My fear isn't for me," Thomas said. "But it is for your kids and your grandkids and the next generation. What are we going to leave them? Are we leaving them a mess, or are we leaving them a country? Are we leaving them chaos, or are we going to leave them a court?"



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Umbrella policies: worth it?

Dear Dave,

Are umbrella insurance policies worth it, or do they just entice people to sue more frequently?

Tammi

Dear Tammi,

I don't think there's any indication umbrella policies entice folks to bring lawsuits more frequently. We live in a lawsuit-happy world. There are lots of greedy people out there who would try to sue for absolutely anything—no matter how ridiculous.

I think these types of policies are worth the money. You can get a \$1 million umbrella policy that attaches to the top of the liability coverage on your car and homeowners for \$200 to \$300 a year in most places. So, if your original car and homeowners coverage was \$500,000, you'd have \$1.5 million in

coverage with an umbrella policy.

If you've got a substantial net worth, or if there's just something that gives the impression someone might be able to get a lot out of you, an umbrella insurance policy is a smart buy.

—Dave

Business to Business Credit

Dear Dave,

My husband and I own a small business. We have a large account providing wholesale items to a client. Our original agreement was to work on 30-day payment periods, but he is three months behind on the bill. We live in a small town, and the businesses here stick together and help each other out, so we don't want to ruin the relationship. Do you have some advice on handling this situation?

Hollie

Dear Hollie,

From what you said, I assume this guy's not a cheat or anything like that. He's probably like a lot of small business owners in that he's just a little disorganized.

I'd go to his office and have a friendly meeting. There's no reason to start throwing threats around, but he needs to understand you can't be his bank. You're a small business, too, and you need your money.

Ask a few questions, and find out what's really going on. Then, let him

Given what's happening in the world, is it time to sell?

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



There's been a lot of negative news headlines recently and I'm hearing the phrase "with what's going on right now, should I just cash everything out until things calm down?" when having new meetings with prospects. If you've been thinking or wondering the same thing, just know you're not alone.

As with most things in life if you are failing to plan, you are planning to fail. While these types of feelings are very normal and understandable the issue is that relying on emotions is about the worst way to go about making any financial decision. According to Dalbar, the average retail investor has only made a little bit more than half of the SP500's return on average in the stock portion of their portfolios over the last 30 years. Because of how compound returns work, earning a little over half results in one having substantially less than half at the end of the day. The average retail investor would have seen over the last 30 years \$100,000 in stocks grow to \$615,000 at the same time the same amount invested in the stock market would have grown to over \$2,100,000. A nearly \$1.5 million difference on a starting investment of \$100,000 is pretty substantial to say the least!

One big reason for this difference is that far too many retail investors rely on emotion, particularly fear and greed. A great example of this is how investors fared in the high flying and highly volatile Fidelity Magellan fund from 1977-1990 under the management of the legendary Peter Lynch. During those years the fund posted an astounding average annual return of 29%, yet according to Fidelity the average investor in the fund actually LOST money while Lynch was at the helm. You might be asking how can that be? Well, with this fund during these years there would be a time period of huge outperformance followed by time periods of underperformance. There would be huge inflows right after the

know it will help matters if he can get current on the bill by a certain date. You've provided goods and services, and he owes you money, so this is a fair request. You might think about adjusting your payment agreement to reflect that once he's current, payment must be within 10 days of delivery from that

point on.

If that's not workable, you may have to switch to a cash-only basis—where payment is due on delivery. And if none of these options work, well, you should probably tell him to find another supplier.

—Dave

outperformance and huge outflows after the underperformance. People like to hop on board with 'what's hot' right now (think energy companies today, real estate in 2007, tech stocks in 1999, tulip bulbs in 1634, etc.) and then panic sell after steep drops and/or underperformance. People see others getting rich and want to get rich too (greed) and those are the people that usually are left holding the bag when the bubble inevitably bursts and panic selling occurs (fear).

Generally speaking it's not wise to own or buy 'what's hot' right now as most of the easy gains or possibly even all of the gains have already been realized. In our flagship portfolio we like to buy into ownership of good, well run companies where there is some sort of temporary issue or short term negative news, but still a terrific long term outlook. We're not trying to buy, for instance, companies that have both short term and long term issues (think wagon wheel or buggy whip makers back in the day). Medical device companies would be a great recent example of those with a short term issue, but great long term outlook. With Covid, elective procedures (many of which utilize medical devices like a knee replacement) were banned in much of the country for a time and certainly were down even after restrictions eased due to other factors such as staffing shortages. As a result, many medical device companies saw sales and profits plummet. The thing is, though, that long term if you need something like a knee replacement, you still need it! So, in the short term these companies were not doing well, but over the long term their business will not only resume to what it was previously, but become even larger and better as all of the backed up procedures that were put off are done on top and in addition to normal business.

The other thing that is really important in regards to how we go about planning for clients is that our flagship growth portfolio is managed to in a worst case scenario be worth the same 3 years from now as it is today. In other words, if there are any losses we want them totally eliminated in less than that

time frame. Our clients then don't have to worry about what is going on with the economy, elections (which happen every 2 years), global wars (over the last 90 years there has been a major global conflict or war on average every 2.72 years), or any other major negative news making headlines. If we put 3 years worth of desired income into some sort of conservative investments then a client can draw from them the income they want and need and by the time they're used up the rest should be recovered eliminating ever having to 'sell low' to generate income or worry about 'what is going on in the world.' In fact, we find that usually the greatest outperformance occurs when things are uncertain and volatile as that is when there is the most opportunity.

If you're worried about current events it likely means you don't have a plan or have a bad one. Relying on emotion not only usually leads to poor results, but also a lot of unnecessary stress and anxiety. A good, solid plan can not only eliminate both of these issues, but cause one to actually excel, outperform, and profit when things are becoming rocky by taking advantage of those that don't have a plan and are panicking.

Other great articles about retirement, can be seen at RetireTopeka.com/blog.

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Spring Clean Your Finances In Just Five Easy Steps

By Jim Hanna

Spring is considered a good time to deep clean your home. To really get your house in order, expand the tradition to include tidying your finances. Doing so can help alleviate stress and give you a sense of confidence. Here are five steps to help you organize and polish your financial life.



Hanna

1. Toss paper and secure passwords. It's easy to get mired in paper, even in the electronic age. Pull out the shredder and dispose of old bills and notices. If you store passwords on paper, consider moving them to a more secure password storage device for improved security. While you're at it, change your passwords to reduce your risk of getting hacked.

2. Assess your financial stability. Review your personal cash flow by preparing a summary of money coming in and money going out to pay bills, fund your lifestyle and handle emergencies during a set period of time. Calculate your assets and liabilities to get an estimate of your net worth. Watch for creeping living costs and look for opportunities to grow earnings, reduce debt, slash spending and increase savings.

3. Streamline cards and memberships. Use those gift cards accumulating in your wallet. Consider eliminating memberships that are not a good value. Close that old bank account if you no longer use it. Revisit rates for insurance policies, cable and phone contracts and other ongoing costs that may be renegotiated, bundled or improved by switching to a competitor.

4. Touch up your estate plan. Update your will or trust to ensure it reflects your wishes. Confirm that your beneficiary designations are current, especially if there's been a divorce, birth or death in your family. Protect yourself further by assigning a power of attorney and creating a living will and advance directive according to your personal wishes and state requirements.

5. Refresh your savings and investments. Make sure your emergency fund is sufficient to handle an unexpected setback. Check in on your retirement savings to determine if you're still on track. If you're earning more, consider saving more. Make saving automatic with each paycheck. If you have a 401(k) with a former employer, a rollover may offer more investment options and reduce your fees. Consider diversifying your investments to better align with changes in your life. Spring is a great time to meet with your financial advisor for your annual review and refine your financial plan based on evolving life goals and circumstances.

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Get an automatic six more months to file

By Peggy Beasterfield
Owner, Peggy's Tax and Accounting Service

The Internal Revenue Service reminds taxpayers that if they're unable to file their tax return by this year's April 18 deadline, there's an easy, online option to get more time to complete their return.



Taxpayers who need more time to file can request an automatic six-month extension to file. An extension allows for extra time to gather, prepare and file paperwork with the IRS; however, taxpayers should be aware that:

- An extension to file their return doesn't grant them an extension to pay their taxes,
- They should estimate and pay any owed taxes by their regular deadline to help avoid possible penalties and
- They must file their extension no later than the regular due date of their return.

E-file an extension form for free

Individual tax filers, regardless of income, can request an automatic tax-filing extension. The fastest and easiest way to get an extension is through IRS Free File on IRS.gov. Taxpayers can electronically request an extension on Form 4868 PDF. Filing this form gives taxpayers until October 17 to file their tax return. To get the extension, taxpayers must estimate their tax liability on this form and should timely pay any amount due.

Get an extension when paying

Other fast, free and easy ways to get an extension include using IRS Direct Pay, the Electronic Federal Tax Payment System or by paying with a credit or debit card or digital wallet. There's no need to file a separate Form 4868 extension request when making an electronic payment and indicating it's for an extension. The IRS will automatically count it as an extension.

A request for an extension provides extra time to file, but not extra time to pay taxes owed. Payments are still due by the original deadline. Taxpayers should file even if they can't pay the full amount to avoid a huge late-filing penalty.



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Movie version of "The Case for Heaven" scheduled for release in early April

Death has touched many lives in the past two years and forced people to think about eternity. Lee Strobel, a Christian artist and journalist, addressed the topic in his book "The Case for Heaven."

The book features interviews from scholars and experts about the idea of life after death. A movie based on the book is scheduled to be released in early April.

"The pandemic has a lot of people pondering what happens after people close their eyes for the last time in this world," Strobel said. "This film provides compelling evi-



dence from both inside and outside the Bible to show that we will, in-

deed, continue to live on."

The documentary also takes inspiration from Strobel's own near-death experience.

"It started several years ago when I almost died," he said. "My wife found me unconscious on the bedroom floor. She called an ambulance. I woke up in the emergency room, and the doctor looked down at me and said, 'You're one step away from a coma, two steps away from dying,' and then I went unconscious again and lingered between life and death for a while until the doctors were able to save me."

After that incident, Strobel, who used to be skeptical of near-death experience stories, took a greater interest in exploring the afterlife. "I was a skeptic about near-death experiences until I found out we have 900 scholarly articles that have been written and published in scientific and medical journals over the last 40 years."

Today, Strobel finds these experiences to be a "very well-researched area" and will showcase that research in his upcoming film. The movie will also include interviews with pastor Francis Chan, best-selling author John Burke, the late evangelist Luis Palau and more.

"Heaven, for billions of people around the world, is an awe-inspiring place only fully known once you're there," says director Mani Sandoval. "In this film, I believe audiences will experience our most ambitious attempt to sonically, emotionally and cinematically touch Heaven – even if it's just for a second."

The film will be shown exclusively in theaters on April 4-6. For more information and to buy your tickets, visit: www.thecaseforheavenmovie.com.



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The Easter Story – Jesus' Crucifixion and Resurrection

The Bible story of Easter including the Last Supper, Judas' Betrayal, the Crucifixion of Jesus and Jesus' Resurrection.

The Last Supper

Matthew 26:17-30, Mark 14:12-25, Luke 22:7-23

The story of the Last Supper is about a wonderful invitation from Jesus to receive his gift! This is a summary about the Last Supper Bible story as told in books of Matthew, Mark, and Luke below. Read more in-depth Bible verses from the Scripture below and use the articles and videos to understand the meaning behind this teachable event in the Bible.

The last supper took place on the first day of Passover, or the Festival of Unleavened Bread.

Jesus sent his disciples ahead into the city to prepare a meal to celebrate Passover. Passover is the remembrance of Israel being freed from slavery to Egypt and specifically when the angel of death passed over the homes of the Israelites that had lambs blood over the doors.

As the disciples reclined and ate dinner with Jesus, he explained to them that one of the twelve of them would soon betray him. One by one the disciples denied that it would be them, including Judas who would be the betrayer. Jesus responded that the person who betrays him will have a terrible fate and that indeed, it was Judas.

Jesus prayed and thanked God for the meal. He then broke the bread and shared the wine with the disciples and explained to them how the bread was a symbol of his body, broken for them, and the wine a symbol of his blood which would be poured out for their sins to be forgiven. This is where the church's tradition of communion comes from.

After the meal, Jesus became like a servant and washed the feet of the disciples. Peter did not feel right having Jesus wash his feet but Jesus said that He was doing it to be an example to them. Now the disciples would be able to wash each other's feet, meaning they could be servants to all.



Judas Betrays Jesus

John 18:1-13, Luke 22:1-6, Luke 22:47-54, Matthew 26:47-56, Mark 14:43-50

The Bible Story of Judas betraying Jesus is found in all four gospels. This powerful story is well known in Christian theology as one of the most significant events of disloyalty. There are several explanations as to why Judas betrayed Jesus, including bribery and demonic possession, that vary among the gospel accounts.

The Gospels imply that Jesus anticipated and permitted Judas's betrayal. One interpretation is that Jesus allowed the betrayal because it would allow God's plan to be achieved and another that regardless of the betrayal, Jesus was eventually fated for crucifixion as part of God's plan.

During the meal of the Last Supper Jesus predicts that "one of you will betray me" referring to Judas. Judas leaves the supper and goes to the Roman authorities who are looking to arrest Jesus. He accepts a bribe of 30 silver and agrees to take them to Jesus. Judas knew that Jesus and the disciples would go to a garden near Jerusalem and led the soldiers there, stating "Whoever it is I kiss, he is the one; take him into custody, and lead him away under guard." Leading the group into the garden, Judas sees Jesus with his disciples and approaches him. "Greetings, Rabbi!" Judas says, and he kisses Jesus very lightly. "Fellow, for

what purpose are you present?" Jesus responds. (Matthew 26:49, 50) Answering his own question, Jesus says: "Judas, are you betraying the Son of Man with a kiss?"

As the soldiers move toward Jesus, the apostles recognize what is happening. "Lord, should we strike with the sword?" they ask. (Luke 22:49) Before Jesus can respond, Peter uses one of the two swords that the apostles have and attacks Malchus, a servant of the high priest, cutting off his right ear.

Jesus caresses the ear of Malchus, healing the wound. He then teaches an important lesson, telling Peter: "Return your sword to its place, for all those who take up the sword will perish by the sword." Jesus is willing to be captured, for he explains: "How would the Scriptures be fulfilled that say it must take place this way?" (Matthew 26:52) This then leads to the trial and Crucifixion of Christ.

Crucifixion of Jesus

Matthew 27:1-54, Mark 15:1-40, Luke 23:1-48, John 19:1-30

The crucifixion of Jesus is recorded in the New Testament books, known as the Gospels - Matthew, Mark, Luke, and John. This Bible story is the central summary of the saving Gospel of Jesus. Jesus had prophesied of his death in Matthew "from that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and

the teachers of the law, and that he must be killed and on the third day be raised to life." Jesus understood that his life would be required as a sacrifice for the sins of man.

At the height of his ministry and miracles, many Jews came to believe in Jesus as Messiah, the Son of God. Jewish leaders feared Jesus because of his growing followers. With the help of Judas Iscariot, Roman soldiers arrested Jesus and he was put on trial for claiming to be the king of the Jews. According to Roman law, the punishment for rebellion against the king was death by crucifixion.

The Roman governor Pontius Pilate was reluctant when it came to the punishment for Jesus. Pilate could find no wrong in Jesus, yet he wanted to give the people what they wanted, and that was the death of Jesus. Pilate washed his hands in front of the crowd to symbolize that he was not taking responsibility for the bloodshed of Jesus and then handed Jesus over to be beaten and lashed. Jesus had a crown of thorns thrust on his head and made to carry his cross along the pathway to the hill where he would be crucified. The location of Jesus' crucifixion is known as Calvary, which is translated from "a place of skull".

Crowds had gathered to mourn and watch Jesus' death. Jesus was nailed to the cross between two criminals and his sides pierced by a sword. While Jesus was mocked, one of the criminals asked Jesus to remember him and Jesus re-

sponded: "Truly I tell you, today you will be with me in paradise." Jesus then looked to heaven and asked God to "forgive them, for they do not know what they do." When taking his last breath, Jesus spoke: "Father, into your hands I commit my spirit...it is finished."

Extraordinary events marked the death of Jesus. The sky was completely dark for three hours as Jesus hung on the cross. At the moment of his last breath, the earth shook, the temple curtain split from top to bottom, and the tombs of saints opened and their bodies raised from the dead.

The crucifixion of Jesus was a part of God's plan from the very beginning of the birth of Jesus. The sin of mankind would require a sacrifice. The sinless life of Jesus was lived and given so that man could receive salvation and eternal life in heaven.

Resurrection of Jesus

Matthew 28, Mark 16, Luke 24, John 20

The resurrection of Jesus Christ is the foundation of the Christian faith. Without the resurrection, the belief in God's saving grace through Jesus is destroyed. When Jesus rose from the dead, he confirmed his identity as the Son of God and his work of atonement, redemption, reconciliation, and salvation. The resurrection was a real, literal, physical raising of Jesus' body from the dead.

Jesus was arrested, tried and found guilty of claiming to be a king. His body was hung on a cross between two thieves. After his death, Jesus' body was wrapped in linen clothes and placed in a tomb with a large stone rolled across the opening. On the third day, an early Sunday morning, Mary Magdalene and another Mary came to the tomb and found it empty. Sitting on the rolled away stone was an angel of the Lord who told them to not be afraid because Jesus had risen. As the women left to tell the disciples, Jesus Christ met them and showed them his nail pierced hands.

Both the Old and the New Testament speak of the truth of the Jesus being raised from death - Jesus testified of his resurrection before he died on the cross and his disciples witnessed his body after the resurrection. Below are the Bible verses and Scriptures that both prophesize of the resurrection and testify of its reality after Christ's death.

Featured speakers at Prayer Breakfast were different, but the same

This year's Kansas Prayer Breakfast featured two speakers who looked different but shared the same vision: To advance God's Kingdom.

Wednesday, March 16, Fellowship Bible Church in Topeka, with Wendy's breakfast sandwiches and Blue Jazz coffee in the narthex (rather than the customary buffet at the Ramada of years past), hosted close to 200 attendees for uplifting messages featuring God's "thousands of promises."

Rob Handley, former Chief Operating Officer for the Fellowship of Christian Athletes and author of more than 30 books, speaks to men, women and teenagers about character, integrity and accountability. His message drew attention to the "thousands and thousands of promises" in God's word.

The purpose of Handley's ministry, Character That Counts (www.characterthatcounts.org). "is to equip men, women, students and athletes by communicating the unique and critical message of character (doing right), integrity (being whole through Christ) and accountability (honestly reporting to one another) in our daily lives."

"I'd love to tell you things are going to get better," he said, "but... things are going to get a lot worse before they get better."

Handley said that God delivered him from what he referred to as a "dead man walking" form of cancer. Surgeons removed eight stage-four tumors from his body, he said, leaving him a "walking miracle."

He shared four points for us to focus on: We should all be...

1. Prayerful
2. Careful
3. Thankful
4. Not fearful

A partial list of God's promises include those of acceptance, victory, strength, wisdom, adoption, forgiveness, joy, hope, access to God, authority over Satan and to never to be alone, all guarantees from God's word grounded in "who we are" and "whose we are."

Damion Cooper, former collegiate and semi-professional soccer player, is co-founder and CEO of Kollektive Company (www.kollektiveco.com), an organization whose vision is "Reaching the ONE through love, risk, and cultural relativity." Cur-



rently youth pastor at GracePoint Church (now Commission Church) in Lee's Summit, Mo., Cooper began speaking by asking the question, "Who am I?" emphasizing the importance of finding one's identity in Christ's purposes, which to him are

taking Jesus to the world and serving.

"We're standing in victory this morning!" he said.

Raised by a single mom (his dad was in prison Cooper's whole life), he chose Christ at 16, rather than to

fall into the path of destruction and addiction.

We all choose either to "flow with the rhythm of the world or flow with the vision of the Kingdom," he said. And "Believe in the power of the gospel!"

He said he has found his identity in service. God took his athletic ability and his strength as a communicator to use him in the mission of advancing God's kingdom. His life verse is Romans 12:1,2, which he read in the Message version of the Bible:

"So, here's what I want you to do, God helping you: Take your ordinary life—your sleeping, eating, going-to-work, walking-around life—and offer it before God as an offering."

Prayer and fasting work, Cooper

said, and worked for him before the idea of Kollektives came to him.

"If you're not dreaming so large it's impossible, you don't need God."

"Serving is my motivation," Cooper said.

"Youth," he said, are not the "leaders of tomorrow."

"Not tomorrow. Today!" he said. "Seize the moment."

"We're the same but different," they both stressed.

"Embrace your weirdness, embrace your difference, because that's who God made you," Cooper said, and stressed the importance of being a lifelong learner.

"If you're not a constant learner, you won't make a difference in the world," he said.

—Carolyn Cogswell | Metro Voice

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But let justice roll down like waters, and righteousness like an everflowing stream. - Amos 5:24

New Ms. Wheelchair Kansas and Little Miss crowned

The 2022 Ms. Wheelchair Kansas (MWKS) was recently crowned during a weekend ceremony held March 20, 2022, at the DoubleTree Hotel in Lawrence, Kan. Marci Clare of Abilene received her crown after participating in four judging sessions, as well as many other activities, throughout the three-day event held March 18-20. The weekend concluded with a formal crowning, where Marci was chosen as the new titleholder and fellow contestant Jenny Palmer, of Olathe, was chosen as the runner-up. The seventh Little Miss Wheelchair Kansas was announced at the ceremony as well. Leslie Lane of Valley Center will work alongside Marci in the coming year to empower Kansans with her title.

The crowning ceremony was attended by more than 60 family, friends, and community members. The event consisted of platform speeches by the two contestants, as well as two on-stage questions. The audience enjoyed a slide show of memories from the weekend; a keynote speech from Ms. Wheelchair Colorado '20-'21, Chris Layne; and a



farewell from the '20-'21 MWKS titleholder, Hilary Garrett of Westmoreland, and Little Miss, Isabel Einwich of Bel Aire.

Marci, the new titleholder, encourages people to always keep moving forward! She has done this with her own life, and feels that, if sharing her story can help at least one person, then she has succeeded. Marci sustained a spinal cord injury in

2016. She currently lives in Abilene and is a single mother to four children. She spends a lot of her time helping her kids with their extracurricular activities. Before her injury, Marci was a Licensed Practical Nurse. She obtained her nursing degree from Manhattan Technical College in 2002. She then worked in the medical field as an LPN for 15 years. She also used to own her own business called

Kansas Daisy Hoops. In addition to being a stay-at-home mom, Marci is actively involved in her church and is a member of the FFA Alumni. Her biggest goal is to go back to school and become a Registered Nurse. Marci is very excited to work alongside her "wheel sisters" to raise awareness about the needs of the disability community!

Leslie, the new Little Miss, is a young lady who could best be described as dedicated. She is dedicated to the things that she is involved in and dedicated to succeeding no matter what obstacles that she faces in life. Leslie, who lives in Valley Center, is 12 years old and is a 6th grader at Valley Center Middle School. She has had Spina Bifida since birth, as well as clubbed feet and Hydrocephalus. Leslie is active in the choir at school. Outside of school, she enjoys basketball and is on the youth Wildfire wheelchair basketball team through Wichita Adaptive Sports.

Marci will serve as a role model and spokesperson for people with disabilities in Kansas in the coming year. She will strive to educate, advocate, and empower

all people in our state. Marci will have the opportunity to travel throughout Kansas educating various groups of all ages about the issues of importance to people with disabilities. She will share her platform of "There's No Place Like Home," which centers on the importance of accessible housing for all. Marci will ultimately represent Kansas in the Ms. Wheelchair America competition, held in Grand Rapids, MI in August, where she will compete for the national title alongside 33 other women from varying states. Leslie will work alongside Marci to show the capabilities of people with disabilities. She will empower people of all ages, especially young people in our state.

To schedule an appearance or presentation by the new Ms. Wheelchair Kansas or Little Miss Wheelchair Kansas, contact Carrie Greenwood, State Coordinator, at (785) 633-7255 or via email at mswheelchairkansas@yahoo.com. More information can also be found on the Ms. Wheelchair Kansas web site at www.mswheelchairkansas.org.

Poverty, unemployment rates dip in Shawnee County

The Greater Topeka Partnership says in December 2021, Shawnee Co. recorded a historic 30-year low unemployment rate.

The news comes on the heels of recently released census information which indicates the county also had one of the steepest declines in poverty of any county in the state over the past 10 years.

Of the Sunflower State's five largest counties, recently released data from GO Topeka indicates Shawnee Co. ranked second for lowest poverty rate, trailing only Johnson Co., with a 40% decrease since 2010.

Shawnee Co. reaches the second-lowest poverty rate in the state in December 2021. (GTP)

Meanwhile, the county's unemployment dropped to a historic 30-year low of 2.3% in the last month of 2021.

GTP said the data comes from statistics provided by the U.S. Census Bureau's Small Area Income and Poverty Estimates program and the U.S. Bureau of Labor Statistics.

According to the census data, over 12,300 residents in Topeka and Shawnee Co. lifted themselves out of poverty between 2010 and 2020.

The data also expands on stats provided by Freedy Mawyin, the Greater

Topeka Partnership's senior economic advisor, which revealed the local median household income increased by about \$14,000 during the same 10 year period.

"This is promising news and a sign our local economic indicators are moving in the right direction," Mawyin said. "Community leaders, our GO Topeka team and other local partners have been hard at work ensuring greater economic prosperity is a reality for residents of Topeka and Shawnee County. The latest poverty data suggest their efforts are paying off."

GTP said Shawnee Co.'s unemployment rate also fell to 2.3%, a rate that has not been recorded since 1990.

Among Kansas counties with over 100,000 residents - including Douglas, Johnson, Sedgwick, Shawnee and Wyandotte counties - GTP said Shawnee Co. claims the second-lowest poverty rate at 10.5%. This falls below the state's 2020 poverty rate of 10.6% and the 2020 U.S. poverty rate of 11.9%.

"All I can say is, 'Wow!'"

These metrics show the Shawnee County economy has recovered in record time from the pandemic, and the sky is the limit," said Matt Pivarnik, CEO of the Greater Topeka Partnership. "Shawnee County ranking behind John-

son County in terms of poverty in an incredible achievement. To also learn that our unemployment has reached a historic low is just another testament to our community's Momentum 2022 strategy, and the culture of innovation, entrepre-

neurship and job creation we have become known for across the region. These numbers also reinforce a very urgent need to continue to attract and equip new talent to meet the employment needs in our city."

Federal officials say Russian spies tried to hack into Wolf Creek plant

Four men have been charged with cyberattacks on energy sector facilities around the world — including Wolf Creek nuclear plant in Burlington, Kansas. The unsealing of indictments comes amid rising tensions between Washington and Moscow.

A federal indictment made public Thursday accuses four men with ties to Russian spy outfits of trying to gain control of U.S. nuclear power plants — including one in Kansas — through cyber sabotage.

Prosecutors contend the defendants targeted both software and hardware to cripple critical infrastructure in the U.S., including the Wolf Creek nuclear plant near Burlington, Kansas.

The U.S. Justice Department describes a pair of concerted attacks that involved, among other tactics, planting malware on more than 17,000 devices.

That alleged hacking, the indictment says, had some success that gave saboteurs unauthorized access to networks and computers across the energy sector.



All of the men are Russian nationals accused of working for their Ministry of Defense to wreck parts of the global energy sector between 2012 and 2018. Justice officials say the hacking campaigns sought to infiltrate thousands of computers at hundreds of private companies and government agencies across roughly 135 countries.

“Russian state-sponsored hackers pose a serious and persistent threat to critical infrastructure both in the United States and around the world,” Deputy U.S. Attorney General Lisa O. Monaco

said in a news release. “The criminal charges unsealed today ... make crystal clear the urgent ongoing need for American businesses to harden their defenses and remain vigilant.”

Although the indictments were unsealed Thursday — amid rising U.S.-Russia tensions — they were first filed in secret in U.S. District Court in Washington, D.C., and Kansas City, Kan., in 2018.

Prosecutors said in a news release that Wolf Creek and its owners, Evergy and the Kansas Electric Power Cooperative, worked with investigators and “provided

invaluable assistance.”

The Justice Department contends Wolf Creek fell target to attack in a second phase of attacks known as “Dragonfly 2.0” focused on specific energy facilities, including engineers at the plant. The indictment says the Russian operatives targeted more than 3,300 people at 500 U.S. and foreign companies and government agencies.

Part of the alleged scheme banked on spearfishing hacks that use email to draw people to seemingly legitimate websites that were actually traps designed to steal passwords, plant malware or otherwise gain ways to bypass cybersecurity defenses.

“When the engineers browsed to a compromised website, the conspirators’ hidden scripts deployed malware designed to capture login credentials onto their computers,” according to the Justice Department.

Officials at the U.S. Nuclear Regulatory Commission were also targets of the alleged attacks.

Pavel Aleksandrovich Akulov, Mikhail Mikhailovich Gavrillov, and Marat Valeryevich Tyukov are charged with conspiracy to cause damage to the property of an energy facility and commit computer fraud and abuse, in an indictment in U.S. District Court in Kansas City, Kansas. A second indictment from the D.C. court alleged that Russian national Evgeny Viktorovich Gladkikh and unnamed co-conspirators targeted a foreign oil facility and a U.S. energy company between 2017 and 2018.

FBI Deputy Director Paul Abbate said in a news release that Moscow was responsible for the attacks.

“We will continue,” he said, “to identify and quickly direct response assets to victims of Russian cyber activity.”

News website Politico cited an unnamed Justice official saying more action on the issue could come from the federal government in coming days. The same source told Politico that the defendants are unlikely to be extradited.

—Scott Canon / ksnewsservice.org.

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3,000-Year-Old Tablet with God's Name Affirms Biblical Timeline

A new discovery from Israel involving an ancient tablet could be one of the most significant archaeological finds in modern history, not only affirming the biblical text but supporting a traditional, conservative understanding of the Old Testament timeline.

The discovery, announced Thursday by Scott Stripling of the Archaeological Studies Institute at The Bible Seminary in Katy, Texas, involves a folded lead tablet about two centimeters by centimeters in size with 40 letters of Hebrew inscription that apparently references events mentioned in Deuteronomy 27:15-26 and Joshua 8:30 at Mt. Ebel. There, the Israelites learn they will be cursed if they disobey God.

The tablet – which mentions God's name twice – was discovered at the site of Mt. Ebel. More significantly, though, the lead tablet's text is "centuries older than any known Hebrew inscription from ancient Israel," Stripling's organization says.

A lab in Prague scanned the tablet. The text reads, "Cursed, cursed, cursed – cursed by the God YHW. You will die. Cursed. Cursed you will surely die. Cursed by YHW – cursed, cursed, cursed."



Stripling said at a press conference of the discovery, "On a scale of one to 10, this is a 10. It doesn't get any bigger than this. ... If the [biblical] text were true, this is what you would anticipate finding. And indeed, it is what we found."

Stripling said the tablet dates to the late Bronze period, which ran from 3300 B.C. to 1200 B.C. That means it would

be roughly 3,000 years old.

Secular critics of a traditional dating of the Old Testament often have placed the time of the Exodus from Egypt and the conquest of Canaan at a much later date – and thus calling into question the truthfulness of Scripture.

These critics argue that the Pentateuch could not have been written by

Moses – as claimed by the Bible – because the Hebrew alphabet did not exist when he was alive. The tablet's text, though, would seem to support a Moses authorship.

The discovery, Stripling said, affirms the biblical text.

"One can no longer argue with a

straight face that the biblical text was not written" until the Persian period (559 B.C. to 331 B.C.) or the Hellenistic period (323 B.C. to 30 B.C.) "as many higher critics have done when here we do clearly have the ability to write the entire text at a much, much earlier date. This tips the scale in favor of an earlier date and does not help the arguments of those who favor a later date."

A peer-reviewed paper on the tablet will be released in the coming months, Stripling said.

Gershon Galil of Haifa University said the discovery's significance could not be overstated.

"This is a text you find only every 1,000 years," Galil told The Times of Israel.

The newspaper said it "may be one of the greatest archaeological discoveries ever."

"It would be the first attested use of the name of God in the Land of Israel and would set the clock back on proven Israelite literacy by several centuries – showing that the Israelites were literate when they entered the Holy Land, and therefore could have written the Bible as some of the events it documents took place," the newspaper said.

"Instead of a Coffee Shop, How About a Laundromat?"

"A lot of churches have created third spaces by starting up a coffee shop. That's a great idea, but coffee shops tend to be a part of affluent White culture. The working poor don't hang out in coffee shops with their Mac laptops. Nor can they afford \$4 specialty drinks.

So a coffee shop isn't going to be frequented by the working poor—White, Black or Hispanic—in our neighborhood. To be sure, a cool coffee shop would attract White hipsters, but that's not the demographic of our church neighborhood.

So what would be a good third space for a poor neighborhood like the one surrounding our church? A place that would serve the neighborhood but could also be a place where people would spend time talking and forming relationships?

My idea has always been for our church to run laundromat. The poor and working poor don't have washing and drying machines. Consequently, it's a real, real hassle to get clothing washed. What middle and upper class people seriously take for granted is taking a few steps to throw a load of laundry into the



washing machine.

Can you imagine the hassle and the disruption to your day if you had to drive—or, more likely, walk or take a bus—to a laundromat? To say nothing of the lost time standing around attending your clothing as it washes and dries? And then there's the money to run the machines, money you might need for dinner... But here's the third space upside. Do you know what people do as they sit around waiting for their clothing to wash and dry? They talk. As neighbors. The laundromat is a local, neighborhood third space.

The acute need in my town for well-run, attended and inexpensive laundromats was highlighted this weekend for

my wife. Wanting to catch up on the laundry—mostly huge stacks from two teenage boys—Jana loaded up the car and drove a few blocks to a laundromat in our neighborhood (which is very close to our church).

And what Jana experienced at that laundromat profoundly affected and disturbed her. Jana saw refugee families bring in wet clothes that had been washed in the bathtub. Why? Because they could only afford to dry them.

Laundromats are local, neighborhood third spaces, places where relationships can be formed. Plus, laundromats meet a need in a way a Carmel Macchiatto cannot. To say nothing of the blessing it would be to hand out free quarters or

provide an attendant so that errands could be run while clothing was being cleaned or dried. Perfect ministry oppor-

tunities for church members wanting to serve and get to know neighbors."

--Richard Beck

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Letting Your Light Shine Amidst This Present Darkness

By Jack Redmond

If the world ever needed light – it is now! Many days it seems like the world is falling apart as people go through many challenges and losses. If you tune into the tv, social media or the radio, it's like getting hit over the head over and over again with bad news!

As I spoke with a friend the other day, I blurted out, "It makes no sense to shine a light in a lighted room, but in darkness!" We then discussed that our church is full of light. It has God's Word, God's Presence and many people filled with both the Word and the Holy Spirit. It's the people outside of our churches that need this light.

Since we have the hope of Christ, it is up to us to get outside of the church walls and bring light into the darkness! I wrote about this in my book, *God's*

Team – Unleashing the Full Power of the Church.

"You are the salt of the earth. You are the light of the world. A town built on a hill cannot be hidden. Matthew 5:13a, 14

LIGHT

Light must also be shown to overcome darkness. If you have a flashlight, you can walk into any darkness and shine the light. In the same way, we must bring the light of Christ into people's personal darkness of pain, brokenness and sin. We are often like a bunch of people sitting in church with our flashlights complaining the world is a dark place. Instead, we must take the light we have and go into the dark places and into people's dark lives and shine the light of Christ. To erase the darkness, we must



touch it with light.

WHO WINS THE FIGHT?

Many times, I ask the question, "In a fight, what wins? Light or darkness?" Some people get it right away, others think it's a trick question, but the answer is simple. Light always overcomes dark-

ness! If a room or place is dark and you shine a light, the light "lights up" the darkness. Bottom line, you can shine light into darkness but if there is light, you can't make the darkness overcome the light. You can't project darkness into light. When people understand that they have light that can overcome darkness, a boldness rises up within them.

I encourage you to ask God to use you every day to be light in our dark world. Yes, these are tough times, but people need the hope of Christ, and you can bring that light to them each and every day!

Jack Redmond is an author, speaker and serves on staff at Christ Church in Montclair and Rockaway, NJ. He can be reached or followed on social media @jackwredmond.

Let's Discover & Unleash Our God-Given Influence

By Jenni Catron

Something deep inside each of us longs to count. We want to matter to the world. We long to make a difference.

We get bored, tired, even depressed by routine and monotony. We're desperate for significance. We're searching for acknowledgment.

We beam when someone says, "You matter." We seek praise, accolades, and awards, but somehow once we achieve them, they feel empty and we move on to another desperate search for the next fix that will affirm our worth.

While we long for significance, we wrestle with whether that longing is good and godly. But what if it is? What if God expects us to discover and unleash our God-given influence?

Each one of us has tremendous influence. You were made to influence the world in a way that no one else can.

Dallas Willard says it this way in *The Divine Conspiracy*:

The drive to significance is a sim-

ple extension of the creative impulse of God.... It is outwardly directed to the good to be done. We were built to count, as water is made to run downhill. We are placed in a specific context to count in ways no one else does. That is our destiny.

What is Influence?

So, what does influence look like? How do we earn it? How do we keep it? How do we effectively steward it?

These are the questions I've wrestled with. I want to use influence for good because influence is a powerful thing.

Influence is powerful because it connects with longings in our hearts. It connects with a God-ordained desire to matter. We want to know that we can make a difference in our own lives and the lives of others. By definition, influence means the power to change or affect someone.

Influence shapes human lives and for that, it's sacred work.

Understanding Influence

In my personal journey to understand influence, I began studying

Galatians 6:4-5 (*The Message*) where we're told,

Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.

I love this passage because God is compelling us to understand how uniquely he has created us. Each of us have been given a unique set of gifts, talents, experiences, and opportunities that have shaped us and equipped us to impact the world in ways that no one else can.

But so often we get tripped up by the things we are not. We throw excuses at God for why we can't: "I'm not smart enough. I'm not strong enough. I'm not eloquent enough. I don't have the resources. I don't have the privilege. I have too many other responsibilities."

We all have excuses or reasons for why we can't be who God is calling us to be, but when we throw aside the excuses, we begin to see what it looks like to "sink" ourselves into the

influence God has designed us for.

You are specifically designed to impact the world in a way that no one else can.

You have a specific purpose, a calling, that only you are qualified to fulfill.

Your God-given influence defines your purpose.

Your purpose establishes your leadership.

Your leadership makes a mark on the world.

Applying Influence

What gift, talent, experience, or opportunity has God given you that you need to explore more? What have you been holding back? God's picture isn't complete without each of us living our creative best. We need you to give all you've got.

I'm better when you're better. You're better when I'm better. We're all better together. Let's discover and unleash our God-given influence!

Editor's Note: Excerpts of this post are taken from CLOUT: Discover and Unleash Your God-Given Influence by Jenni Catron.

American Millennials — What Do They Believe?

By Ken Ham

What does the Millennial generation in America believe? This is the generation that is currently raising the next generation and is massively influential in which direction the nation will head. Well-known researcher George Barna recently released a “Millennials in America” report that confirmed, once again, that the Millennial generation is extremely secularized and knows very little about God and his Word.

According to The Christian Post, the report shared that:

- 9 out of 10 millennials are syncretists, picking a mixture of beliefs from different religions so as not to appear “intolerant.”

- Being “born again” doesn’t result from repentance and faith in Christ’s sacrificial, substitutionary death and resurrection but refers to being a good person, doing good deeds to merit one’s salvation.

- Only 28% believe the Bible is the Word of God.



- Two out of three millennials believe they are “Christians,” yet their responses indicate they are not true disciples following Jesus as Lord.

- Three out of four believe all religious faiths are of equal value.

- 56% reject the existence of absolute truth.

- A scant 4% of millennials hold to a biblical worldview regarding God, life, and morality.

- Only one in four millennials believes they can trust a high percentage identify themselves as “DONTs,”

meaning they don’t know or even care if God exists.

As I’ve been saying for years, generations of young people have been raised up who don’t know what they believe or why they believe what they believe—and they certainly aren’t basing their thinking on God and his Word! They have the wrong foundation—man’s ideas—so they believe they can pick and choose whatever they like from various religions because, ultimately, their god is man (themselves). So how do we share the

gospel with people who know nothing of the one true God, his Word, and the saving message of Christ’s work on the cross?

Well, we must help people understand they have the wrong foundation for their thinking. God’s Word is true and, because God’s Word is true, the gospel message is also true. And because God’s Word is true, and it makes exclusive claims regarding truth and salvation, other religions aren’t just different paths—they are wrong!

This means we must be equipped with apologetics so we can defend the truth of God’s Word and answer the skeptical questions of our day. Sadly, much of the church has not taught and equipped young people as they should have.

I’ve been sharing with Christians how to present the gospel message in a secularized culture for years. You can watch one of my presentations on this topic below. This talk was streamed several years ago from Legacy Hall at the Creation Museum:

Such reports as Barna’s recent one are sobering and disheartening. But we must remember the power of the gospel message and the Word of God. Today’s secularization isn’t a surprise to God! All throughout history he’s been saving people, regardless of the time and culture they live in. And we pray that he will continue to save and that he will raise up a generation of Christians who will boldly stand on his Word and proclaim the gospel message to all.

Authors of Our Own Chaos



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

Speaking Truth

There was once an ancient city that was affluent and a powerful force militarily, politically and economically. God said about it, “This is the exultant city that lived securely, that said in her heart, “I am, and there is no one else.” (Zephaniah 2:15) These were dangerous words of pride. They were confident in themselves and thought they were invincible. But what they did not understand, is they lived not just in a physical world, but a spiritual one also. And in that spiritual world there was good and evil, and evil dwelt in the heart of mankind. And the common sign of that evil was the pride, egotism and self-exaltation they displayed.

Almighty God is an avenger to-

ward pride. For there is only one God and He will not tolerate any prideful competitors, albeit from mankind or other so-called gods. How does God confront the pride of a nation, a city or an individual? With the weapon of humbleness. In His wisdom and sovereign power, with divine patience, He firmly but graciously, moves to bring a nation or a single person to the end of themselves, that they might turn and live.

When God employs His strategy to humble us, it may appear as if chaos has broken out everywhere. But to God He is wisely and carefully employing whatever is necessary to break our pride and humble us, that we would know His saving power and experience His everlasting peace, joy and steadfast love.

On our global scene it seems like chaos. Is World War III on the horizon with war in eastern Europe, uncertainty in the Asia-Pacific region and the always concerning Middle East? Will rising inflation rates lead to even higher food and gas prices causing shortages and national unrest? What will the future be like with Covid-19, ever growing signs of vac-



cine side effects and the on again-off again restrictions?

What about your own city, family or personal life? Is there chaos, uncertainty, things that appear to be out of your control? Is this leading to fear, depression and anxiety or to a double dose of determination and drive to overcome?

God once said, “For my decision is to gather nations, to assemble kingdoms, to pour out upon them my indignation, all my burning anger; for in the fire of my jealousy all the earth shall be consumed.” (Zeph. 3:8) Why was God so angry? Pride! Because of mankind’s continuing stubborn and selfish pride, God in His anger at times, simply steps out of the way and gives people what they want. And what they get is chaos of their own making. For governments, sometimes their own legislation and

policies have brought chaos upon their own people. For families, sometimes their own moral and financial choices have brought chaos inside the walls of their own home.

And what is God jealous of? You. As you turn away from Him and toward other things, He becomes jealous for you. He wants you to turn toward Him. He patiently stands with arms open wide, waiting for you. Yet in the meantime because you pridefully go after other things, violating His moral commands, wave after wave of chaos rains down upon your life. It does not need to be that way. God’s ways are better than yours. He is ready to take away His judgments against you. He says, “The Lord your God is in your midst, a mighty one who will save.” (Zeph. 3:17) Will you make Him your God today? In your pride you have lost

much, but God says, “. . . when I restore your fortunes before your eyes. . .” (Zeph. 3:20) What your prideful disobedience has ruined, God can restore. He can restore an entire nation or just one family. Both are equally precious in His sight. Take hold of this promise!

Will you stop fighting against God? Will you stop running? Will you stop trusting in yourself? Turn to Him and live. This is why Jesus died and rose again. To provide you a clear path to a new life in Him.

A prayer for you - “Lord God, let each person examine themselves and reveal if there be any selfish pride. Let them examine their lives and admit if there be any chaos of their own making. Then bring them to humble themselves and make themselves low before you, asking for mercy to forgive their sin and restore what disobedience has taken away. In Jesus’ name. Amen.”

Clint Decker is President of Great Awakenings and Speaking Truth is a nationally syndicated column. Please share your comment with Clint at cdecker@greatawakenings.org and follow his blog at clintdecker.blogspot.com.



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Lots of entertainment in NOTO

The NOTO Redbud Festival is back April 1-May 7!

Experience the beauty of NOTO in bloom! Music and performances at the new Redbud Park. Visit the various murals and outdoor public art installations, shopping, dining, and more. NOTO First Friday Artwalk Apr.1 & May 5, 10am-9pm (music 6-9pm). NOTO Saturday Markets, 10am-3pm: Held at Redbud Park and NOTO Teeter Courtyard, this eclectic market offers artists and others a chance to sell their wares at select market areas. Visit businesses, see the vendors, and explore the area while enjoying live music.

On April 10, 2pm at Pavilion Theater in Redbud Park, Grace

Reader's Theatre will re-create two scripts from old time radio, complete with live sound effects. The program will consist of two half hour programs, one drama and one comedy. Tickets are \$8 in advance or \$10 at the door.

Redbud Blues Concert with Ellie Smith & Ryan Verthein will take place on April 15, 6:30pm at Redbud Park. This concert is an indoor/outdoor venue. No outside alcohol is permitted on park



grounds. Bring a lawn chair and bring a friend! This is part of the Redbud Festival that takes place from April 1 to May 7.

NOTO in Bloom is coming up on April 23rd. Contact NOTO Arts District office for details.

On April 30 at 7pm, The Astonishing Curtis Sneden will amaze audiences with his unique brand of smart magic. This thought-provoking presentation on the untold powers of the human mind is designed especially for adult audiences. Tickets are \$10 in advance or \$12 at the door. He'll be back on May 1 at 2pm!

First Friday Art Walk hours are 10 am to 9 pm. Visit the NOTO Arts Center to pick up a map of participating businesses and view the newest exhibit at the Morris Gallery.

Entertainment can also be found on First Fridays, at various venues during the art walk up and down N. Kansas Avenue, as well as streetside vendors. The restaurants, locally owned shops, art galleries, antiques and studios have become a favorite art walk destination.

SUE: The T. Rex Experience is open at Great Overland Station. See this fearsome fossil all the way from Chicago's Field Museum. Step into the world of SUE the T. Rex to uncover the mysteries about the life of this fearsome fossil. Get to know SUE at the Great Overland Station. This newly updated exhibit, all the way from Chicago's Field Museum is part of an immersive, multi-sensory experience.

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TOPEKA ACOUSTIC MUSIC JAM – First Sat. of ea. month, 3-5pm, Potwin Presbyterian Church (enter south door), 400 S.W. Washburn: 286-0227 hagen1525@gmail.com.

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

GRAND O' PRY – 2nd & 4th Saturday, 6:30PM-pre-show, 7PM showtime, Ottawa Memorial Auditorium, 301 S Hickory, Ottawa. Tickets are \$10 and only at the door. Ph. 785-214-0013, email grandopry@gmail.com.

STEVE KILE BAND – Apr. 1, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SWITCH IN TIME – Apr. 2, 7pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

GARY HOBBS WITH MARIA THE MEXICAN – Apr. 8, 7:30pm, TPAC. A free concert Celebrating the Hispanic Community of Topeka. Tickets can be picked up at the TPAC box office

WILDER HORSES – Apr. 9, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com.

785.260.6772

TOPEKA SYMPHONY CONCERT – Apr. 9, 7:30pm, White Concert Hall. This concert features the Young Artist award winner along with Mahler's First Symphony. Get tickets at: TSO Tickets

TRAVIS TRITT – April 14, 7:30pm, TPAC

REDBUD BLUES CONCERT – Apr. 15, 6:30-9pm. Free concert, bring a lawn chair

THE COOTS – Apr. 16, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

STEVE KILE BAND – Apr. 29, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SOUTH BOUND – May 13, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

SPECIAL CHURCH EVENTS

SENIOR FIT & FUN PROGRAM – every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctoepka.org

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

FREE WEEKLY COMMUNITY PANCAKE BREAKFAST – Sundays at 10am sharp, at Oakland Church of the

Nazarene: 900 block of NE Oakland, followed by church services at 10:45am – followed at noon by The Hope House FREE Community Food & Clothing Banks.

FIRST WEDNESDAY WESLEY CAFE – First Wed., 6:15pm, Susanna Wesley UMC, 7433 SW 29th. A worship service will follow at 7:00. 785-478-3697 or www.swumc.org/wesley-cafe-sign-up1.html.

FIRST SATURDAY BREAKFAST BUFFET – 7:30 AM – 10:00 AM, Shawnee Heights UMC, 6020 SE 44th

INSIDE OUT FELLOWSHIP CHURCH – Every Sunday 12pm service; Every Tuesday 7:30pm service. Location: 2020 SE 21st. For info: 785-380-7031 or io@insideoutinc.net or www.insideoutinc.net

GRIEFSHARE SUPPORT GROUP – Feb. 7-May 2, Mondays 6:30-8pm, Topeka Bible Church, Mulvane Building, 1101 SW Mulvane St. A 13-week seminar and support group for people who are grieving the death of a person close to them. The video sessions feature biblical teaching and are designed to help you successfully travel the journey from mourning to joy. 785-234-5545

GOOD FRIDAY SERVICE: 7 LAST SAYINGS OF JESUS CHRIST – Apr. 15, 6:30pm, Open Arms Outreach Ministries COGIC, 2401 SE 11th St.

FAMILY-FRIENDLY EVENTS

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, at noon at Auburn Civic Center, 1020 N. Washington Street. Minimal cost per person. Reservations/cancellations required 24 hours in advance by calling Meals on Wheels of Jefferson & Shawnee Co. at 295-3980. Each meal includes 1% milk & sugar-free items for diabetics. 215- 0064.

TOPEKA TWILIGHT LIONS BRANCH CLUB – 4th Mondays at 5:30pm, Norsemen Brewing Co., Visitors welcome.

MEDICARE MONDAYS – First Mon. ea. month, 1-3pm. Topeka/Sh. Co. Public Library, 1515 SW 10th. Jayhawk Area Agency on Aging offers Senior health insurance counseling. For info: 580-4545 or nhonl@tsopl.org

SHEPHERDS CENTER PICKLEBALL GROUP – plays Mon. & Wed. Mon. at Countryside UMC, 32nd & Burlingame, from 3-5. Park on the NORTH side & use the furthest WEST door. Follow the hallway to gym. On Wed. at First Baptist, 30th & MacVicar, from 1-3. Park on the WEST side. Gym is right inside the doors.

TOPEKA SWING DANCE – Tuesdays, 7-8pm, Swing Dance Lessons, no partner required, Jayhawk Theatre, 720 SW Jackson. www.topekasingdance.com.

SAFE STREETS COALITION MEETING – First Wed. of the month, 11:45am-1pm. Great Overland Station. For info: 266-4606 or jwilson@safestreets.org

COUNTRY AND BALLROOM DANCING – Thursdays 6-9pm. Croco Hall. Info: Edwina 379-9538 or 478-4760.

SHEPHERDS CENTER LINE DANCING GROUP – meets 2nd & 4th Thur, 2-4 at First UMC, 6th & Topeka. Park on the west side & use west door. Immediately inside, turn left & walk the ramp to the library, then left to elevator. Push [B] for fellowship hall 785-249-3258.

FIRST FRIDAY ART MARKET – Downtown and NOTO arts district. Arts, antiques, fine crafts, flea market items, snacks & beverages, entertainment and more.

TOPEKA ACAPPELLA UNLIMITED AUDITIONS – Topeka

Acapella Unlimited is looking for female singers who would like to sing four part acapella harmonies. Come be our guest via Zoom at our guest nights to meet the Director and learn more about our chorus. Topeka Acapella Unlimited is a Chapter of Sweet Adelines, International. Call Cindy Patton at 785-640-7403 for information on how to receive a Zoom invitation

SQUARE DANCING – Shawnee Swingers has monthly dances and sponsors lessons in the Fall. Call or text 785-845-2357; shawneeswingers@gmail.com. On Facebook: Shawnee Swingers Square Dance Club. wesquardance.com

HARVESTERS MOBILE FOOD PANTRY, 1st & 3rd Saturdays, 2-3pm, Shawnee Heights UMC parking lot.

TERRITORIAL CAPITAL MUSEUM – Now Open, 640 E Woodson, LeCompton. (785) 887-6148 www.lecomptonkansas.com

tonkansas.com historiclecompton@gmail.com

FREE MOBILE FOOD DISTRIBUTION – Fourth Tuesday through November, 9am, 1231 NW Eugene St. Randell Ministries, Inc., in partnership with Harvesters and Family of God Church will be conducting its monthly food distribution. No ID or proof of income required, first come first served. Distributing several tons of fresh produce and other items to families in need. (785) 234-1111 www.RandellMinistries.com



TOPEKA PUBLIC LIBRARY PLAY BUS – 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Every Tuesday, enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

OPEN INDOOR COURT PICKLEBALL – Sundays at 4pm, Berryton United Methodist Church (7010 SE Berryton Rd. All ages and abilities welcome.

APR. CYCLING EVENTS – Various cycle rides are of-

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C5Alive POWER Luncheons are held 2nd Thur. each mo.

**Apr. 14, 11:30-1: "POWER" Luncheon
at The Peak, 1930 SW Gage.**

Featured Speaker: Huston Thompson!

RSVP to info@C5Alive.org.

Open to the public.



- Apr. 16: **EASTERFEST**
- May. 12: **POWER** Luncheon: NOTO Arts Center, Thomas Underwood, Ex. Dir.

Save the Date!

For info: www.C5Alive.org or [Facebook.com/C5Alive](https://www.facebook.com/C5Alive)

ferred by Kansas Cyclist. www.kansascyclist.com/

APR. OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP – Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

TOPEKA DINO DAYS – Feb. 4 – June 30. SUE: The T. Rex Experience – Great Overland Station (Opens Feb. 4). See this fearsome fossil all the way from Chicago's Field Museum. **DINO DAYS BASE CAMP** – Topeka Information Center, 715 S Kansas Ave. (Opens Feb. 24) See an Allosaurus and calf at no charge, grab some swag and find out where all of the dino hot spots are throughout town. **DINOSAURS ALIVE!** Created By Dino Don, Inc. – Topeka Zoo. (Opens March 3rd) Dinosaurs are back in a BIG way at the Topeka Zoo. Journey back to the age of dinosaurs in an immersive experience featuring life-size, animatronic prehistoric giants appearing throughout the zoo. **TINY TITANS:** Dinosaur Eggs And Babies – Children's Discovery Center. (Opens February 24th) Visitors will enjoy learning about dinosaur eggs, nests, and babies through colorful, hands-on, interactive experiences that include a collection of real life dinosaur eggs. For tickets and more info: topekadinodays.com/ or (785) 246-6271

NOTO REDBUD FESTIVAL – Apr 1-May 7. Experience the beauty of NOTO in bloom! Music and performances at the new Redbud Park. Visit the various murals and outdoor public art installations, shopping, dining, and more. **NOTO First Friday Artwalk** Apr. 1 & May 5, 10am-9pm (music 6-9pm). **NOTO Saturday Markets**, 10am-3pm: Held at Redbud Park and NOTO Teeter Courtyard, this eclectic market offers artists and others a chance to sell their wares at select market areas. Visit businesses, see the vendors, and explore the area while enjoying live music.

FOOD TRUCK NIGHT – Apr. 2, 4-8pm, HHHS, 5720 SW 29. Also on May 6, June 4, Sep. 3 & Oct. 1. Featuring music and food trucks. Helps homeless animals.

DOWNTOWN TOPEKA FARMERS MARKET – Saturday's April 2 to Nov. 6, 7:30am-noon, 12th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

TOP CITY DAY OUT – Apr. 2, 10-3, Stormont Vail Events Center. 75 vendor booths

JURASSIC PARK FILM SCREENING – Apr. 2, 11am, Jayhawk theatre. Popcorn and drinks will be avail-

able for purchase. Doors open 30 minutes prior to showtime. Admission: \$1 or 1 canned food item to benefit VIDA Ministry/Salvation Arm

BINDING THE BROKEN HEART – April 5. An 11-week Post Abortion Bible Study. Email Shelly: shelly.b@healinghearts.org.

TOPEKA WOMEN'S CONNECTION DESSERT GATHERING – Apr. 7, 1-3pm. **FEATURE:** Learn about one of Topeka's new and attractive stores. It changes daily and offers beautiful clothing, furniture, home decor, tools, toys, appliances and more at very affordable prices. **MUSIC:** Pianist, Adriel Holloway, a Topeka native and high school senior, will delight you with two selections. **SPEAKER:** Abby Holloway, a Topeka native, will speak on "Time for a Heart Czech". She will share about her work in the Czech Republic, her passion for youth development. Topeka Shawnee County Public Library, 1515 SW 10th Ave. Topeka, Kansas. Reservations: Make your reservation by April 3rd by calling: Ann at 785-554-3617 or Kim at 785-224-5268. Cost is \$8, no charge for program only. All women welcome

SMOKE IN THE SPRING – Apr. 8-9, Osage City. Taste of Osage City BBQ and fun.

EGG HUNT AT KANSAS CAPITOL – Apr. 9, 10-12. Children of all ages

C5Alive "POWER" LUNCHEON – Apr. 14, 11:30-1 at The Peak, 1930 SW Gage. Featured Speaker is Huston Thompson.

Cost: \$10 for C5 members & first-time guests who RSVP, \$12 at the door. • \$15 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

SAVE THE DATE: C5 POWER Luncheon, May 12, 11:30-1, at NOTO Arts Center. Speaker is Ex. Dir. Thomas Underwood.

NOTO In Bloom – Apr. 23, 6-9:30pm. Unique event celebrates the best of NOTO!

GRAND OPENING – BE FILLED OF SOUTH TOPEKA – Apr. 30, 12-2pm, 200 Airport Rd, Bldg. 818 Suite 1, at Forbes Field. Ribbon cutting for community closet & food pantry. Bounce house, DJ, food, prizes.

7th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Apr. 16, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue past Garfield Park. Egg Hunt begins right after the parade at the play-

ground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair, Vendor Market with Bingo, and Health Fair will be 10-3 in Garfield Park, in the Shelter House and in the Gym, including vendor booths, children's games, food, facepainting, pony rides, laser tag, cake walk and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

RED, WHITE & BLUE BBQ – April 29-30, Stormont Vail Events Center.

SPRING MARKET – Apr. 30, 9am-3pm, Dover Community Center. A marketplace for vendors, crafter, artisans, farmers, etc. Food and other activities as well. Proceeds benefit the Center at 5930 SW Douglas Road. For info: [dcccpringmarket@gmail.com](mailto:dccspringmarket@gmail.com).

TOPEKA SHAREFEST – Apr. 30. Info and registration at sharefesttopeka.com

BREAKTHROUGH HOUSE GOLF TOURNEY – May 2, Cypress Ridge. 12:30pm Shotgun. 4-person scramble. Sponsors & golfers needed. For info: 785-232-6807 or mbolling@breakthroughhouse.org

CRUISE NIGHT CAR SHOW – May 7, Downtown Topeka. Info: rachel.punches@cumulus.com.

CAMP INVENTION – June 13-17, Topeka Lutheran School. A nationally recognized, nonprofit summer enrichment camp program from National Inventors Hall of Fame. For additional information or to register, visit invent.org/camp.

SOLE REASON GOLF TOURNAMENT – June 25, Cypress Ridge Golf Course. 8-8:30 AM registration, 9 AM shotgun. Solereason@yahoo.com or 785-338-2965 Benefits children that need sneakers. Lots of prizes and silent auction items.

MEETINGS & CLASSES

CONCERNED WOMEN FOR AMERICA MEETING – Join other concerned individuals to pray and unite in action for Shawnee Co. and our Nation. For info about monthly meetings: 785-260-5659 or ks.cwfa.org.

HEAT UP TOPEKA – Free fitness classes; learn and build healthy social & eating habits. Held at Trinity Presbyterian Church, 4746 SW 21st St. Florence Crittenton: 785-233-0516 www.flocritkansas.org

TOPEKA TREASURE HUNTERS CLUB – 3rd Sun. of each month except May, Sep. & Dec., 7pm, Papan's

Landing Senior Center, 618 NW Paramore St. Family Memberships include children & grandchildren up to 18 yrs. A place to meet friends to discuss all aspects of Metal Detecting, club business, plus socializing & entertainment.

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

FAMILY EXPERIENCE (FX) – Every Sun., 6:01pm, Fairlawn Church of Nazarene, 730 Fairlawn Rd. A time of high intensity, action packed, skit mania, worship music all centered around the word of God for 45 minutes. A free family worship event. For info: Emily Moore, 272-6322 or fxthelawn@gmail.com.

BOY'S TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS – Every Mon. 6pm, Cornerstone Comm. Ch., 7620 SW 21st. Faith-based scouting programs, age 5-18. Register at cornerstonetopeka.com. 478-2929.

TOPEKA MANKIND PROJECT – Mondays, 6:30pm, 2112 SW Morningside Rd. Supports men in becoming their best selves, including physical, mental & emotional health & wellness. Open to any man. Brian Thomas: brian.thomas01@gmail.com or 785-727-9439

Sole Reason's 4th Annual Sneakers and Smiles Golf Tournament



Benefiting Local Kids In Need 4 Person Scramble Tournament Saturday, June 25th, 2022

Cypress Ridge Golf Course
2533 SW Urish Rd, Topeka, KS 66614
We need sponsors! Starting at only \$100!

Shotgun Start: 9:00 AM

Entry Fee: \$360 per team or \$90 per person

Includes Green Fees, Cart, Drinks, Breakfast and Lunch (provided by Bobby Food Co.)

For More Information or to register, go to www.solereason.net or contact Jerry at (785) 338-2965 or e-mail sole_reason@yahoo.com



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APR
16

TOPEKA EASTER PARADE & FUN FAIR, AUG. 29, N. KANSAS AVE. & GARFIELD PARK

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

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

TOPEKA LINCOLN CLUB – 1st Tue. of month, 7pm,

Topeka Public Library. Discussing our greatest President, Abraham Lincoln, and his times. The public is welcome. For info, contact Kirk Nystrom 235-6977.

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

SUNRISE OPTIMIST CLUB – Every Tue., 6:30am, Sun-

rise Optimist Complex, 720 NW 50th St. 246-1291.

MENNINGER BIBLE CLASSES – Tuesdays 11am-12:30. Amerus Room, YWCA, 225 West 12th. A new study group for Year One of Flo Menninger's course on Four Years through the Bible. Read and discuss Genesis through First Kings. Nominal charge for materials. For info call the YWCA at 233-1750 or Clara Gamache at 785-408-5433. (The Bible study is also taught on Sat. mornings on 101.5 FM radio.)

FRATERNAL ORDER OF EAGLES Aerie 4319: First & Third Tue. 7pm; Auxiliary: Third & Fourth Tue. month 6pm, 2941 SE Fremont Street. The Fraternal Order of Eagles is an international non-profit organization uniting fraternally in the spirit of liberty, truth, justice, and equality, to make human life more desirable by lessening its ills and promoting peace, prosperity, gladness and hope. www.foe.com 785-266-7307

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

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

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

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

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

TOPEKA PRAYER GROUP – Every Wed., 6:30pm, 409 SW Buchanan St. Do you believe that God hears and answers prayers? Do you believe Jesus wants to lead His people by His Holy Spirit? Come join us in prayer as we seek His face for answers and direction. 785-845-1948; holmie2@sbc-global.net

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 Bible Study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

MACHINE EMBROIDERY CLUB – 1st Wed., 9am-3pm, Our Savior's Lutheran Church, 2021 SW 29th Street (east door). Anyone with an Embroidery machine is invited to attend, there are no dues or formal meeting agenda. Lunch is on your own. Teach each other, enjoy fellowship & complete projects. Call 379-5159.

SAFE STREETS MEETING – 1st Wed., 11:45am, Great Overland Station 266-4606.

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

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

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

OPERATION BACKPACK – 1st Thurs., 6pm, Indian Creek Elementary School, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. No assembly in August. Sponsored by Topeka North Outreach. For info: 286-1370.

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

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP – 3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian finan-

cial professionals: financial planners, accountants, attorney's & insurance agents invited. kingdomadvisors.org or Jim Hanna, james.c.hanna@ampf.com or 357-6278 x19.

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

TOPS (Taking Off Pounds Sensibly) – Every Fri. 8:30 to 10:00 am at 3221 SW Burlingame Road. 800-932-8677. Support for your weight loss journey. tops.org

A GOOD YARN CLUB – 2nd & 4th Sat., 9-11am, Wana-maker Rd Baptist Church, 2700 SW Wana-maker. Doing Good for Others: Knitting & Crocheting for Local Char-ities, free yarn, needles, hooks & patterns. All are welcome. Anne, 272-9249 or kit-tens812@sbcglobal.net

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

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

TOPEKA GREAT LIGHT AGLOW – For meeting info contact Vickie Lynch at greatlighttopeka@gmail.com.

SUPPORT GROUPS

BINDING UP THE BROKEN HEARTED – Sessions offered for women who suffer from the after-effects of abortion. All the women who lead these sessions have had an abortion and have received healing from God's Word. For info, contact local Healing Hearts representative Shelly Brush, First Southern Baptist Church at shelly.b@healinghearts.org. All communication is confidential and secure.

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

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides an opportunity for caregivers to get together and share their ideas and feelings. **2nd Monday of the month**, 3:30pm, Topeka public library, Anton Rm. **3rd Friday of the month**, 12 noon, Jayhawk Area Agency on Aging, 2910 SW Topeka

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome. Kay Lyn at KLCarlson20@cox.net.

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

PURSUIT FOR SEXUAL PURITY – Men struggling with pornography & sexual addiction. This bible study/ accountability group uses the Pure Desire book by Ted Roberts. For info: 249-9509. All inquiries confidential.

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. Caregiver support group via Skype 9:30am every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

Caregiver Support Group via Google Hangouts, 4:30pm every other Wednesday. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

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

COMPASSIONATE FRIENDS/BEREAVED PARENTS GROUP – Meets 4th Mon. in Formation classroom at

Most Pure Heart of Mary, 17th & Stone. Discussion starts 7pm; fellowship & refreshments 8:30. 272-4895

GRIEF SUPPORT – Sponsored by Heartland Hospice for those dealing with death or major loss:

1st Mon., 5:30-7:30pm, Individual appointments; other times are available. Call Terry at (785)230-6730.

3rd Thurs., 11am, Lunch After Loss, Paisano's Ristorante, Fleming Place, SW 10th & Gage Blvd., For reservations or info: 785-271-6500.

EMOTIONS ANONYMOUS: a 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. For info: Sharon 785-633-7764

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME SUPPORT GROUP – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

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

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

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

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

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

DIVORCECARE PROGRAMS – (For updates check www.divorcecare.org) locations and times:

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

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

WED. – 6:30pm, Northland Christian Church, 3102 NW Topeka Blvd. No Cost. 286-1204, www.northland.cc

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

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

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

TOPEKA NAR-ANON FAMILY GROUP – For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

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‘The Lord Is in Control’: Parents Choose Faith Over Abortion, Saving Baby

Two parents from Chatsworth, California, found themselves at a fork in the road when at 21 weeks into the pregnancy they were told that their baby had a congenital diaphragmatic hernia (CDH), a genetic defect that leaves a hole in the diaphragm between the chest and abdominal cavity.

What looked like a dead end was, for parents Caleb and Abigail Ostrom, merely an opportunity to trust God. When their perinatologist offered them the option of aborting their son, their response was, “God gave us this baby, and we want him no matter what.”

“We firmly believe that the Lord is in control of our lives, and that He works all things together for good for those who love Him,” Abigail Ostrom told The Epoch Times. “We are so thankful for the gift of our son.

“Theodore’s story reminds us that God is not bound by natural limitations. We look forward to one day telling Theodore about how God showered him and us with mercy and grace.”

Caleb (L) and Abigail Ostrom with



Abigail Ostrom with her son, Theodore, who was born with Congenital Diaphragmatic Hernia (CDH). Inset shows baby Theodore in the NICU. (Courtesy of Victor Obietikponah; Inset: Courtesy of Abigail Ostrom)

their newborn baby son. (Courtesy of Abigail Ostrom)

Ostrom, a stay-at-home mom and small-business owner, says they were first surprised to find out she was pregnant in August 2019, and then “thrilled” to learn at 13 weeks that they were having a baby boy. After a 20-week ultra-

sound, they were referred to a perinatologist due to visible displacement of the baby’s heart.

A week later, the perinatologist performed a detailed scan and discovered that the baby’s stomach had moved into the chest cavity, pushing the heart to the right side. The Ostroms’ baby was diagnosed with CDH, and the severity of the hernia was unknown at the time; the parents were left with two options.

The first was to watch and wait. The possibility of stifled lung development, fetoscopic endoluminal tracheal occlusion (FETO) surgery before birth, or immediate newborn surgery all loomed.

“My husband and I remained calm as [the perinatologist] explained all of this to us. She left to give us a few minutes to ourselves. Then I cried. Everything had been going smoothly—I never saw this coming. Genetic troubles didn’t run in either of our families, and I was only 27 years old,” said Ostrom.

When the perinatologist returned, she offered the couple a second option. She asked them if they “wanted to continue.” “Caleb and I didn’t know what she meant,” she recalled. “Then it clicked: she was offering us an abortion.”

Their response was swift and decisive: They were keeping the baby “no matter what.” And in that moment, when presented with two options, the Ostroms chose a third: prayer. They contacted their church and asked fellow believers to pray. As the pregnancy proceeded, many people prayed for the family.

“There were people in at least six different states (and Canada) praying for the baby,” she said.

Caleb with newborn baby Theodore. (Courtesy of Abigail Ostrom)

Meanwhile, in early 2020, COVID-19

spread across the globe, resulting in closed cities and hiring freezes. The Ostroms found themselves without work, without great insurance, and preparing to deliver a high-risk baby in the middle of a worldwide pandemic, when hospitals were short-staffed and policy-heavy.

Regular ultrasounds throughout the pregnancy ruled out the need for FETO surgery, but the pressure to succumb to worry was still high.

“Caleb was a huge help when my anxiety ramped up. Most of all, I learned to trust the Lord like never before,” said Ostrom.

Then, on the evening of Easter Sunday, April 12, 2020, Ostrom’s labor began. Theodore, given his name because it means “gift of God,” was born at noon the next day. Just seconds after the nurse held him up and he let out a cry, he was rushed down the hall to the NICU.

The parents remained at the hospital for three days and then made daily trips to Los Angeles to see their infant son. Because COVID-19 regulations prohibited them from visiting together, one parent would visit the baby while the other waited in the parking lot. At only 4 days old, Theodore underwent surgery for his diaphragmatic hernia and remained in the NICU for 18 more days.

It was a month of watching and waiting, but finally the Ostroms brought their infant son home. Although he suf-

fered with acid reflux, Theodore was healthy and breathing unaided. Days after, they were relieved to learn that insurance had covered the entire surgery.

A year later, Theodore’s one-year X-Ray and MRI showed that his hernia did not reoccur. Today, he’s a thriving toddler with typical toddler challenges and interests: a strong will, boundless curiosity, a ceaseless appetite—and a love for all things automobile and musical.

Ostrom revels in the joy and responsibility of mothering Theodore and in the “unique opportunity to teach him about life” and, most importantly, to tell him God’s grace and what the Lord has done for him.

Together, the family has cleared a few hurdles. Having refused to stop at their “dead end,” and choosing rather to press on and pray, they now carry with them valuable experience as they approach life.

“Theodore’s journey has really shown me that every life is a precious gift, not to be taken for granted or dismissed because of a so-called defect. Also, God is not limited by natural mechanisms or human efforts as He takes action on our behalf,” she said.

“We are also confident that God’s grace is more than enough to carry us through the good and bad times.”

—E. S. Armstrong,
theepochtimes.com



Caleb (L) and Abigail Ostrom with their newborn baby son. (Courtesy of Abigail Ostrom)

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“Cheers” star Kelsey Grammer joins cast of upcoming “Jesus Revolution”

Kelsey Grammer, best known for his roles in “Frasier” and “Cheers,” has been cast as Pastor Chuck Smith in the upcoming film “Jesus Revolution.”

“Jesus has been a profound influence in my life,” he said. “I am proud to be a part of this film,” Grammer says.

The movie was inspired by the true story of a national spiritual awakening in the early 1970s and its origins within a community of teenage hippies in Southern California. In the 1970s, young Greg Laurie sets out to redefine truth through all means of liberation, and instead, meets Lonnie Frisbee, a charismatic hippie street preacher. Laurie and



Frisbee, along with Smith, open the doors of Smith’s languishing church to an unexpected revival by way of rock and roll, newfound love and a twist of faith leading to a Jesus revolution that changed the world. Laurie

went on to start Harvest Christian Fellowship, one of the largest churches in America, and the Harvest Crusade events, which have been attended by more than six million people.

“We’re thrilled by the incredible cast that has come together,” director Jon Erwin said. “The movie is set in a very specific time and place, but the theme of finding a deeper meaning to life in the midst of a fractured and broken world is timeless. In his iconic performances, Kelsey has a proven ability to connect with audiences in a real, vulnerable way, which will make him a tremendous presence in this film.

“If anything has been made clear

over the past few years, it is how much we need each other. Yet with each passing day, it feels like we are more disconnected than ever before. The true story in ‘Jesus Revolution’ reminds us that hope is never lost, and through even the most challenging of times, with faith, change is possible.”

Grammer, who has publicly stated he is a Christian, has dealt with many traumas in his life, including two half-brothers being attacked by sharks, his sister being kidnapped from a restaurant and raped and his father having been murdered.

Comedian Jim Gaffigan had previously been cast as Smith.

Kansas oil companies scramble to increase production, but 'there is no spigot'

Kansas oil companies scramble to increase production, but 'there is no spigot'

Skyrocketing gas prices have everyone from independent truck drivers to the U.S. energy secretary demanding that oil companies ramp up production. They’d like to and they’re trying to, but it’s just not that easy.

To understand why oil prices are high today, you have to go back two years, to the early days of the pandemic.

Oil prices hit the floor in April 2020. In fact, they fell right through the floor. For a while, oil producers had to pay companies to take oil off their hands. One day, the price in Kansas even hit a negative \$47 a barrel.

Some small oil companies went under. In Kansas alone, companies took almost 5,000 wells off-line and production plummeted.

But between then and now, the price of oil has increased about \$160 a barrel.

“It’s probably the most dramatic price swing in the history of the oil business,” said Mickey Thompson, past president of the Oklahoma Independent Petroleum Association. “And that’s not good for anybody.”

There is no spigot

With the ban on Russian oil imports, domestic crude is now selling for about \$110 a barrel. That, of course, isn’t good for consumers, who’ve seen gasoline prices break records.



The pain falls especially hard on lower-income workers, who often drive older cars miles to work each day and spend more of their paychecks filling their tanks. It’s sparked demands from fossil fuel users and politicians to get more domestic oil to consumers — as if oil companies can just turn the flow back on.

“There is no spigot,” Thompson said. “Wells capable of producing crude oil and natural gas in this country are producing at close to maximum capacity.”

But oil companies, especially smaller ones, are having a tough time expanding production.

“They’re having trouble getting pipe. They’re having trouble with transportation. They’re having trouble finding crews,” said Dan Naatz, executive vice president of the Independent Petroleum Association of

America.

Oil companies have been trying to scale up for months now, and that’s made basic supplies of the trade, like piping, both scarce and expensive. And pandemic-related shipping problems have made just getting supplies from factories to the oil fields a major obstacle. On top of that, there’s a labor shortage.

“Labor challenges are at the top of the list,” said Ed Cross, president of the Kansas Independent Oil and Gas Association.

Small oil Kansas companies cut as much as a quarter of their employees in the lean days of 2020, Cross said. Those are skilled, technical, often physically demanding jobs, so staffing up again is another major hurdle.

“It’s a busy time and we’re seeing production starting to recover, but

we’re a long way from where we were before the COVID pandemic,” Cross said.

In Kansas, production is down almost 16% from 2019, when gas and oil prices were much lower. It’s hard to predict how long it will take just to get back to 2019 domestic oil production levels, but most of the experts say that won’t happen until next year, at best.

Meantime, Thompson said, consumers and politicians are going to have to show some patience as everyone tries to work through the next

few months.

“You need to understand that nobody in this country, nobody — not the oil and gas industry, not the federal government, not the regulators, not the banks — nobody’s the enemy on this deal,” Thompson said.

“Putin is the enemy and he and his army and his military are creating the situation,” he added. “And we need to offer some grace to ourselves and our neighbors and people who are doing the best they can to alleviate the pain.”

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Most famous verse in the Bible is 'misunderstood by millions'

It's considered by many to be the most well-known verse in all of Scripture, but millions of believers may not realize it's stating something very different from what they've assumed or been taught.

The line in question is the famous John 3:16, which declares: "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (NKJV).

"This beloved passage of Scripture is seen and heard everywhere, from churches to sports stadiums across the globe, but it's misunderstood by millions of devout Christians," says Joe Kovacs, author of the new best-seller, "Reaching God Speed: Unlocking the Secret Broadcast Revealing the Mystery of Everything."

"Many take the phrase 'For God so loved the world' to mean that God loves the world sooooo much.

"Even some fantastic, inspiring movies such as 'The Gospel of John' and Bible versions including the New Living Translation actually render the verse that way, stating: 'For God loved the world so much ...'"

"But there's a serious misperception with that," Kovacs explains, "because the rest of the Bible does not indicate that God loves the world so much. In fact, the same person who wrote John 3:16 outright declares that followers of Jesus should not love the world or the things of the world at all."

The apostle John wrote in his first letter:

"Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him.

"For everything in the world—the lust of the flesh, the lust of the eyes, and the pride in one's possessions—is not from the Father, but is from the world. And the world with its lust is passing away, but the one who does the will of God remains forever" (1 John 2:15–17 CSB).

"Obviously, God cannot be loving the world sooooo much and at the same time be instructing us not to love the world at all," Kovacs says. "But there is a simple solution



to this mysterious dilemma, and it resides inside the meaning of a very tiny word in John 3:16. That word is 'so.'"

"There is another meaning for 'so' that has absolutely nothing to do with quantity, as in 'so much.' It has to do with the way or manner something is done. It means 'in this way,' 'in this manner,' 'thus,' or 'like this.'"

"For instance, if an athletic coach is trying to teach his or her student to learn the proper way to swim, shoot a basketball, ice skate, or perform any sport better, the coach would say, 'Do it like so.' In other words, do it like this, in this way, in

this fashion, in this manner. This is exactly the meaning of the word 'so' in John 3:16. In its original Greek, the word is 'hoytō,' and it means exactly what I'm saying here: 'in this way.'"

Kovacs says to understand John 3:16 properly, people need to read the two verses before it.

"And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life" (John 3:14–15 NKJV).

"Right there in John 3:14, Scripture says 'even so' the Son of Man must be lifted up, and that's the

same meaning of the word 'so' in John 3:16," Kovacs says. "The storyline is focusing on the precise way God rescued His people in the Old Testament after the Almighty sent fiery snakes to kill His own rebellious people."

"So the LORD sent fiery serpents among the people, and they bit the people; and many of the people of Israel died" (Numbers 21:6 NKJV). Russi

"So Moses made a bronze serpent, and put it on a pole; and so it was, if a serpent had bitten anyone, when he looked at the bronze serpent, he lived" (Numbers 21:9 NKJV).

Kovacs explains: "John 3:16 is brilliantly correlating what happened with the people's ancient rescue from death to everyone's eternal rescue from death that Jesus provided by being lifted up on His own pole, His own execution stake."

"Hence, it is not about God loving the world sooooo much, but rather it is that during the execution of Jesus, God was loving the people of the world like so, in a manner that gave them a way to escape their death penalty, in the same way, in the same manner as the ancient Israelites were spared the death penalty when they looked at the

snake mounted on the pole. God is merely repeating the imagery."

"Some newer Bible translations have awakened to realize this important difference and have published the proper meaning."

Now, the famous section reads:

"Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, so that everyone who believes in him may have eternal life. For God loved the world IN THIS WAY: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life" (John 3:14–16 CSB).

"God is a Teacher who instructs us through repetition, as all good teachers do," Kovacs says. "And what happened in the book of Numbers was actually a preview, foreshadowing what would take place during the physical life of Jesus on Earth.

"Thus, the most famous verse in the Bible – John 3:16 – is simply echoing and repeating the way God saved His people in ancient times. After all, Jesus Christ is 'the way' (John 14:6), and He's also 'the same yesterday, today and forever' (Hebrews 13:8)."

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Landscaping Tips for Instant Curb Appeal

One of the best ways to achieve instant curb appeal, according to the experts, is to effectively layer shrubs, plants and flowers in your front yard. Doing so can create a cohesive visual experience that naturally guides visitors to the front door.

Landscape designer Doug Scott describes plant layering in art terms: “Just like in a painting, you need to have a background, a middle ground and a foreground. Each layer serves a purpose, and there’s no more important place for them to be on full display than your home’s entrance.”

To help homeowners understand the purpose of plant layering and identify the best types of plants for each layer, Scott has joined forces with Exmark, a leading manufacturer of commercial mowers and equipment for landscape professionals and serious DIY-ers. Here they break it down for you:

1. Background: The background layer should consist of taller evergreen shrubs to ensure that no matter what’s in front of them, you and your visitors will always have something green to look at. This layer



provides a cohesive backdrop and a bit of living color in every season.

2. Middle Ground: Here’s where to step it down a notch in height and add interesting shapes, colors or stripes that provide contrast against the darker green of the background layer. Herbaceous perennials, like lavender, are a good choice for this purpose.

3. Foreground: Finally, the foreground layer should help transition the planting beds to your lawn space or sidewalk, and should therefore be lower than the back two layers. It’s also where you can keep things fresh

and get your hands dirty throughout the year by changing out annuals with the seasons. Or, if you want a lower-maintenance entrance, you can choose smaller perennials, evergreens or creeping ground covers. Use the foreground layer as an opportunity to add pops of color at ground level and draw attention to your home’s entrance.

Scott lays out a few other important tips to keep in mind:

- Choose plants consistent with your home’s style. For instance, if you have a craftsman home, you should probably skip tropical plants. Or, if your home is more minimalist, avoid an overabundance of different plants.

- Don’t obstruct views of your front door from the street with plants. Likewise, visitors shouldn’t have to maneuver around plants as they make their way down the sidewalk. Neither is convenient or welcoming, so you’ll either need to keep pruning plants to size, or choose plants that won’t overgrow their space without a ton of pruning.

- To make your entrance “the star” it should be, the plant material in the rest of your front yard shouldn’t be distracting. Rather let it frame the intended view.

Scott offers more plant layering tips in “Making an Entrance,” a recent episode of “Done-In-A-Weekend Projects,” an original series from Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners

make the most of outdoor spaces. There you can also download additional tips and view other Exmark Original Series videos, including “Dream Yards,” “Living Rural,” “Prime Cuts” and “Done In a Week-

end – Extreme Projects.”

Through effective plant layering, you can boost curb appeal and give your home the grand entrance it deserves.

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4 Things Parents Should Know about *Turning Red*

Meilin is a 13-year-old girl who struggles with everything a typical teen faces – insecurity, awkwardness and a tendency to be easily embarrassed.

Like others her age, she often thinks she's the smartest person in the world. And like others her age, she often hides in her room – in her case, under her bed – and daydreams about members of the opposite sex.

No doubt, Meilin is going through some tough times.

But things are about to get much worse. That's because Meilin, one morning, wakes up as a giant red panda.

She eventually turns back into her human self but then turns back into a giant red panda at school – only to turn back into her normal self after she locks herself in a bathroom stall.

What in the world is going on?

It seems that Meilin's red panda transformation occurs only when she grows anxious, angry or sad.

The question is: Will she ever learn to control her emotions?

The new Pixar Disney Plus film *Turning Red* (PG) tells the unique story of Meilin, who lives with a loving but overbearing mom and a dad who isn't sure how to handle his fast-changing teen daughter.

Here are four things parents should know about *Turning Red*:

1. It's all about Female Puberty

Social media was replete with messages on the film's opening day from moms and dads who watched several minutes of *Turning Red* ... only to turn it off after learning more about the plot (which, by the way, wasn't clear from the trailer). The movie's central focus is female puberty, or, more specifically, a girl's first menstrual cycle. By itself, that's a solid idea for an animated film – but it might not be a plot Mom and Dad want to discuss with their 5-year-old son on a Friday night.

"Did the red peony bloom?" Meilin's mom asks her early in the film while standing outside the bathroom door. "... You must protect your delicate petals and clean them regularly."

Mom offers her herbal tea for cramps and pads for her period. Her mom even comes to school and stands outside a classroom window to check on her – and to offer her more pads in case she needs them. (I told you she was overbearing,



right?)

Much of the discussion about periods is implied, not said. Still, discerning children likely will have pointed questions when the credits roll.

2. It Has Double Meaning

The backdrop to the plot is Meilin's Asian family and their service as "keepers" of an ancestral temple in the city of Toronto. As Meilin tells us, "instead of honoring a god, we honor our ancestors." One of those ancestors was a lover of nature who dedicated her life to the animals of the forest – especially to the red panda. As Meilin eventually learns, this ancestor – a woman – "asked the gods" to turn her into a red panda so she could protect her village from evil invaders. (The men, we are told were "all gone.") The gods granted her wish, and since then, every female in Meilin's ancestry – including her mom – has had this red panda power. It can only be "cured" by undergoing a ritual at night under a red moon, during which time the red panda will be "sealed" in a necklace charm.

"I overcame it, and you will too," her mom says.

The red panda is a magical element in *Turning Red*, but it's also symbolic of a menstrual cycle and Meilin's emotions.

"You're being weird," one of her friends tells her at school the same morning she struggled with keeping the red panda inside.

Meilin is transformed into a red panda when her emotions grow out of control. But when she's hanging out with her supportive friends, she's able to keep it in check.

3. It Is Unlike any Pixar Movie Yet

To its credit, Pixar has built a reputation for creating movies that tackle dif-

ficult subjects. *Onward* spotlighted the loss of a father. *Soul* examined life's purpose while touching on the afterlife. The Toy Story films were all about children growing up and moving away.

Turning Red, too, examines a difficult subject, but it doesn't stay in the kid-friendly boundaries as those others did. We hear references to her drawings including "sexy things" and a boy at school being a "perv."

Some of the film's funniest moments involve Meilin and her friends' infatuation with a five-member boy band, 4-Town. Unfortunately, those funny moments also are interspersed with problematic scenes and lines.

"[My parents] called it stripper music. What's wrong with that?" one of Meilin's friends says.

Meilan and her friends attend a party where we hear Destiny's Child's *Bootylicious*.

And in the film's final 20 minutes, we see Meilin – in the form of the red panda – twerking over and over in order to defeat her mom's out-of-control giant red panda.

"Destroy her with your big butt," her friend says, cheering Meilin.

If you didn't get the message already, Meilin is here to help. She tells her mom, "I like boys. I like loud music. I like gyrating. I'm 13. Deal with it!"

4. It Has Some Good Messages ... and Horrible Ones, Too

The primary message of *Turning Red* is a good one for girls: Embrace your body. Don't be embarrassed by its natural rhythms. Christian parents can take this message to the next level with an even-better lesson: Menstrual cycles are part of God's marvelous design for the body.

Its messages about friendship (support one another) and chores/responsi-

Actor Mark Wahlberg sees himself in title character of new faith-based film



Moviegoers know Mark Wahlberg best for such action movies as "The Departed." However, he also is a man of faith, which he will display in the upcoming film "Father Stu."

"These movies are not easy to get made," Wahlberg told Fox News, describing "Father Stu" as "probably the most unpredictable movie ever."

The official description, "A boxer-turned-priest embarks on a journey of self-destruction and redemption," symbolizes Wahlberg's own redemption story. The actor, who had his fair share of legal issues growing up in Boston, has become a leading example of Catholicism and a beacon of hope for many within the world of entertainment. He sees himself in the role.

"So many things," Wahlberg said. "Obviously, my past, but also my present. And my looking for my purpose. God has continued to bless me and put me in this situation, not to continue to grow and

work on Mark Wahlberg, the person, but to do his work and give me the skills and the tools to go out there and articulate the message that he wants me to."

The film, slated to release on Good Friday and on which Wahlberg also serves as a producer, is the real-life redemption story of Father Stuart Long, who journeyed from fighter to priest. And although he has since passed away, it was "not before he was able to inspire thousands of people," Wahlberg said.

"He was a guy who was really lost, trying to find his way, eventually makes his way to the priesthood and loses mobility over his body, complete control over all of his muscles in time," he said. "And that ends up being the vehicle of his redemption in some ways. And they're hard-won redemptive stories. I just knew that I needed to make this movie. This was my calling."

The film's message: "God's not going to give up on you," he said.

bilities (Meilan has both) are solid.

Regrettably, though, those good messages can be overshadowed by the film's more controversial themes, which pit Meilin against her mom.

Meilin and her friends lie and deceive in order to attend a 4-Town concert because their parents disapprove of the group. When Meilin's mom learns of this, she grows into a skyscraper-height red panda and tears open the roof of the concert arena to find Meilin. (The mom shouts: "I never went to concerts. I put my family first!")

In the film's final scene, Meilin is walking out the door sporting a half-human, half-panda look, with a panda tail and panda ears but a human body.

"You're not going out like that, are you?" her mom says.

"My panda, my choice, Mom," Meilin retorts – to which her mom changes her approach and approves.

The film's closing message is thus: Girls can follow the world by dressing

how they want, going where they want, and listening to what they want to listen to – and parents really should just get out of the way. Thankfully, the Bible has a better message about parental responsibility and guidance. (And, for the record, the music on the radio is not innocent like that of 4-Town.)

The film lacks nuance.

Yes, Meilin's mom needs to loosen up. Yes, she is overbearing. Yes, children need more freedom as they age. Those can be good messages for parents. Mostly, though, the film turns mom into a straw man and then lets Meilin tear her apart. *Turning Red* has a great message about puberty and friendship we all can embrace. It's too bad that Pixar tossed in other messages – lacking the complexity of real life – that families should reject.

Rated PG for thematic material, suggestive content and language. Language details: We hear a literal "OMG" about four times. We also hear "oh my gosh."

–Michael Foust

Family Movies & TV Shows Streaming Now

By Michael Foust

Spring is officially here, which means all the great things about warm weather are right around the corner. Gardening. Grilling out. Hiking in the woods.

Of course, we can't spend every second of the day outside. Sometimes, we just need to kick up our feet indoors and relax. And, sometimes it rains.

Fortunately, there are plenty of streaming options in March for families – from Netflix to Disney Plus to Minno.

Below are seven family movies and television shows streaming now to consider. If anything on our list includes content you find objectionable, then give VidAngel or ClearPlay a try.

1. Shrek/Shrek 2 (Netflix)

A green ogre rescues a (human) princess from a villain with the help of his companions – one of which is a donkey. Of course, the ogre and princess then fall in love. In *Shrek* (2001), they get married. In *Shrek 2* (2004), they meet her in-laws. Both were nominated for Oscars, with *Shrek* winning one for the best animated film. *Shrek* is rated PG for mild language and some crude humor. *Shrek 2* is rated PG for some crude humor, a brief substance reference and some suggestive content.

2. Dunkirk (Netflix)



More than 300,000 Allied troops from Britain, France and Belgium are rescued off the beaches of Dunkirk (France) in 1940 after being trapped by Nazi Germany forces. This 2017 film, directed by Christopher Nolan, re-tells the story of this pivotal World War II event, which involved British citizens using private boats to cross the English Channel. Rated PG-13 for intense war experience and some language. Due to the content, this one's not for young children.

3. Animal, Season 2 (Netflix)

This series, similar to PBS Nature, takes viewers on a worldview journey to explore some of the Earth's most majestic creatures. Season 2, which launched in March, takes an in-depth look at four an-

imals – apes, birds of prey, bears and dolphins – in four one-hour episodes. Andy Serkis, Anthony Mackie, David Harbour and Uzo Aduba narrate it. Season 1 spotlighted big cats, dogs, octopi and marsupials. TV-PG.

4. Rescued by Ruby (Netflix)

A dog is rescued from an animal shelter to become the first shelter canine to qualify for the state police K9 corps. The dog's name: Ruby. The film shows how Ruby – and her owner, Dan (played by Grant Gustin) – overcome rejection and failure to become a successful K9 team. It's based on the true story of a Rhode Island State Police search and rescue dog. TV-G (fear, language).

5. Cheaper by the Dozen (Disney Plus)

A large blended family learns about love and life while negotiating a hectic home in this remake of the classic story. The plot focuses on Paul and Zoey, two singles who meet and marry to form a new family with five children from their previous marriages before adding four new ones. They then take in a teenager, Seth, who needs a home after his mother checks into rehab. This is the fourth *Cheaper by the Dozen* film if you include the 2005 sequel. All are based on a 1948 book. Rated PG for thematic elements, suggestive material, and language.

6. Cocoa Talk (Minno)

A cup of cocoa and a marshmallow host a talk show while interviewing guests about matters of life and faith. It's a hilarious take on modern talk shows – such as *The Tonight Show* – although it stays in kid-friendly territory and includes plenty of great messages. *Cocoa Talk* is available on Minno, a streaming service for Christian children that includes 125 shows and thousands of episodes.

7. The Jesus Music (Hulu)

The history of contemporary Christian music is re-told in this groundbreaking documentary by directors Jon and Andrew Erwin, the same filmmakers behind *I Can Only Imagine*, and *I Still Believe*. The film begins in the 1960s and continues through the current era. It includes interviews with Bill Gaither, Eddie DeGarmo, Michael Sweet, Steven Curtis Chapman, Michael Tait, LeCrae, Michael W. Smith, Amy Grant, Mandisa, TobyMac, Kirk Franklin and Lauren Daigle, among others. The *Jesus Music* is rated PG-13 for some drug material and thematic elements.

--Michael Foust has covered the intersection of faith and entertainment for more than 15 years.

3 Things to Know about Tyson's Run

Tyson is a 15-year-old boy who is just trying to fit in at school.

That's hard enough for any teenage boy who is going through puberty. Tyson, though, is autistic. Sometimes, he says things that draw ridicule.

"Until today," he announces proudly to laughing classmates on his first day of school, "I had been homeschooled by my mom."

Tyson also is trying to fit in at home. His mother accepts him the way he is – brilliant but socially awkward. His father, though, never has loved Tyson as he should.

But then Tyson meets a new friend, Aklilu, who has a skill – long-distance running – that Tyson embraces. Aklilu agrees to help train Tyson for an upcoming marathon.

Can this new skill help Tyson find his way in the world – and even fit in among his peers?

The new film *Tyson's Run* (PG) tells the story of Tyson and his battle to be accepted by those around him.

Here are three things you should know about the movie:

1. The Lead Actor Himself Is on the Autism Spectrum

The subject of *Tyson's Run* – autism – isn't limited to the on-screen product. That's because the lead actor, 18-year-old Major Dodson, himself is on the autism spectrum. Dodson, who is known for his roles in *The Walking Dead* and *American Horror Story*, says fans of his work likely don't know of his past.

"I think it will be a new discovery for most people," Dodson told Crosswalk. "... I've come a very far, very long way from how I used to be as a kid. I credit occupational therapy. I credit really good parenting and acceptance over the years of who I am – letting me go out and do my own thing. So I'm very, very independent now."

Dodson sees parallels between his story and Tyson's story – especially in Tyson's struggle to fit in among his peers.

Acting helped Dodson develop social skills. When he was six, he tried out for a local theater production of *A Christmas Carol*. He was cast as Tiny Tim.

"With acting, you have to do a lot of eye contact – purposeful movements of your face, body language, tone of voice," Dodson said, referencing skills that were a struggle when he was



young. "You have to harness these things to become a character."

Acting, he said, "helped quite a bit."

2. It's a Movie with a Message

The film, inspired by a real boy, mixes humor and drama to tell a story that is the reality for millions of American families. Roughly 1 in 44 children in the United States have been diagnosed with an autism spectrum disorder (ASD) – including 1 in 27 boys and 1 in 116 girls.

Although Tyson's mother gives him the love he needs, his father – a successful football coach at the local high school – remains distant, frustrated that the son he always wanted doesn't fit the image he imagined. The dad wanted an athletic son who could throw and catch a football. Tyson is lots of things – he is mentally gifted and can recite thousands of facts – but he is not a gridiron star.

The film shows the struggles that an autistic person encounters – bullying and rejection among them – yet leaves moviegoers with a message of hope and promise. Tyson makes friends. He learns to run. He even becomes good at it. Eventually, Tyson's father sees the error of his ways and makes a course correction in his personal life.

Dodson says he hopes that parents of neurodivergent children see the movie and "feel empowered to let their kids do their own thing."

"If my parents had not done that when I was a child – if they didn't let me go and perform *A Christmas Carol* – I wouldn't be anywhere near where I am today," he said.

3. It's One of the Most Inspiring Films of the Year

Dodson is phenomenal as Tyson, delivering a realistic character without

becoming stereotypical.

"I had never done anything like that before," he said, adding that he wanted to play the role "respectfully."

Rory Cochrane (*Reprisal*) plays the father, while Amy Smart (*Stargirl*, *Just Friends*) stars as the mother. Both are impressive.

In addition to the film's messages about autism, it includes lessons on reaching out to those who are different (one of Tyson's classmates does that as he is being bullied) and on balancing work and family (Tyson's father is a workaholic). Its message for parents – love your children unconditionally – is powerful.

It also delivers a few faith-based elements. (We see Tyson's family pray over their meal multiple times, and we see Tyson pray once, too. The film ends with an on-screen Bible verse (1 Corinthians 9:24).

Tyson's Run has a few melodramatic moments but still remains one of the most inspiring movies of the year.

"After the past couple of years, we really need nice, hopeful family movies that anybody can go and enjoy. And there is certainly a lot of that in *Tyson's Run*," Dodson said. "I hope it makes you feel hopeful."

Learn more at TysonsRun.com.

Tyson's Run is rated PG for thematic elements and some language, including offensive slurs. Language details: OMG (3), d--nit (1). We hear Tyson called a "retard," although friends quickly come to his defense. During a biology class, we also hear a student make jokes about reproductive organs.

Entertainment rating: 4 out of 5 stars

Family-friendly rating: 4 out of 5 stars

--Michael Foust

50+ Lifestyles

A Guide to Enjoying Life in the Best Years

Make Family Reunions Meaningful

During the coming months, families are likely to spend more time together. Reunions that have been postponed during the pandemic will finally take place, and once those long-awaited hugs have been exchanged, everyone can settle in for some overdue catching up.

However, the time many families spent apart over the past couple of years means important conversations may have been put on hold. A family reunion is a perfect opportunity to share stories, reminisce and discover what matters most to the people who

matter most to you.

Sitting down with loved ones to talk about their lives can be richly satisfying. Learning about memorable events, favorite activities and valuable lessons they have learned can help bring you closer to loved ones and get to know them in a different way. It can also help you create a meaningful tribute to a loved one when the time comes.

Finding a way to start talking with a loved one may be the most difficult part, but once the conversation starts, it may be hard to stop. Consider these

tips from RememberingALife.com, an online resource from the experts at the National Funeral Directors Association (NFDA) to get the conversation started.

Start by sharing mutual stories. If you've taken a vacation together or shared a cherished experience, discuss that first to get the conversation going. If your family member is hesitant, share your own stories first so he or she feels more comfortable.

Ask questions. One of the easiest ways to start and maintain a conversa-



tion is by asking questions. If you're not sure what to ask, try inquiring about your loved one's proudest achievement, the best advice received, a favorite memory or greatest inspiration. A visual prompt like a photo

album, souvenir or memento can also be a conversation starter. If you're comfortable with the idea, also ask how he or she would like to be remembered when gone.

Take notes. Either during or after your conversation, make note of the important memories shared. If it won't make your loved one uncomfortable, make an audio recording of your discussion so you can listen again later. These notes and recordings may become treasured heirlooms for future generations.

Treat your talk as a beginning. Use it as a springboard for more conversations, during which you can openly talk about any number of things, from reflecting on the past to planning for the future. Designed to be a fun and easy way to help get the discussion started, NFDA created "Have the Talk of a Lifetime" conversation cards featuring thought-provoking questions. The things you discuss may be helpful when your family must make important decisions about how you wish to remember and honor your loved one after he or she dies.

When the time comes, make it meaningful. These shared conversations may help your family plan a meaningful funeral or life tribute event for your loved one that honors his or her life while giving you, your family and other friends a chance to reminisce and say goodbye. When the time comes, memorialization can be an important step in the journey toward healing.

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Getting Fit as We Get Older



Betty Oare made headlines last year when she and her horse, Sidenote, placed eighth in the Adult Hunter Championship at the Washington International Horse Show in Tyron, North Carolina.

Eighth place may not seem like great shakes. But Oare was 80 years old. She was competing against athletes young enough to be her grandchildren. If that's not enough to inspire you to put away the remote control and get up off the couch, let's keep digging.

Age Is Just a Frame of Mind

"Age is just a number" is an oft-repeated adage. But the real truth is that age is just a frame of mind. If you consider yourself old, you will act old. Your body will hurt more and you will avoid participating in things that you feel you're "too old" to do.

But if you realize that your mind is lying to you, that you can do anything you want to do at the age that you are, you will open yourself up to new experiences, new interests, and new passions.

So even if you've never walked a mile in your life, it's not too late to start. And even if you are mobility impaired, or have had a recent illness or operation, you can still become fit. It doesn't matter if you're 55 or 85, you aren't too old—and it isn't too late.

Running at 59, Marathonizing at 90

Just ask Stelios Prassas. Prassas was born in 1931 in Athens. Last year, he was one of some 30,000 participants who ran in the Athens Marathon. He took the same route that was followed by Pheidippides, the herald who brought news of a battle victory from Marathon to Athens during the Persian Wars in 490 B.C. Prassas was 90 years old.

Prassas told the Greek Reporter that

he has the mindset and fitness level of a teenager. He listens to what his body and heart tell him, he said.

He didn't start running marathons until he was 59 years old.

"The moment I go to ... work out," Prassas said, "I feel great love that fills my heart. I feel so much happiness."

Fitness Matters

We all know the advantages of exercising: moving your body throughout the day ultimately gives you more energy, helps stave off lifestyle-induced diseases including heart conditions, obesity, and adult-onset diabetes.

In June 2020, a team of scientists from Brazil found that exercise even helps strengthen the immune system. Exercising also keeps you from putting on unwanted weight, especially when you exercise in the morning, and is also protective against premature death.

Exercise also makes you feel better. While you're working out, your body makes endorphins (feel-good hormones) and endocannabinoids. These beneficial neurotransmitters can help improve every aspect of your mood.

Plus, exercising is fun, and we all need more fun in our lives. It also gives you an excuse to go outside, which has the added benefit of exposing your skin to sunlight.

And there's a social component to exercising—especially if you do activities such as playing "walking soccer," participating in a senior rowing club, or taking a gentle group fitness class. Exercising can be a good way to meet new people and make new friends.

What's Holding You Back?

Yes, it's good for you. Yes, it will make you feel good. So why aren't you actually exercising? What's keeping you from getting off the proverbial couch?

Maybe some of these excuses are the

ones you are using to stay stationary.

The block: "I feel like I won't be good at it." You tell yourself you can't learn basketball (my personal favorite) at age 65 because ... you won't be good at it. We use excuses like this to keep ourselves stuck.

The solution: Banish that negative voice. It doesn't matter whether you're the next Michael Jordan or you never sink a single shot. What matters is that you're outside (or at the gym) bouncing that ball and shooting some hoops.

The insight: A key to "successful" exercise as an older adult is to realize that exercise isn't an expression of your self-worth. It's not something you have to be "good" at. Instead, it's something you do for its own internal reward. It will promote your health and happiness—whether you're "good" at it or not.

The block: "I'm too tired." Yes, you may get winded more easily. Yes, your body may not be as supple or agile as it once was. But if that isn't stopping Betty Oare from riding Sidenote or Stelios Prassas from running marathons, it shouldn't stop you.

The solution: Go at your own pace. Do a little or do a lot. Don't overdo it, but don't use feeling tired as a reason not to try.

The insight: Once you start, you'll see that exercising will actually give you energy, according to doctors at Harvard University.

The block: "I can't start doing _____ because I'm not in good enough shape." This is an excuse that a lot of us use to not participate in the sports we once loved.

"I'll play tennis again once I get back in shape," a 50-something professor said to me years ago. His words sounded absurd.

The solution: In order to get back into shape, you need to start doing the exercise, sport, or activity you love, not the other way around. Again, baby steps. Start slowly. Pay attention to your body.

The insight: Don't let the idea that you're out of shape keep you from getting into shape.

Eating Also Matters

Fitness over 55 is not just about moving throughout the day, it's also about healthy eating. There's a feedback loop here: The more you eat foods that optimize your health, the more energy you'll have to exercise, spend time outside, and try new things. But most of us eat SAD—a Standard American Diet—even when we know it isn't the best way to optimize our health.

This is where we need to look to

Asian cultures to fix what's broken about our food habits. In Japan, which is considered one of the healthiest, if not the healthiest country in the world, people tend to eat more moderately, much like Westerners used to.

Hara Hachi Bu

Instead of making themselves unpleasantly full with food, the Japanese strive to practice a concept called "hara hachi bu," which translates into eating only until you're 80 percent full. Try it. Your stomach may growl in protest at first, but once you get used to eating without overeating, you'll likely find that your food is tastier and your mealtimes are more enjoyable.

It's important, too, to choose fresh, seasonal, whole foods whenever possible. The SAD or SWD (Standard Western Diet) often is high in heavily processed refined grains (such as white pasta, bagels, and white bread) and high in refined sugars. These food choices cause the levels of sugar in our bloodstreams to first spike and then plummet, leading to a ping-pong effect that puts stress on our adrenals, negatively affects our mood, and predisposes us to diabetes.

Instead of packaged, highly processed foods containing high amounts of sugar and unhealthy non-food additives, choose fresh seasonal vegetables and fruits, legumes, nuts, fermented foods, wild-caught fish, a moderate amount of grains, pasture-raised grass-finished meats, and indulge only in homemade sweets.

Getting Started

You're ready. You want to change your lifestyle habits and start a fitness routine. You're committed to moving more throughout the day, throwing away the unhealthy foods in your cupboards, and being more active.

So now what?

Sign up for a class: Your local senior center offers free or very affordable

classes to older adults. Sign up for an activity such as birdwatching or English country dancing, where you learn new skills while being active. The nice thing about doing it this way is that it allows you to get fit without you even realizing it.

Try different activities: It may take a while to find the fitness activity that you like best. Maybe you'll discover an unexpected fondness for running, or maybe stationary bicycling is more your thing. If you're a social person, try pickleball. If you'd rather have a head cold than talk to other people, a solo sport such as cross-country skiing or hiking in the woods may be the best choice.

Find a buddy: An accountability or exercise buddy will help you keep your momentum. Find a friend or relative who also has a goal and set up a system where you check in on each other to monitor your daily progress.

If that's not enough to keep you on task, make it into a higher-stakes game. You each put money in a kitty. Whoever achieves his or her weekly goal gets the kitty that week. If you both fail, you give the money to your favorite charity and try again.

Aim for the a.m.: "A day that you exercise in the morning is a day that you exercise" is one of my 80-something father's favorite pearls of wisdom. This is a good insight. Besides, there may be more benefit to exercising in the morning, before you've eaten anything, than at other times of day. Research has consistently shown that there are myriad health benefits to fasting exercise. For example, one study done by scientists at the University of Leuven in Belgium that was published in the *Journal of Physiology* showed that exercise done before breakfast burns more fat and regulates insulin levels more effectively than exercising after you've eaten.

Now lace up those sneakers, and go for that slow jog.

-Jennifer Margulis | theepochtimes.com



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sports

Ben Roethlisberger to Launch Father-Son Retreat in Retirement



Ben Roethlisberger spent the first four decades of his life becoming one of the greatest quarterbacks in football history while standing firm on a foundation of faith. For his next 40 years, he says, he wants to use his platform to expand God's kingdom, which will include the launch of a father-son retreat near his home.

Roethlisberger, who turned 40 this month after retiring as quarterback of the Pittsburgh Steelers, told Sports Spectrum's podcast and host Jason Romano that discipleship is near to his heart.

"We just bought a farm about a mile from my house," the Super Bowl-winning QB said of the father-son retreat. "We're gonna have hiking trails, we're gonna have horses, we're gonna have fishing, we're gonna have fruit trees and chickens for eggs and bees for honey and all this stuff."

The goal, he said, is to "connect fathers and sons."

Society, Roethlisberger said, is better when children have fathers and families spend time outside.

"I grew up with a great dad, and we loved the outdoors," he said. "... And I just think that people need to get back outside and understand the beauty that God created."

Roethlisberger grew up in a

Christian home, and although he called himself a believer during his college years and his first few years in the NFL, he said his faith wasn't strong. He let his fame go to his head, he said, living "larger than life" and placing his beliefs "on the backburner."

His faith, though, grew as he became an NFL veteran – and as he became a father. That growth in his faith reached a milestone several years ago when he rededicated his life and was baptized. He had been baptized as an infant.

"I didn't make the decision to get baptized," he said of being baptized as an infant. "And I felt like it was time for me to make that decision. ... I wanted to show my kids that I'm making the decision, the choice, because our kids have been dedicated, but not baptized."

"We feel that baptism is your decision to make. ... I wanted to ... show my kids [that] even at a later age, you can make that decision to follow Christ and to put Him first in your life."

Roethlisberger said he was baptized "just to show the world ... that I'm living for Jesus."

"This platform is here, and God is telling me to use it," he said.

FROM THE CHEAP SEATS

by Rob Mooney

And just like that, there were four. Yes, the Kansas Jayhawks made a return trip to the Final Four this year, the only #1 seed to do so. They were to face Villanova just days after this press deadline, so I'm unable to give any details about that game, which you've probably seen by now anyway! What I can do, however, is recap how the Jayhawks made it to the Final Four for the 16th time overall and the 4th time under Bill Self.

They say that to make a Final Four that you have to be a solid team and have several things break your way. That's very true of this year's Jayhawks. The Hawks came out of the Midwest Region, where they saw #3 seeded Wisconsin upset by #11 Iowa State and #2 Auburn upset by #11 Miami. Obviously, KU would have had to potentially play only one of those teams, but as fate would have it, neither advanced past the Sweet 16. As you might remember,



Auburn was ranked #1 for a good portion of the season, so an Elite Eight game with them would have been a great game, possibly a little more daunting than playing Miami.

KU won their last two games of the regular season to finish tied for the Big 12 Conference Championship with Baylor. Due to the tie breaker, KU received the #1 seed in the Big 12 Tournament. KU and Baylor had split their regular season matchups so they moved to head to head against the #3 Big 12 team, Texas Tech. KU split with the Red Raiders and Baylor lost twice

to them, giving KU the top seed.

One thing about this year's Final Four is the fact that all four teams are considered basketball "blue bloods," which is, quite frankly, teams that have a track record for winning. Villanova is ranked 19th in the all-time wins column, however, over the last decade or so, they've been one of the winningest teams in basketball.

Now check this out, Kansas tops that list followed by #3 North Carolina and #4 Duke. That's a LOT of winning basketball being represented. Let's throw out a couple of odd facts about the games. This will be the first time that Duke and

North Carolina have ever met in the NCAA Tournament. That's quite impressive considering the fact that both of these teams are usually in the mix for a tournament run. It's also Duke head coach Mike Krzyzewski's last season with the Blue Devils. What better way to go out than to beat your chief rival on the way to the National Championship game.

I'd love to see Kansas win the National Championship game, but just to be a part of the Final Four is incredible, we'll definitely be watching!

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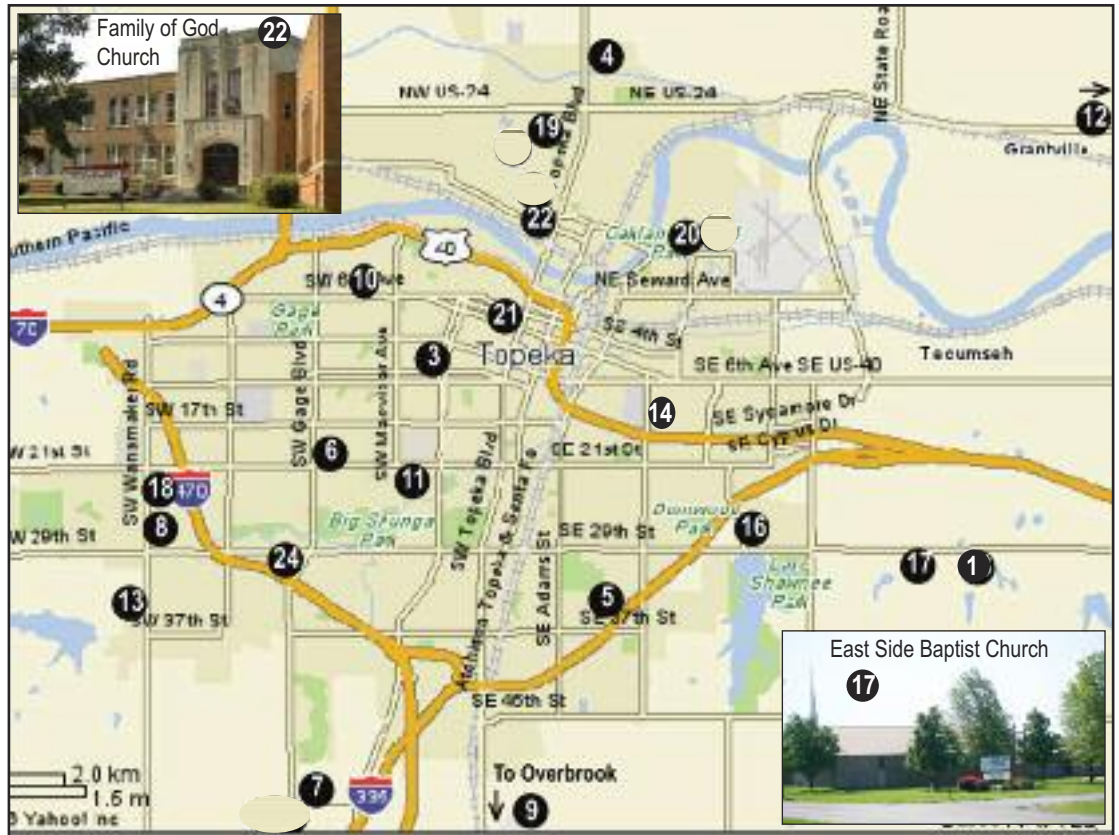


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www.discovertbc.com

4. NORTHLAND CHRISTIAN CHURCH

3102 NW Topeka Blvd., Topeka
 286-1204
 Worship Sun. 9:00 & 10:45 AM
www.northland.cc

5. INDIANA AVENUE CHURCH OF CHRIST

"Grace has dispensed, because Grace has redeemed"
 3510 SE Indiana Ave., Topeka, Ks. 66605
 785-266-7788, www.Indianaavecofc.org
 Bible University – Sunday - 9:30 a.m.
 Classes for all ages.
 Morning Worship – Sunday – 10:45 a.m.
 Midweek Bible University – Wed. – 7pm

6. FIRST SOUTHERN BAPTIST

1912 SW Gage, Topeka, KS
 272-0443 www.fsbctopeka.org
 Sunday Services:
 8:30 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 & 10:45am, 6pm
 ~ Sunday School for all ages ~
 4500 SW Gage Blvd., Topeka
 785-862-0988
www.topekabaptist.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
 (785) 272-9323 www.wrbctopeka.com
 Traditional Sunday Worship 10:30am & 6pm
 Sunday School 9am • Wed. Prayer 7pm

9. GRACE COMMUNITY CHURCH

310 E 8th St (E. US 56 Hwy)
 Overbrook, KS; 785-670-6456
 Elvin Dillard, Senior Pastor
 Sunday School 9 am; Worship 10 am
www.gccinoverbrook.com
office@gccinoverbrook.com

11. COMMUNITY CHURCH

1819 SW 21st St., Topeka
 233-3537 www.CommunityTopeka.com
info@CommunityTopeka.com
 Sun. 8:30am - Sunday School for all ages
 Sun. 10:00am - Worship & Word
 Sun. 10:00am Youth Service
 ~ Nursery care for all services ~

12. BUCK CREEK COUNTRY CHURCH

Meeting at Buck Creek School House
 5 mi. east of Perry on Hwy 24, 13th & Phillips Rd.
 Childrens Sunday School - 8:30 a.m.
 Worship Service - 9:00 a.m.
 Contacts: Logan Barnett 785-597-5498,
 or Scott Bond 423-0406

13. WANAMAKER WOODS NAZARENE

Serving Christ - Loving People
 3501 SW Wanamaker Rd • 273-2248
 Dr. L.D. Holmes, Sr. Pastor
www.wwnaz.org
 Sun. Worship: 9am (Hymns) & 11 am
 Children's Worship 9 & 11 am
 Sunday School 10 am, all ages
 Sun. Evening Various Children's Programs
 6 pm Life Groups; 6:30 pm Teen Service
 Wed. 6:30 pm Adult & Teen Life Groups
 Wed. 6:30 pm Kids University
 ~ Nursery care at all services ~

14. OPEN ARMS OUTREACH MINISTRIES COGIC

1 (785) 232-3463/41 (785) 217-5560
 Sunday School 10:00, Worship 11:30
 In person or conference call:
 (712) 770-4749 / 583229
 2401 SE 11th St., Topeka KS 66607
 Supt. S. C. Mitchell, Pastor

16. HOUSE OF THE LORD CHURCH

A Spirit-filled, Word-centered church
 2531 SE Wittenberg Rd., Topeka
 Sunday Worship 11am & 6pm
 Wed. Prayer & Praise 7pm
 785-266-LOVE (5683)
 J. Michael Borjon, Pastor

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17. EAST SIDE BAPTIST CHURCH

4425 S.E. 29th St., 379-9933.
 Sunday Worship 10:45am & 6:00pm
 AWANA Sunday at 5:45 p.m.
 See our website for info on our
 Student Ministries & Kid City
www.esbcks.org

19. SEAMAN COMMUNITY CHURCH

Independent Christ-Centered Bible Church
 2036 NW Taylor, Topeka, KS
 354-8777 • www.seamanchurch.com
 Adult Sunday School - Sun. 9:30am
 Sunday Worship: 10:30am
 Children's Sunday School: 10:30am
 Youth group 1st & 3rd Sundays 4-6pm

20. HERITAGE BAPTIST CHURCH

1937 NE Madison St,
 Topeka, KS 66616 • 785-506-4594
 Pastor Dale Stockburger
 Sunday Worship: 11 am and 6pm
 Sunday School: Sun 10am
 Wed. Evening Worship: 7pm

21. HARVEST FAMILY FELLOWSHIP

Meets at 522 SW Polk
 785-220-5418
 Pastor Rey Rodriguez
 Sun. Worship 10:30 am
www.harvestfamilyfellowshiptopeka.org

22. FAMILY OF GOD CHURCH

1231 NW Eugene St.
 Topeka, KS 66608
 Pastor Roger Randel
 Sunday Worship 10:30am & 6pm
 Wednesday Bible Study 7pm
 234-1111 • FOGchurch.com

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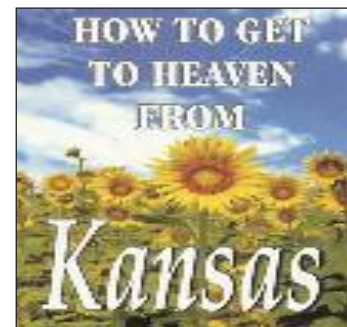
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More important than living in KANSAS is where you will live forever. Just as you would look at a map of KANSAS to find your way, so you must look at the Bible to find your way to heaven. The Bible says, "Narrow is the way, which leadeth unto life, and few there be that find it." (Matt. 7:14). Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by me." (John. 14:6). Jesus is the only way to Heaven and He gave these directions on getting there.

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

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

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

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



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It all takes place on N. Kansas Avenue and at Garfield Park!

Fun Fair open 10:00 am - 3:00 pm at Garfield Park! • **Live music** at Garfield Park 10:45 am - 3:00 pm!
Parade starts at 10:00 am! (From NOTO to Garfield Park) • **Food Trucks** in Garfield Park 9 am - 3 pm!
Easter Egg Hunt following parade at Garfield Park playground! • **Vendor Market** open 10 am - 3 pm!
 Dance, gymnastics, health product demonstrations, health & vision screenings, & info at the **Health Fair**
 10am-3pm! Craft stations, Facepainting, Easter Bunny photos, Petting zoo, Inflatables, carnival games
 & kid's activities! • **Win Cupcakes** at the Cake Walk!

Volunteers needed! Contact:

info@C5Alive.org or 785-640-6399

For booth, sponsor & parade entry information:

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SATURDAY, APRIL 16, 2022 • 10 AM - 3 PM

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