



GOLD CITY AT WANAMAKER WOODS Page 13

metr VOICE

FREE!
TAKE ONE!



Page 8

CELEBRATING FAITH, FAMILY AND COMMUNITY IN NORTHEAST KANSAS

Now in our 16th year!

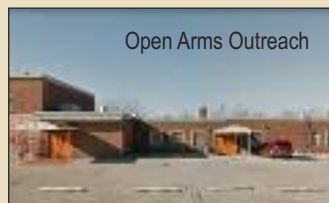
VOLUME 16 • NUMBER 9

May 2022

VISIT US AT facebook.com/metrovoicenews
or metrovoicenews.com

TO ADVERTISE, CONTRIBUTE, SUBSCRIBE OR RECEIVE BULK COPIES, CALL 785-235-3340 OR EMAIL VOICE@COX.NET

NEW RESIDENT churchguide



See inside back cover!

Inflation rises at fastest rate in 40 years, now 8.5%



New numbers show that inflation is increasing at the fastest rate since January 1982.

Economists say the consumer price index — which measures a basket of goods including gasoline, health care, groceries and rent — shows prices surged 8.5 percent in March from the year-ago period, toppling the previous month's 40-year high of 7.9 percent news outlets reported.

The Biden administration is in damage-control mode ahead of the newest inflation data, with press secretary Jen Psaki telling reporters on Monday that the White House expects to see that in-

■ Please see INFLATION page 2

NATIONAL DAY OF PRAYER THEME IN KANSAS IS OUR NATIONAL MOTTO

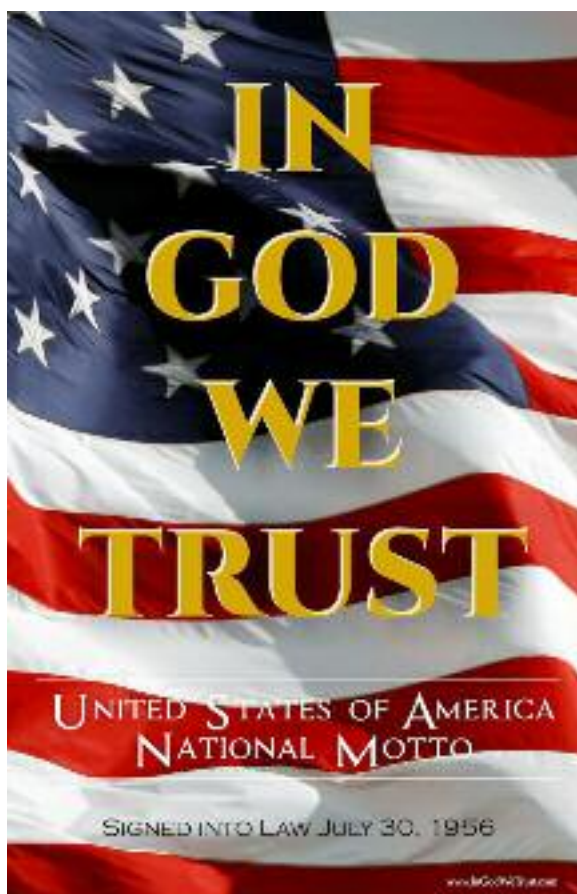
The National Day of Prayer for 2022 is May 5th. The theme in Kansas this year is also our National Motto: "In God We Trust." This year's theme actually honors Kansas' former President Dwight D. Eisenhower. In 1956 he signed into law the National Motto, "In God We Trust." He also was responsible for putting it on our paper money.

This Year's Theme Verse is Psalm 33:12: "Blessed is the nation whose God is the Lord, the people whom He has chosen for His own inheritance."

In Topeka, the National Day of Prayer event will be held May 5, 2022 at 12:00 Noon in the Capitol Rotunda. Entrance is on the north side at street level, 8th & Jackson St. For details contact Dave DePue at 785-249-7604

To Register your Kansas location for National Day of Prayer

■ Please see MOTTO page 2



24 for Life Earns CDC Recognition

24 for Life, a Diabetes Prevention Program, has earned the Centers for Disease Control and Prevention (CDC) Full Plus Recognition. This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all of the standards for CDC recognition and additional retention thresholds.



In the last 20 years, the number of adults diagnosed with diabetes has more than doubled, as the American population has aged and become more overweight or obese, according to the CDC.

"The sustained success of your lifestyle change program makes an invaluable contribution to the prevention of Type 2 Diabetes, both in your community and nationally," said Miriam Bell, Team Lead, National Diabetes Prevention Program.

With the 24 for Life program, you are given a trained lifestyle coach who will lead the program in a way that helps you make

■ Please see 24 FOR LIFE page 3

Gov. Kelly vetoes transgender sports ban, parental bill of rights

Governor Laura Kelly continues to come under heat after she vetoed multiple bills, including the "Parents' Bill of Rights" and a transgender sports ban, the Fairness in Women's Sports Act.

The Fairness in Women's Sports Act (SB 160) would ban biological male student-athletes from participating in women's sports. The bill would also clarify that teams or sports designated for females, women, or girls "shall not be open to students of the male sex."

The bill would require the state's high school activities association (KSHSAA) and the Board of Regents to be in charge of how the rules are enforced in schools. Kelly vetoed the bill last year as well.

Kelly, a first-term governor who is up for re-election in November, accused Republican lawmakers of trying to score political points while arguing that the transgender athlete ban would im-

■ Please see VETO page 2



Sunflower Music Festival to highlight African American classical artists

In 2022, the Sunflower Music Festival will host concerts to highlight African American classical artists at both Washburn University and the Brown v. Board Historic site.

Washburn University says its annual Sunflower Music Festival has been approved for a \$20,000 Grants for Arts Projects award for its “The Sunflower Musical and the African American Experience 2022.”

Washburn said the project will highlight the achievements of African Americans in classical music by presenting performers, soloists and composers of color, under the baton of esteemed African American conductor, Andre Raphel.

“The National Endowment for the Arts is proud to support arts projects like this one from Sunflower Music Festival that help sup-

port the community’s creative economy,” said NEA Acting Chair Ann Eilers. “Sunflower Music Festival in Topeka is among the arts organizations nationwide that are using the arts as a source of strength, a path to well-being, and providing access and opportunity for people to connect and find joy through the arts.”

The University said the project is among 1,248 in the nation totaling \$28.8 million that was chosen to get the first round of the fiscal year 2022 funding in the category.

Dr. David Woods, grant-writing chair of the Sunflower Music Festival Board of Directors said, “To be endorsed and funded by the National Endowment for the Arts with grant awards for three years in a row demonstrates the vitality and strength of the Sunflower Music



Festival and its contribution to the cultural and aesthetic environment in the state of Kansas and in the capital city of Topeka. The 35th season of Sunflower will be one of the best in its history.”

Washburn said Brown v. Board of

Education of Topeka in 1954 was a landmark Supreme Court case that unanimously ruled that racial segregation of children in public schools was unconstitutional. In 1992, Congress named the Monroe School in Topeka a National Historic Site.

The University said the Sunflower Music Festival will celebrate Black Music and Musicians at the 2022 Festival in coordination with the Brown v. Board site. Concerts will be offered at both Washburn University and the Historic site. The concerns will also be streamed to an online audience.

The festival will run from June 17 - 25, 2022.

All festival events are free and open to the public. For more information and to make plans to attend, visit sunflowermusicfestival.org.

MOTTO

continued from page 1

Day of Prayer, contact jana@cultureshield.com or call 316-516-0777.

Culture Shield Network, based in Wichita, has partnered with believers all across the state and distributed over 3000 framed pictures of the National Motto. If you would like to make these available for your city and county, just send an email to donna@cultureshield.com. There will be no charge for these beautiful pictures. It is suggested that you place them in public places, government buildings, businesses, and schools.

Nationwide, the National Day of Prayer theme is “Exalt the Lord who has established us. Colossians 2:6-7”. For more information and to find or register events, visit www.nationaldayofprayer.org.

INFLATION

continued from page 1

flation accelerated again in March as a result of the Ukraine war and the ensuing sanctions on Russia. “We expect March CPI headline inflation to be extraordinarily elevated due to Putin’s price hike, she said.

Psaki’s statement was mocked as

economists pointed out inflation has been rising since the Biden administration took office.

The data will also have major implications for the Federal Reserve, which has taken a more hawkish approach to fighting inflation in recent months: Policymakers raised rates by a 0.25 percentage point in March and since have signaled support for a faster, 0.5 point increase at their May meeting.

“Many participants noted that one or more [0.5-point] increases in the target range could be appropriate at future meetings, particularly if inflation pressures remained elevated or intensified,” the Fed minutes from its March meeting said.

The biggest question now is whether central bank officials can successfully tame inflation and stabilize prices without triggering an economic recession.

Raising the federal funds rate tends to create higher rates on consumers and business loans, which slows the economy by forcing them to cut back on spending.

Chairman Jerome Powell has pushed back against concerns that further tightening by the central bank will trigger a recession and has maintained optimism that the Fed can strike a delicate balance between taming inflation without

crushing the economy.

“The probability of a recession in the next year is not particularly elevated,” Powell told reporters during the Fed’s March meeting, citing the strong labor market, solid payroll growth and strong business and household balance sheets. “All signs are that this is a strong economy and one that will be able to flourish in the face of less accommodative monetary policy.”

VETO

continued from page 1

pact the state’s ability to attract and keep businesses.

Republican lawmakers and Senate President Ty Masterson, (R-Andover), argued that allowing trans females to take part in sports with biological females would create unfair competitive advantages.

“It’s about protecting the woman who worked and trained all her life and should not have her hard work wiped out by being forced to compete on un-level playing fields,” Masterson said.

“Men should not be competing in women’s sports,” Kansas Attorney General Derek Schmidt tweeted after the veto. “Governor Kelly today vetoed (for the second time) a bill to implement that commonsense principle. I would have signed the bill into law.”

At least fifteen states have enacted laws on transgender athletes, including Kentucky this week.

Parent’s Bill of Rights

This bill would give parents the right

to “inspect any materials, activities, curriculum, lessons, syllabi, surveys, tests, questionnaires, examinations, books, magazines, handouts, professional development and training materials and any other materials or activities that are provided to the parent’s child.”

Parents would have the right to challenge any material or educational material of any book. It would allow for the removal of the book, magazine or material from the school if the challenge is successful.

Kelly suggested the legislation was about politics and would end up in court.

Masterson said veto of the educational bill of rights applicable to K-12 public schools across Kansas suggested the governor viewed “parents as the enemy,” and that the governor, in an election year, was “largely controlled by the hard left.”

“In recent months, the governor has been a chameleon, demonstrating election-year conversions in an attempt to fool Kansans into believing she shares their values,” Masterson said. “Rather than listening to parents and female athletes, her decision to veto the Parents’ Bill of Rights and the Fairness in Women’s

Sports Act demonstrate she is still largely controlled by the hard left.”

Gov. Kelly’s vetoes set up a showdown

when the legislature votes on whether to override her vetoes on these bills. It takes a 2/3 vote for an override.

Puppets for Sale!
Wheatland Antique Mall, Brookwood Shopping Ctr. 2905 SW 29th St.
Check out our Web stores: WWW.THEPUPPETFACTORY.COM
WWW.JUMPNPUDDLES.COM
For all Churches, Schools, Missions, Daycare, Therapy, Play, Theatre, Gifts & more

The Puppet Factory

Mon – Fri: 10-6;
Sat – Sun: 10-5
Offer exp. 5/1/22
785-286-6800

HELPING YOU PROTECT WHAT'S IMPORTANT TO YOU!

Integrity Insurance

Business Home Auto Life

DAVE RAMSEY | **elp** endorsed local providers

2047 SW Topeka Blvd | Ste C | (785) 233-5401
411 North 4th St | Burlington, KS | (620) 364-1300

Breakthrough House serves locals with mental health issues

Breakthrough House, Inc. is a local Topeka non-profit that assists those with mental health issues. There are three main programs: Payee Services, Breakthrough Clubhouse, and Residential Housing.

The mission at Breakthrough House is "Empowering mental health consumers to live independent, impactful lives."

Payee Services

A representative payee agency, organization and institution is selected to manage one's benefits when Social Security determines that an individual is unable to do so themselves or direct others to do it for them. The most important duty of a representative payee is to know one's needs and to use the benefits in his/her best interest. The representative payee must first use their Supplemental Security Income (SSI) benefits for his/her current basic needs for food, clothing, housing, medical care and personal comfort items. After paying for his/her needs the representative payee must save any money left, preferably in an interest-bearing bank account. Each year, representative payees must complete a representative payee accounting report showing how they spent and saved the money they received from that organization. The representative payee should respond on his/her behalf to any of our requests for action or information. Common requests are the annual representative payee accounting report,



the SSI redetermination of eligibility or request for a continuing disability review. The representative payee is responsible for reporting any changes that could affect his/her eligibility to receive benefits (income, resources, change of address, living arrangements, return to work, etc.) The main mission as payee is to empower the consumer.

Residential Housing

Residential Services offer housing to men and women diagnosed with a severe and persistent mental illness. There are two group homes and 15 apartments in which all gas, water and electric bills are paid for by Breakthrough House. In addition, they also get assistance with cooking, meal planning, laundry, and monitoring of medication. A compassionate care team helps them to experi-

ence independent living. There is a focus on members' unique skills and on cultivating community support. Members gain their independence through safe and affordable housing. Eligible members must meet the following criteria: have been diagnosed with a confirmed persistent mental illness and be working with a mental health provider, be 18 years old or older, and live in Shawnee County.

Breakthrough Clubhouse is a place for members during daytime hours to gather and begin to rebuild their lives.

Breakthrough House has been serving the mental health community in Shawnee County and surrounding areas since 1978.

For more information, visit the website at: www.breakthroughhouse.org or call Mary Bolling at 913-706-6966 or 785-232-6807.

The Hills Bark Park in Gage Park now open with upgrades

Hills Bark Park in Gage Park is now open and is better than ever. The new construction replaced and enhanced the main entrance to the park, added new fencing and concrete, new shade structures in the large dog section with new LED lights, new irrigations and double the size of the park for more space for the dogs.



The large dog section extended into a rarely used ballfield in while the small dog section is now the same size as what the large dog sec-

tion once was. The expanded Hill's Bark Park will have two separate parking areas as well as a new entrance in the small dog area and

two entrances in the large dog area.

A \$175,000 sponsorship from Hill's Pet Nutrition, Inc. to the Parks For All Foundation, is enabling Shawnee County Parks and Recreation to double the size of the dog park.

It is possible that the park may have future closures as a shade structure is installed and as sod or grass seed is put down in the park. Full work on the park is expected to be completed later in the spring.

making modest behavior changes helped participants lose 5 to 7 percent of their body weight. These lifestyle changes reduced the risk of developing Type 2 Diabetes by 58 percent in people with prediabetes.

"The program reminds us of how to overcome stress in our lives and how it

can affect our health. We talk through all the ways to help us get through these stressful times," said Vanessa, a 24 for Life participant.

If you're interested in learning more about 24 for Life, visit www.midland-care.org/24forLife or contact Donna Doel at 785-250-5210.

C5Alive POWER Luncheon Goes to NOTO Arts Center

The monthly C5Alive POWER Luncheon will be held May 12, 11:30 a.m. to 1:00 p.m. at NOTO Arts Center. Thomas Underwood, the Executive Director, will be the speaker.

Underwood will discuss changes and plan for the NOTO Arts District.

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 June.

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 details at Topeka Easter Parade 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.



Underwood

"OLDEST COMPANY, LOWEST PRICES"

HUTTON MONUMENTS, INC.

201 SW Topeka Blvd

785-354-7005

huttonmonuments.com



**SERVING KANSAS
SINCE 1873**



**Since 1987
with 7 locations**

**Prices You
Can Afford**

**Chapel Oaks Cremation
& Funeral Services**

**Susan Pettit Hutton
Asst. Funeral Dir.**

**235 SW Topeka Blvd
785-783-7753
chapelocksne.com**

24 FOR LIFE

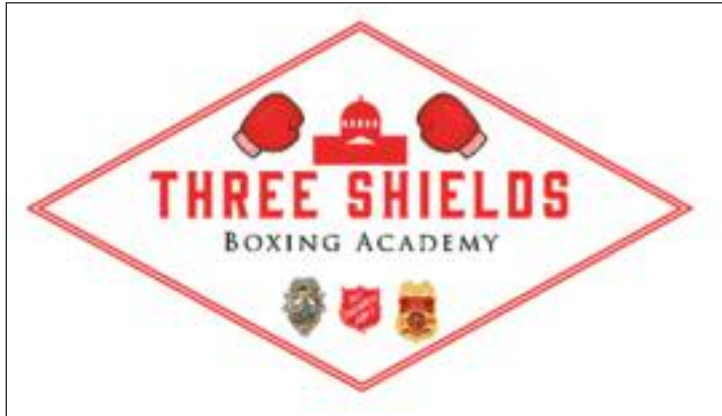
continued from page 1

adjustments in your lifestyle, such as eating healthier, reducing stress, and getting more physical activity. The research from the CDC shows that

Boxing program helps the young as well as the not-so-young

The Salvation Army of Topeka has a rich history in the Topeka Community, dating back to 1886 when the first recorded address was 409 E. 3rd Street. In 1897, the Topeka police wanted to assist with the many sick people in the town, and the TSA obtained permission to rent a few rooms at a hospital. In 1919, plans were created for a campaign to erect a three-story building for a citadel, as a memorial to the ex-servicemen of World War I. The building was finished for \$65,000, to house all departments of the Army's work at 5th and Quincy. In 2001 a capital campaign was launched to build the current facility at 1320 SE 6th Street.

One of the programs offered by Salvation Army is boxing. The 3-Shields Boxing Academy Program currently



has 65 youth enrolled in the program. It not only serves as a platform to teach participants self-control, management of emotions, and aggression, but the importance of physical fitness, and then the basic skills of boxing. Students enrolled in the program must be

doing well academically. Their grades are checked and once approved, the student will be given the "ok" to start. Their grades are checked quarterly and, if a student is struggling he/she will need to sit out until their grades improve. The 3-Shields Boxing Academy Program hours are Mon & Thurs., 5p to 7:30p, Saturdays, 10a to

noon, and Sundays at 3p for advanced boxers. If desired, this program can serve as an entryway into the amateur boxing realm.

Boxing has a multitude of benefits for people from all walks of life regardless of age, generation, and physical ability. The 3-Shields Boxing Academy Program can be leveraged for the elite athlete, but also for the mother of two who needs a stress reliever, or the senior citizen with Parkinson's.

Parkinson's is a degenerative neurological disorder. It causes one's brain to produce less dopamine which makes it harder for your body to coordinate movements and manage emotions according to the National Parkinson's Foundation. According to the National Institutes of Health, approximately 60,000 people a year are diagnosed with Parkinson's in the

United States.

The disease is characterized by tremors, a shuffling walk, loss of balance, slowed movements, a softened voice, and cognitive changes along with many other symptoms.

There's no cure for Parkinson's and treatments are tailored to manage individual symptoms. However, according to research in the journal Neurology, vigorous exercise may have a protective effect on the brain and help slow the disease's progression.

While research is limited, boxers and their caregivers have noticed major improvements in their symptoms. The classes also offer a chance for caregivers to connect and feel supported.

Emerging case studies support this idea. A small study followed a few boxers in a boxing program. The results published in Physical Therapy found that all boxers who followed through on 12 weeks of training saw improvements in their symptoms. The study tracked balance, gait, quality of life, and disability.

Those who stuck with the training for 24 or even 36 weeks saw sustained improvement in their symptoms. Even boxers who worked out less often after the initial 12 weeks continued to improve. Participants with moderate to severe Parkinson's took a little longer to see changes, but their dedication paid off a few weeks later.

For more information contact the Salvation Army at 785-233-9648.

HAD A MASSAGE LATELY?

You know you want one!

Try a Massage for Health by Anne Murphy!

Reflexology and Deep Tissue therapeutic,
Swedish, Sports training massage.
Promotes healing and blood circulation.



CALL FOR AN APPOINTMENT M-F 8am-5pm 272-5755



**Karen Sivertson
is now at**

HAIRSLINGERS
bringing
32 years of
experience as a
Cosmetologist.

*"I work with men, women
and kids, specializing in
haircuts, hair coloring,
permanents, beard
trimming & facial waxing.
I enjoy working with the entire
family and love seeing their
smiling faces when they leave."*

**APPOINTMENTS
AND WALK-IN'S**

20 years experience
at SuperCuts
(17 as a manager)

**For appointment, please call 785-233-4247
Hairslingers - 1406 SW 17th St., Topeka**

Since 1980
Create-A-Book: featuring beautiful, hard cover books starring your child!

Personalized
Candy Bars

Advertising
Specialties

Graduation
Invitations &
Accessories

CLASS
OF
2022

Custom Candy Bar Wrappers
Promotional Items
Wedding Invitations & Accessories
Party Favors & Accessories
Gifts & Licensed Sports Prints
Personalized Children's Books

Personally Yours

Unique Gifts & Accessories
For Any Occasion

Lori Welch • pyours@att.net
(785) 357-0090

PyGiftsandFavors.com

**metro
VOICE**
metrovoicenews.com

**Check Out
Our Newly
Redesigned,
Mobile-ready
Breaking-news
Website.**

Kansas awarded the 2021 Governor's Cup award by Site Selection Magazine



The Governor's Cup award goes to the state with the most capital investment and the most economic development projects per capita. In 2019, Kansas was ranked 20th out of all the 50 states for capital investment per capita. In 2020, Kansas moved up to 10th. This is the first time in state history that Kansas has received this national economic development award.

For the category of most capital investment per capita, only one state annually is awarded this prestigious award. Qualified projects have at least one of the following: \$1 million in capital investment, the creation of 20

new jobs or 20,000 square feet of new construction.

Along with the Governor's Cup award, Kansas also received the Gold Shovel Award from Area Development; was recognized by Site Selection Magazine as having the top business climate in the West North Central region of the United States in 2021; ranked for the first time ever in the top 20 states for doing business; named 10th best state in the nation by Site Selection Magazine for projects per capita; and is one of three top states reporting higher employment; along with receiving recognition from the 2021 Prosperity Cup.

A photograph of a handwritten note on yellow lined paper. The text on the note reads: "Have you ever heard the phrase, 'I will do that when I get around to it'?" followed by "WELL, HERE'S YOUR 'ROUND TOIT':" and "ESTATE PLANNING". Below this, it says "You need a plan to set your mind at ease and ensure a strong future for your family. Contact Patton & Patton to get answers to:" followed by a bulleted list of questions. At the bottom left of the note is a QR code with the text "Scan the code to learn more!" and a hand-drawn arrow pointing to it. At the bottom right of the note is a green sticky note with the words "ROUND TOIT" written in black marker and circled.

Scan the code to learn more!



SCAN ME

'ROUND TOIT

An advertisement for Farm Bureau Financial Services. It features a headshot of Damon Putnam, Agent, on the left. To the right of the photo is the Farm Bureau logo and the text "FARM BUREAU FINANCIAL SERVICES". Below that is "Damon Putnam, Agent" and contact information: "785-232-5239 • 785-608-8941 cell" and "damon.putnam@fbfs.com". A list of services follows: "Auto • Home • Life • Annuities • Mutual Funds Business • Farm & Ranch • Crop • Health". At the bottom, it says "2519 NW Topeka Blvd. • damonputnam.fbfsagents.com" and a slogan: "It's your future. Let's protect it.®"

An advertisement for Christians for Life, Inc. It features a logo of a woman holding a child, with the word "Life" in a stylized font. Below the logo is "CHRISTIANS FOR LIFE, INC." and the slogan "EVERY LIFE COUNTS". Contact information includes "INFO@HEARTOFAMERICAWALL.ORG", "785-267-5777", and "P.O. Box 3856, TOPEKA, KS 66604".

PATTON & PATTON

(785) 246-9399 | PattonAndPatton@gmail.com
534 S. Kansas, Ste 1120; Topeka, Kansas 66603

FINANCIAL PLANNING



DAVE RAMSEY

Financial author, radio host, television personality, and motivational speaker

davesays

Emergency Fund?

Dear Dave,

I have decided it's time to get control of my money. Your plan sounds workable, but I talked to some friends about it, and they think I would be better off using a credit card for emergencies. Can you explain why you advise saving a separate emergency fund?

Leslee

Dear Leslee,

When bad, unexpected things happen, like a job layoff or a blown car engine, you shouldn't depend on credit cards. If you use debt to cover emergencies, you're digging a financial hole for yourself. My plan will walk you out of debt forever, and a strong foundation of any financial house includes an emergency fund.

Putting together a fully-funded emergency fund is Baby Step 3 of my plan for getting out of debt and gaining control of your money. Before you reach this point, however, steps one and two

should be completed first. Baby Step 1 is saving \$1,000 for a starter emergency fund. Baby Step 2 is where you pay off all debt, except for your home, using the debt snowball method.

A fully-funded emergency fund should cover three to six months of expenses. You start the emergency fund with \$1,000, but a full emergency fund can range from \$5,000 to \$25,000 or more. A family that can make it on \$3,000 per month might have a \$10,000 emergency fund as a minimum.

What is an emergency? An emergency is something you had no way of knowing was coming — an event that has a major, negative financial impact if you can't cover it. Emergencies include things like paying the deductible on medical, homeowners or car insurance after an accident, a job loss, a blown automobile transmission or your home's heating and air unit suddenly biting the dust.

Something on sale you "need" is not an emergency. Fixing the boat, unless you live on it, is not an emergency. Want to buy a car, a leather couch or go to Cancun? Not emergencies. Prom dresses and college tuition are not emergencies, either.

Never rationalize the use of your emergency fund for something you should save for. On the other hand, don't make payments on medical bills after an accident while your emergency fund sits there fully loaded. If you've gone to the trouble of creating an emergency fund,

make sure you are crystal clear on what is and isn't an emergency.

One Reason 'Target Dated' Funds Haven't Done Well For Over a Decade

By Ryan Shumaker
Smartvestor Pro at
The Retirement Team



There's a reason why we often refer to target date funds as 'target dated' funds.

These types of investments rely on portfolio construction techniques to decide what to own based on decades old dated data that is not really reflective of the much different globalized world

over a decade. The MSCI ACWI ex. US Index, which captures the performance of 85% of the companies outside of the US, is in the same place it was in 2008. One big reason for this is that these companies on average have seen hardly any profit growth. Since stocks are simply ownership in a company, a company really needs to be making more money for the stock to be worth more money. Government policies in other countries related to hiring practices and other matters, have made profit growth

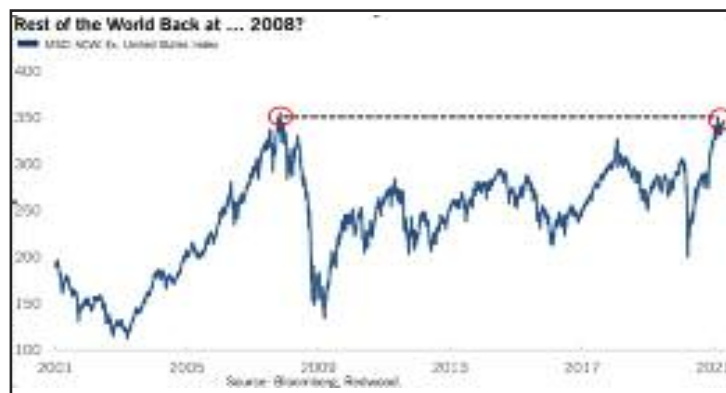
few months due to interest rates rising rather than gaining value from interest rates falling like was the case for decades.

Relying on a dated investment approach to create a portfolio that would work well based on how things used to be long ago rather than how they are today doesn't make a whole lot of sense, in our opinion. The good news is that since we are independent, the Retirement Team has the ability in most cases to help people get professional management on their 401(k)s with no additional external fee that doesn't have this problem. We only get paid some of the mutual fund fee that would have otherwise normally gone all to the 401(k) provider to get you set up with a portfolio that is customized to your specific needs and situation. Our clients appreciate that their money is being optimized for their goals and today's investment environment rather than for the average person and many yesterdays ago investment environment like far too many 'target dated' funds do.

Other great articles about retirement, investing, and tax reduction can be seen at RetireTopeka.com/blog.

Material discussed is meant for general/informational purposes and is not intended to be used as the sole basis for any financial decisions, nor be construed as advice to meet your particular needs. Please consult a financial professional for further information. (1)<https://www.morningstar.com/articles/914896/youre-more-internationally-diversified-than-you-probably-realize> (2)<https://www.morningstar.com/articles/969531/more-portfolio-lessons-from-target-date-funds> (3)<https://www.nickmurraynewsletters.com/members/login.cfm?hpage=TargetDate-Funds-Generating-LongTerm-Destitution-for-Increasing-Millions-of-Americans-While-Making-Compliance-Departments-Feel-Good.cfm> Investment advisory services offered through Next Generation Investing, LLC. Securities offered through World Equity Group, Inc. member FINRA and SIPC. Next Generation Investing, LLC, & The Retirement Team are not owned or controlled by World Equity Group. Insurance and annuities offered through Ryan Shumaker, KS Insurance License #10359614.

Ryan can be contacted at 785-228-0222 or RetireTopeka.com.



we live in today.

For the last several years between 40% and 50%(1) of sales for companies in the S&P 500 have occurred outside of US borders. What is a domestic stock and what is an international stock has become quite blurred, at least if you're looking at where a company does business. Is a Ford car manufactured in Mexico using many Chinese parts a more domestic car than a Honda being built in Alabama that uses a large percentage of US made parts? This is a great analogy on how to think about stocks today. Is where a company is headquartered what makes it a foreign or domestic stock or is it where they sell their goods and services? To us, getting the diversification on where the companies in a portfolio do business is much more important than where they are located.

Unfortunately index funds and 'target dated' funds generally look at only where a company is domiciled, not where they do business. The reality is that companies domiciled in the US (which are part of US indexes) have been significantly more successful than those located in other countries for well

difficult for companies domiciled within them, an issue that is unlikely to reverse course anytime soon.

The largest two holdings across 401(k)s today are stable value/cash funds and target date funds(3). The problem with this is that the average target date fund has between 50% and 75% of their holdings(2) in either international stocks (which at the same level they were in 2008) or cash/bonds (which are on average paying interest rates that are less than half of what inflation rates have historically been). If your account value isn't growing at all, or if it is growing less than what prices are increasing (inflation), you are falling behind. For too many people this is happening with far too large a part of their portfolios because they are allocated to 'target dated' funds. These types of investments often look only at what the average person who is a particular age should have owned over the last 50+ years. The issue is that no one is the average person and what worked well 50 years ago is unlikely to work well today. The world is much more globalized now and most bond funds have recently lost a double digit amount in just the last

— THE —
RETIREMENT
TEAM

RetireTopeka.com | 785-228-0222

smartvestor

Advisory Services offered through Next Generation Investing, LLC.
Securities offered through World Equity Group, Inc. Member FINRA and SIPC.
Next Generation Investing, LLC and The Retirement Team are not owned or controlled by World Equity Group, Inc.

Life Insurance Needs Can Change Over Time

By Jim Hanna

It's easy for many of us to approach life insurance with a "I'll handle that later" or a "set it and forget it" mentality, and to assume that you have time to sort out the details of adequate coverage down the road. Yet, life insurance can play a key role in protecting your loved ones financially should you pass away unexpectedly. The role protection plays in your financial plan often depends on your life stage. Here are several examples of when you may want to evaluate your life insurance options.



Hanna

Young adults starting their careers

When you settle into your first or second job and take on responsibility for your own financial matters, you likely are balancing a myriad of priorities. These may include paying off significant student loan debt or managing the mortgage of a newly-purchased home. In the event of your death, you could leave your loved ones on the hook for covering your financial obligations out-of-pocket. A life insurance policy may help provide the cash flow for your parents, siblings or another trusted beneficiary to manage your affairs without it becoming a potential burden.

Newly married couples

As you build a life together with your spouse, it's likely that your individual financial responsibilities will become intermingled, even if you choose to maintain separate bank accounts. If you die prematurely, your spouse could be drastically affected by the loss of your paycheck and added expenses. Life insurance can help protect the financial contributions of each spouse, helping the surviving spouse carry on without major changes in lifestyle.

Parents of minors or young adults

For many Americans, the need for life insurance becomes top-of-mind following the birth or adoption of a child. If you have or are considering starting a family,

now is the time to evaluate your insurance policies, ensuring that you have enough coverage to meet your family's day-to-day expenses, in addition to future financial goals. You may want to ensure that regular living expenses are covered for your family over a period of years, as well as education costs for children and retirement savings for the surviving spouse.

Older adults nearing or in retirement

As you accumulate wealth or become an empty-nester, your need for life insurance may decline. Be sure to maintain enough coverage to protect your retirement savings. Once in retirement, the need for a death benefit, which provides annuity or lumpsum payments to the surviving spouse, may become less significant. Certain types of life insurance policies may offer the flexibility to borrow against accumulated cash values to provide cash flow in retirement. Evaluate your coverage against what you anticipate spending in retirement to see if these or other options could help your situation.

Those preparing for the transfer of assets

Depending on the size of your estate, taxes may reduce the amount of assets you intend to pass down to heirs after your death. Life insurance could be one way to protect the interests of family members and other beneficiaries. For example, you could purchase a policy with a death benefit that could provide liquidity to offset the impact of any taxes that would be due at your death. This can help survivors avoid being forced to sell assets to meet tax obligations.

No matter your life stage or financial situation, it's important to have insurance in place to provide for your loved ones. Make it a priority to regularly review your coverage and ensure it covers the changing needs of your family. If you would like help assessing your options, talk to an insurance professional and financial advisor familiar with your financial priorities.

May 16 is filing deadline for tax-exempt

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

Many tax-exempt organizations have a filing deadline of May 16, 2022. Those that operate on a calendar-year (CY) basis have certain annual information and tax returns they file with the IRS. These returns are:

Form 990-series annual information returns (Forms 990, 990-EZ, 990-PF)

Form 990-N, Electronic Notice (e-Postcard) for Tax-Exempt Organizations Not Required to File Form 990 or Form 990-EZ

Form 990-T, Exempt Organization Business Income Tax Return (other than certain trusts)

Form 4720, Return of Certain Excise Taxes Under Chapters 41 and 42 of the Internal Revenue Code

Mandatory electronic filing

Electronic filing provides fast acknowledgment that the IRS has received the return and reduces processing time, making compliance easier.

Organizations filing a Form 990, 990-EZ, 990-PF or 990-T for CY2021 must file their returns electronically. Private foundations filing a Form 4720 for CY 2021 must file the form electronically. Charities and other tax-exempt organizations can file these forms electronically through an IRS Authorized e-File Provider.

Organizations eligible to submit Form 990-N must do so electronically and can submit it through Form 990-N (e-Postcard) on IRS.gov.

To help exempt organizations comply with their filing requirements, the IRS provides a series of pre-recorded online workshops. These workshops are designed to assist officers with the steps they need to take to maintain their tax-exempt status.



- Multiple Year Tax Returns
- Tax Problem Solutions
- IRS letters



peggstaxs.com

Call Peggy at:
785-286-7899



Helping families plan for the anticipated and the unexpected since 1971

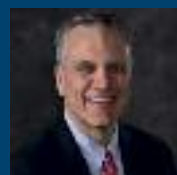
Call today for your
no-obligation consultation!
(785) 266-6002

www.lordsfinancialplanning.com



Securities and investment advisory services offered through Gradient Securities, LLC (Arden Hills, MN 866-991-1539). Member FINRA/SIPC. Gradient Securities, LLC (a SEC Registered Investment Advisor) offers investment advisory services under the d.b.a. of Gradient Wealth Management. Gradient Securities, LLC and its advisors do not render tax, legal, or accounting advice. Insurance products and services are offered through Lord's Financial Planning. Lord's Financial Planning is not affiliated with Gradient Securities, LLC. James R. Lord, LORD'S Financial Planning, and Gradient Securities, LLC are not affiliated with or endorsed by the Social Security Administration or any government agency. Exclusive rights to this material belong to GPS. Unauthorized use of this material is prohibited.

Meet your future with confidence.



Jim Hanna, CFP®, MBA, CKA
Private Wealth Advisor
Certified Kingdom Advisor

james.c.hanna@ampf.com
[ameripriseadvisors.com/team/
heart-financial-partners](http://ameripriseadvisors.com/team/heart-financial-partners)

785.357.6278, Ext.19
601 S Kansas Ave
Topeka, KS 66603

Ameriprise
Financial

Ameriprise Financial is not affiliated with any religion or faith-based financial advisor organization. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP (with plaque design) in the U.S. Ameriprise Financial Services, LLC. Member FINRA and SIPC. © 2021 Ameriprise Financial, Inc.

5 Tips to Having the Best Christian Summer Camp Experience

Every winter camp directors put in hours making sure they are offering the best Christian camp experience possible. Parents will often call and ask what their kids can expect. I will tell parents about all the ways we are creating an opportunity for their camper to grow in their faith while they are at camp. Towards the end of that conversation I will remind parents that while we are creating the opportunity, so much of what a kid gets out of camp rests on the shoulders of the camper.

Here are five tips to having the best Christian summer camp experience:

1. Come eager to learn and grow. We believe that everyone is on a spiritual journey and that there is always a next step to be taken. For some of

our campers, that looks like learning about Jesus or the importance of the Bible as a source of truth to base our lives on. Campers who come ready and eager to grow in their faith often get the most out of their Christian camp experience.

2. Find friends to grow with. All kinds of kids come to a Christian camp. It's important to remember that your Christian camp will have real people just like your school, church or community. Though, not everyone will be at the same point on their spiritual journey. Some of our campers will not want to have anything to do with our Christian message. So find campers that are looking to grow like you are and take advantage of your time at camp together.



Have conversations about your faith while you paddle a canoe or chill at the slack line. Interact with the concepts you are learning at camp to relate them back to your home life. Find your people at camp and grow together.

3. Ask a lot of questions. Camp is full of people that want to help you get the most out of your summer camp. We hire counselors who are interested in being good mentors. We have a camp pastor every summer who has time every day to talk about life, the Bible or whatever our campers want to chat about. We also have great directors on staff. While they are busy people, they make it a

priority to be available to our campers. A great way to get time with the camp director is to go out fishing and talk about what you are learning. Cabin devotions have time built in for camper questions, we do a dedicated question/answer night, and a cabin debrief is a great place to start a discussion.

4. Write down your thoughts and experiences. Journaling is a great way to process what you are learning or feeling. It can also be a great way to pray as you write. Sometimes slowing our thoughts down long enough to write them helps clarify our mental process. Another good reason to write things down is that you can look back

at it later. Looking back can be a part of moving forward. In the first couple chapters of 2 Timothy, Paul spends some time reminding Timothy about what he has learned previously and uses that as a launch pad for what he wants to teach Timothy. Bringing a brand-new journal to camp is a great way to capture your process of growth over the summer. If you don't bring a new one, make sure the one you bring has enough empty pages for your summer!

5. Continue to grow after camp! One of our favorite things to hear about in the off season is a bunch of campers that have a group chat and regularly encourage each other to take the next step in their faith journey back home. We have campers that have started bible studies with camp friends and campers that tell us that some of their closest friends in life are the ones they met at camp. We love it when camp people connect outside of camp. You can also find a local church or youth group as a way to continue to grow in your faith. And then next summer you can bring friends from home to camp! However you do it, make sure your summer camp experience carries into the rest of the year.

FOOD TRUCK PARTY
ON A ROLL WITH GOD!

VACATION BIBLE SCHOOL

JUNE 5-8 — 6:15-8:00 PM
(Sunday-Wednesday)

*Register kids entering K-8th grade online at esbcks.org

The goal of Food Truck Party is to help children build on the practice of using daily prayer to turn to God for their needs—and also to serve as the hands of God in ensuring that the needs of others are met.

East Side Baptist Church 4425 SE 29th St—Topeka, KS
giving direction for life - 785-379-9933—esbcks.org

SMJ

SHANE M. JONES
& ASSOCIATES, P.A.

COUNSELING YOU CAN TRUST

Areas of expertise:

- Marriage & Relationships
- Depression
- Anxiety
- Adoption
- Addictions
- Grief-Loss
- Foster Care

2708 N. Topeka Blvd., Ste. 202
Topeka, KS • 785-266-7732

5040 Bob Billings Parkway, Ste. B
Lawrence, KS • 785-832-8838

www.shanemjones.com

“Come with me by yourselves to a quiet place and get some rest.”

Mark 6:31

ENGRAVING
SUBLIMATION
IMPRINTING

Discover our creative approach to promoting your business, recognizing achievements or giving personalized gifts.

jmlengraving.com | 785-217-5701

Mon-Fri 10 am-6 pm | 623 Topeka Ave. | Lyndon, KS 66451

Here are 10 summer camp tips for a successful experience!

Here are 10 summer camp tips for a successful experience! Check out these tips and you'll be on the right track to making your kid's summer camp experience a raging success.

Tip #1 Start now

Summer Camp schedules have been out for a while, with the most popular programs already on Wait Lists. Don't miss the opportunity to sign up your child for the camps that fit your criteria. If a camp you're interested in is already full, definitely sign up for the Wait List. Many families change plans (and minds) before summer arrives and cancellations allow for you move on into the programs you really want.

#2 Sign up with a friend

Many kids aren't exactly joiners and don't find heading off for the day with a group of strangers rewarding. However, send along a buddy and it's game on. Contact a few parents of your child's friends and propose registering the kids together. It will eliminate the awkward "first day of camp" feelings and make kids feel more at ease with someone familiar by their side. Most likely, they'll make new friends super quick, but it'll make the drop-off a whole lot easier with a buddy in tow.

#3 Choose their interests, not yours

You may have really great memories



of that archery camp you took one summer as a kid, but if your child has no interest in that sport, you might as well set your money on fire if you sign them up for it. Sit down with your kids and talk about what type of camp interests them—they may surprise you with something new and they won't be shy about telling you what's off the table. Many camps have a central focus but also incorporate related (or non-related) activities so chances are, they'll get a well-rounded experience no matter what.

#4 Start slowly

If your child has never attended a summer camp before, don't sign them up for a full-day, week-long camp unless you want to experience full-tilt separation anxiety. There are tons of summer camps that offer a half-day or 3-day type of schedule, or even just a couple hours in the evening. If you start early in the

summer with an abbreviated schedule, you'll be fine by August to sign up for the full-day version.

#5 Verify indoor accommodations in case of bad weather

Find a camp that has a true indoor option. With walls and a real roof and indoor plumbing.

#6 Send a fantastic lunch

Some camps require kids to brown bag-it, so parents, here's your chance to hit it out of the park. When you send a kid to camp with a fierce lunch box with whatever healthy food you want and then throw in a few mini candy bars, a fun drink and more, they'll be bounding out of the car at drop-off.

#7 Choose a convenient location

Maybe you can coordinate taking turns with another parent if the camp is a distance away. Sometimes driving way out of your way just isn't reasonable or feasible. Commit only to realistic options, and no, you don't have to feel guilty about it.

#8 Accommodations for special needs

Although schools are readily equipped to handle your child's special needs, many camps may not have the knowledge or support to accommodate those requirements. Whether it be ADHD, anxiety, Aspergers or medical needs like administering medication or allergy considerations, be sure to talk to the camp's administrators about what they can and cannot provide before registering your child for a camp.

#9 Yelp, Facebook or ask around

There are camps out there that, because of a fancy photographer and a decent web designer, look incredible on paper but how do you really know? Take advantage of the internet and social media by investigating reviews, requesting recommendations and asking your Facebook circle for a hands-on experience report. It's hard to get an insider's point of view from a simple brochure. Save yourself time, money and aggravation by doing a little pre-registration homework.

#10 Fun factor

You may think an intensive academic day camp would be perfect for your child who could use a boost developing their math skills, but how much fun does that sound to your kid? Sprinkling in one or two academic camps during the summer seems ok, but don't forget what sum-

mer is meant to be—a fun and free-spirited time for your children to culminate other imperative life skills like imaginative outdoor play, peer-to-peer social interactions, catching fireflies and superior marshmallow roasting skills. You know, the important stuff.



All Insurance Access, LLC.
Auto-Home-Life-Commercial

Brittany Elliott- Agent
3706 SW Topeka Blvd.
Suite #411
Topeka, KS 66609

Office: (785) 267-0707
Fax: (785) 266-9154
Cell: (702) 205-0132
Email: Belliott@aiatopeka.com
AllinsuranceAccess.com



Alpha Christian Children's Home & School
www.alphachristianchildrenshome.com



WHAT WE DO:

1. Share Christ to offer hope and healing
2. Provide a Christian family safe haven
3. Help the kids get caught up in school

Find out more by calling
785-597-5235
Located East of Topeka
15017 27th Street
PO Box 727
Perry, Kansas 66073

HOW YOU CAN HELP:

1. Pray
2. Volunteer
3. Refer Children In Need To Us
4. Monetary & Food Donations



ASPIRE GYMNASTICS CLUB

THEMED Single Day Summer Camps!

WEDNESDAY MINI SUMMER CAMPS

1-3 PM
\$25/CAMP

AGES 3-8YRS
(MUST BE POTTY-TRAINED)
AGE GROUPS DIVIDED

FRIDAY SUMMER CAMPS

9AM-12PM
\$35/CAMP

AGES 4-11YRS
(MUST BE POTTY-TRAINED)
AGE GROUPS DIVIDED

***STRUCTURED GYM TIME**

***THEMED CRAFT**

***HEALTHY SNACK**

***OPEN GYM**

***EXPERIENCED INSTRUCTORS**

ENROLL ONLINE NOW!!

NON-MEMBERS WELCOME

ASPIREGYMNASTICSCLUB.COM
 Visit our website for the camp themes!
 2600 NW TOPEKA BLVD STE A
 TOPEKA, KS 66617
 785-380-8048

VBS & SUMMER CAMPS

FOOD TRUCK PARTY VBS – June 5-8, 6:15-8pm, East Side Baptist Church, 4425 SE 29th St. Kids entering K-6th grade. 379-9933, esbcks.org

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.

VACATION BIBLE SCHOOL (SPARK STUDIO) - Wanamaker Road Baptist Church, 2700 SW Wanamaker Road. June 20 through June 24, 6:00 to 8:00pm. PreK-Kindergarten (age 4) thru completed 5th grade. This is a free event. Kids will explore their God given talents in the Bible Study Studio, Crafts Deign Center and sing songs of praise to the Lord. They will learn like King David to use their talents to the glory of God. They will have daily snacks and play fun games, ending the week with a family night that will include a bounce house and corn hole games and other activities. Any questions leave message @ 785-272-9323.

SINGLE DAY SUMMER CAMPS – Aspire Gymnastics is offering Wednesday and Friday themed Summer Camps on Wed. 1-3pm for ages 3-8, and Fri. 9-12 for ages 4-11. Visit aspiregymnasticsclub.com for details. 785-380-6046

CAGE GYMNASTICS CAMP – various dates in June and July. 785-266-4151. Cagegymnastics.com

KANSAS BALLET ACADEMY SUMMER DANCE CAMP. 785-383-7918, or KansasBallet.com

YMCA SUMMER CAMP - The YMCA offers several varieties of summer camps. Call 785-435-8651 or TerryJ@ymcatopeka.org

Closed church buildings often being repurposed for ministry

A growing number of empty church buildings represent both a challenge and an opportunity.

More than 4,500 churches from three dozen denominations closed in 2019 while only 3,000 were started, according to Lifeway Research. At the same time, median worship attendance for churches in the U.S. dropped from 137 people to 65 people over the past two decades.

Dominic Dutra, author of "Closing Costs," a new book about how church property can be repurposed, said thousands of churches around the country have closed or likely will close in the years to come. And too often, he said, leaders of those churches put off any discussion about what to do with their building until it's too late.

"I've had situations where buildings are empty and they have no plan at all," he said, according to Religion News Service.

Dutra believes that billions of dollars in church property could be put to work for ministry if church leaders become proactive about the future. He has worked with a number of religious groups to do just that. In Oakland, Calif., Dutra helped the Nazarenes find a new buyer for a shuttered church building on the outskirts of town. The church was sold to a growing Korean congregation, which had a building close to downtown with no parking. As part of the deal, the Nazarenes swapped their building, which had a large parking lot, for the building owned by the Korean church.

That downtown church is now home to EIKON — a nonprofit that is part Nazarene church plant, part community organization. EIKON also took over another shuttered Nazarene building, which it uses to store donated furniture and appliances for a program called "Infinite Christmas." Those donated goods -- which are brand new and come from major manufacturers --- are distributed by other local churches and nonprofits.

Pastor Albert Lee of Regeneration Church in Oakland said his nondenominational congregation rented space from an older Baptist congregation. When that church closed, Regeneration bought the building at top dollar. He had hoped the denomination that owned the building would be willing to bless his church rather than seeing the sale as just another transaction — especially in the Bay



The former Oakland Bayview Fellowship Church of the Nazarene was sold by the denomination. Courtesy photo

Area, where property values are sky high.

"I felt really they could have partnered with us to bless the community and do some good things together,

but they just had money on their mind," he said.

When a new church starts up, Lee said, they are keenly aware of God's provision for their needs. But when

churches close, Lee said, they often don't think about what God's is doing and instead hold on tight to their material assets.

LOCAL FAMILY OWNED
Call to reserve your appointment today!

HOME RUN
TERMITE AND PEST SERVICES LLC
785-224-5906

T.H. Peterson
Photography

20 Years Experience

Weddings
Seniors
Newborns
Families

785.793.2492 | 785.213.0812
tommy@thpetersonphoto.com

Donaldson's
JEWELERS

Family owned, full line jewelry store and repair shop
Home of Dave Horn Jewelry Repair & Design
Online Store at www.donaldsonsjewelersks.com
902 N Kansas Ave. in NOTO Arts District • 785-273-5080

**PreK3-12th Grade
Christian Education**

Heritage Christian
FINE ARTS • ACADEMICS • SPORTS

"The Best Kept Secret in Topeka!"

CALL (785) 286-0427 FOR YOUR TOUR! HCSTOPEKA.ORG

K. KIRK NYSTROM, Attorney

Wills • Powers of Attorney
Estate Planning • Probate • Trusts

- Free Parking
- Emergency Hospital Visits
- Evening & Saturday Appointments

We've Moved Upstairs!

112 SW 6th Avenue, Suite 509
Topeka, Kansas 66603

785-235-6977
k.nystrom@att.net
www.nystromlaw.net

"30+ years Experience"

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

Large Methodist Church in Oklahoma disaffiliates from denomination

The controversy dividing the United Methodist Church continues as a large congregation in Tulsa changed its name.

Asbury United Methodist Church is now officially called Asbury Church, the megachurch said in a statement on its website, adding it has begun the process of disaffiliating from the denomination.

“We do not know where or when we will affiliate with a new denomination,” the church said, according to “The Christian Post.” “Currently, our main focus is protecting the assets and interests of Asbury and fully disaffiliating from the UMC.”

Asbury Church’s announcement comes weeks after the



UMC delayed its General Conference meeting for a third time earlier this month, citing the COVID-19 pandemic. Postponed to 2024, the General Conference is expected to be contentious as delegates negotiate a denominational split over theological differences, including the full

inclusion of LGBT members in the denomination and the ordination of ministers in same-sex relationships.

The Rev. Tom Harrison, Asbury Church’s senior pastor, said the split had been inevitable for some time.

“There isn’t one issue driving

this separation; rather, after years of operating under vastly different approaches to theology, ministry and Christology, it was determined by the leadership of the church, in conjunction with the pastoral staff, that these approaches are irreconcilable and no longer sustainable,” he said. “As Asbury Church, we will continue to pursue our mission of helping others follow Jesus.”

The UMC has been engaged in a long battle over the church’s teachings on sexuality, prompting more conservative churches to leave the denomination. The UMC’s official stance, as outlined in the Book of Discipline, labels homosexuality a sin, bars the ordination of non-celi-

bate homosexuals and prohibits the blessing of same-sex marriages. However, progressive United Methodists have, on several occasions, defied the rules by ordaining openly gay clergy or officiating same-sex marriages.

The Asbury megachurch said it might consider joining the Global Methodist Church, a more conservative Methodist denomination, which has announced it will officially launch in May.

“This future denomination will be made up of former United Methodists from North America, Africa, Europe and elsewhere who uphold the authority of Scripture,” Asbury said. In its statement. “The formation of this new denomination has been delayed due to the COVID-19 pandemic.”

Vladimir Putin demands control of this Jerusalem church

Vladimir Putin is attempting to take control of a church in the Old City of Jerusalem.

The Russian leader, who in February invaded Europe’s largest democracy, sent a strongly worded letter to Israel Prime Minister Neftali Bennett on Sunday. The official correspondence demanded that Bennett follow through on a dubious agreement worked out between his predecessor, Benjamin Netanyahu, and Putin that swapped the church for the release of an Israeli citizen who had been held in Russia on drug charges.

At question is the Alexander Nevsky Church which is currently run independently by the Russian Orthodox caretakers in Jerusalem. Also known as the Cathedral of the Holy Trinity, it is a prominent holy site that contains the threshold of the city gate over which Jesus most likely stepped after being forced to carry his cross to Calvary. It also contains the “eye of the needle” – a slender opening in the city gate in which the wealthy would step

through, after leaving their camels and riches outside the city. That was the reference Jesus made in the parable mentioned in Matthew 19:24.

The timing of Putin’s demand comes after Israel joined other countries to remove Russia from the UN Human Rights Council and Foreign Minister Yair Lapid accused Moscow of war crimes in its brutal invasion and scorched-earth policy across Ukraine.

After the UN vote, Russian officials summoned the Israeli ambassador in Moscow for an angry meeting.

During the Ottoman Empire era, the church site was registered as belonging to the “Russian kingdom.” It remained under the trusteeship of Israel and the local Russian Orthodox Church during the Communist Russia era and during Putin’s growing dictatorial leadership and infiltration of Russia’s Orthodox church.



According to Shay Attias with the Begin-Sadat Center for Strategic Studies, the dispute over the Alexander Nevsky church began in 1917. “In May 1948, the Soviet Union appointed a ‘Russian Property Affairs Commissioner’ who ‘did everything possible to transfer this property [the Alexander Courtyard] to the Soviet Union,” Attias writes. “This was desired not only because the Russian Orthodox Church wanted the property, but because it had value in terms of foreign policy and national secu-

urity.”

Israel initially refused Russia’s attempts at control, saying the Israeli Supreme Court would need to step in.

That changed when Israeli-American Na’ama Issachar was jailed for drug possession after being detained at a Russian airport in 2019. In a controversial move, then-Prime Minister Netanyahu agreed to formally return the site back to Moscow. While Issachar was released shortly afterward, the 2020 agreement is seen as having em-

boldened Putin’s aim of global imperialism and undue influence on the historical and spiritual landscape of the Holy Land.

Later in 2020, Israeli land registry records were changed at the behest of the Netanyahu administration to say the compound belonged to Russia.

New Prime Minister Neftali Bennett ordered the Supreme Court to review the issue and reversed the land title decisions.

According to geopolitical analysts, Putin is using religion as a tool for “soft power” in conjunction with violent power moves like the invasion of Ukraine in an attempt to rebuild the former Soviet Union. They say that Russia is bent on controlling cultural issues related to the country.

“This time around, the target of Russia’s religious soft power was Jerusalem. It will be interesting to see where it strikes next,” says Attias.

—Dwight Widaman

Three Things to Know about The Adam Project

Adam is a free-spirited middle-aged man living in the year 2050 and is filled with pain and regret. His father died when he was young. His mother heroically filled in as a single mom – but Adam often rejected her. Then there is Adam's wife, Laura, who was recently killed.

Adam, though, has a plan. He'll fly back in time. He'll save his wife. And – in theory – his life will be great again.

But Adam's plan quickly goes awry.

First, he flies back to the wrong year: 2018. He also crashes his plane, which he had stolen. Then there is the not-so-little problem of the people he encounters. He meets his younger 13-year-old self. He also meets his mom.

Can Adam get back to the year 2050 without messing up the time continuum? And can he evade the 2050 version of law enforcement, which is now chasing him and threatening to kill him?

The new Netflix film *The Adam Project* (PG-13) tells the intriguing story of Adam going back in time



and confronting the problems of his past.

It stars Ryan Reynolds as the older Adam, Walker Scobell as the younger Adam, Jennifer Garner as his mother,

Zoe Saldana as Laura and Mark Ruffalo as Adam's father.

Here are three things you should know about the film:

1. It's Back to the Future Combined with Meet the Robinsons

Time travel movies always spark our imagination. Part of that is due to our God-given desire to want something beyond this observable, earthly world. We want to live forever – and time travel, with its theoretical ability to cheat death – delivers that. But another reason is due to our desire to fix everything in our past. If we could do that, then our present life would be perfect ... right? Well, not exactly.

The *Adam Project* delivers thought-provoking questions while combining elements from other time-travel movies, including the *Back to the Future* series (Adam's mother seems to have an affinity for him – but she doesn't get the chance to fall in love) and *Meet the Robinsons* (in that animated film, an adopted boy travels back in time to meet his birth mom – only to realize that his present life already was the ideal life).

During one touching scene, the older Adam visits a bar, where he has a brief conversation with his mother, who is raising him as a single mom.

"He hates me," she confides in him, referencing her son – his younger self.

Adam cheers her up, saying with a smile, "Boys always go back to their mamas."

He then tells her, "I have the best mom."

He leaves the bar. She then quickly follows – but is unable to find him.

2. It Forces You to Ask Questions about Your Own Life

The *Adam Project* has plenty of fun moments that can spark a discussion.

"You're me," the younger Adam says.

"I once was," big Adam responds.

Big Adam subsequently gives advice to his younger self on a host of topics, including bullies (he faced those when he was young), girls (he had little success with those until he was older) and family (he tells his younger self to show his mom more grace).

Big Adam has an opportunity to clean up his past – and he's going to take advantage of it.

No doubt, it can be amusing to ask among friends: What would you tell your younger self if you could travel back in time?

A more helpful question is similar – but slightly different: What would your future self tell you, right now, if it could?

One question is fun but fruitless. The other is fun and beneficial.

The film also includes lessons about regret and tragedy, when the two Adams team up to travel back in time and meet their father. There, they heal some emotional scars.

3. It's a Mixed Bag for Families

The *Adam Project* is filled with solid messages for parents and children alike: Love your family unconditionally. Redeem the time. Forgive often. Display grace and mercy every day of your life.

Its spaceships, laser battles and time-traveling wormholes spark the imagination.

Still, with a well-deserved PG-13 rating, it falls short of being family-friendly. The younger Adam is punched in the face and stomach by bullies. He is (briefly) held hostage and threatened with death.

The younger Adam also curses – a lot – as does the older Adam. Ryan Reynolds films are known for being filled with coarse language, and this one is no different (details below). We also see a couple make out, and we hear a condom joke. (VidAngel and ClearPlay are good options if you want to clean out the movie's junk.)

That said, the film offers a solid family-centric plot – and even a time-traveling father-son game of backyard baseball.

We can learn plenty of lessons from it, even if we can't revisit our past.

Rated PG-13 for violence/action, language and suggestive references. Language details: A-- (14), misuse of "Christ" (1), b--ch (2), OMG (24), h-- (6), s--t (12), d--n (2), misuse of "Jesus Christ" (4), misuse of "God" (7), GD (1).

Entertainment rating: 3 out of 5 stars
Family-friendly rating: 2.5 out of 5 stars

–Michael Foust

DON'T JUST KINDA TV **DIRECTV**



CHOICE™ PACKAGE
185+ Channels

\$79.99*
MO.

For 12 mos. + taxes and fees.

W/ 24-mo. agmt. Prices higher in 2nd year. Regional Sports Fee up to \$11.99/mo. is extra & applies.

• ACCESS 70,000+ SHOWS AND MOVIES ON DEMAND.

Requires subscriptions to top-tier PREMIER programming. Other packages will have fewer shows and movies.

• DOWNLOAD YOUR DVR RECORDINGS to your devices at home and watch offline anywhere.**

• THE MOST LIVE SPORTS IN 4K HDR.

Limited 4K HDR programming available. CHOICE Pkg or higher required for most 4K HDR live sports. 4K HDR compatible equipment, minimum programming, 4K account authorization and professional installation required. If 4K TV does not support HDR, content will be viewable in standard 4K. Other conditions apply.

*\$19.95 ACTIVATION, EARLY TERMINATION FEE OF \$20/MO. FOR EACH MONTH REMAINING ON AGMT., EQUIPMENT NON-RETURN & ADD'L FEES APPLY. Advanced Receiver Fee (\$15/mo.) req'd for HD DVRs. \$7/mo. for each receiver and/or Genie Mini/DIRECTV Ready TV/Device on your account. New approved residential customers only (equipment lease req'd). Credit card req'd (except MA & PA). Restr's apply.

Contact your local **DIRECTV dealer!**

IV Support Holdings

866.590.5859



1-YR. BASE PACKAGE: Ends 6/30/22. Available only in the U.S. (excludes Puerto Rico and U.S.V.I.). Pricing: \$79.99 for first 12 mos. only. After 12 mos. or loss of eligibility, then prevailing rate applies (currently \$84.99/mo. for ENTERTAINMENT; \$106.99/mo. for CHOICE; \$136.99/mo. for ULTIMATE; \$191.99/mo. for PREMIER) unless cancelled or changed prior to end of the promo period. Pricing subject to change. TiVo service fee (\$5/mo.) req'd for TiVo HD DVR from DIRECTV. Additional Fees & Taxes: Price excludes Regional Sports Fee of up to \$11.99/mo. (which is extra & applies to CHOICE and/or M S ULTRA and higher Pkgs.), applicable use tax expense surcharge on retail value of installation, custom installation, equipment upgrades/add-ons, and certain other add'l fees & chgs. See directv.com/directv-fees for additional information. Different offers may apply for eligible multi-dwelling unit and telco customers. DIRECTV SVC TERMS: Subject to Equipment Lease & Customer Agreements. All offers, programming, promotions, pricing, terms, restrictions & conditions subject to change & may be modified, discontinued, or terminated at any time without notice. Some offers may not be available through all channels and in select areas. Visit directv.com/legal/ or call for details. Offers may not be combined with other promotional offers on the same services and may be modified or discontinued at any time without notice. Other conditions apply to all offers. 2022 DIRECTV, DIRECTV and all other DIRECTV marks are trademarks of DIRECTV, LLC. All other marks are the property of their respective owners.

How Christians can help shape the broader culture, not just their own

Imitation may be the sincerest form of flattery, but when Christians imitate culture or some popular movements, the results are often not very flattering.

I'm evangelical, and there are many flattering things that can be said about American evangelicalism. Probably the biggest is our general cultural production — books, podcasts, conferences, music, films, new churches, you name it. Our production is flat-out prodigious.

But the results are not always flattering. Since the late 19th century, American evangelicalism has invested most of its energy into creating a structure of “parallel institutions.” They parallel culture-shaping institutions but function below the level of these institutions' radar, operating in an evangelical subculture of their own.

I'm not saying that's always a bad thing. Sometimes parallel institutions are necessary — private schools, for example. But my sense is many times



they're not. Take TED for example.

TED was in the news this past week with Elon Musk announcing at TED 2022 Vancouver his bid to become

Twitter's largest shareholder. God only knows how this will turn out. The news we ought to give more attention to is Oscar Schwartz's rather unflattering view of TED in *The Drift*: “What Was the TED Talk? | Some Thoughts on the ‘Inspiresting.’”

I urge you to invest a few minutes and read it in full.

If you're an I-can't-read-articles-over-two-pages-long sort of person, here's the gist. TED's premise is simple: Ideas change the world. There are problems in the world. Fortunately, there are solutions to each of these problems. They've been formulated by extremely smart, tech-adjacent people. So, for their ideas to become realities, they merely need to be articulated and spread as widely as possible in stories that actually manifest a new world.

This is Hegelian Idealism, the assumption that ideas in and of themselves change the world. They don't, writes James Davison Hunter. They require culture-shaping institutions. Few Americans recognize this, however: “It is the failure to understand this basic fact that makes most Americans and American Christians effectively ‘Hegelians’ when it comes to culture.”

TED embodies this. It began as a single event in 1984. Growth was slow until Chris Anderson, son of evangelical missionary parents,

purchased TED. He partnered with Kevin Kelly, WIRED's born-again Christian founding editor. Together, they elevated TED to a tech-oriented movement of spreading of ideas and stories to change the world. Anderson detailed this in a 2002 TED conference. The future was about openness and connection. Ideas were there to be spread. Through this spreading, a better world would materialize. “To understand anything,” he said, “you just need to understand the little bits.”

Tech glitterati loved it. The high-water mark for TED was right around 2010, when everyone was sharing TED talks — via email, on Facebook, on personal blogs. TED, a nonprofit, was making a lot of money. Tickets to the annual conference were going for \$7,500 — \$15,000 for VIPs. TED set up partnerships with elite brands.

TED also set up TEDx. It was basically for TED wannabes. (I know a bit about this. I coached a speaker preparing her TEDx talk. She was smart as a whip.) Then, at a 2013 TEDx conference, media theorist Benjamin Bratton exposed TED's religious zeal for Hegelian Idealism in “What's Wrong with TED Talks?” He said the rhetorical style TED helped popularize is “middlebrow megachurch infotainment.” It is “taking something with value and substance and coring it out so that it can be swallowed without chewing.”

Yikes. “This is not the solution to our most frightening problems,” Bratton goes on to say. “Rather, this is one of

our most frightening problems.” I agree, which is why I find it astonishing — or maybe not — that evangelicals are imitating TED. It's called Q.

Imitation is the sincerest form of flattery, but when we imitate movements like TED, the results — like TED's — are not very flattering. I say this not solely because I have spoken at exactly one local Q event and watched a few videos. It's due to the sharp contrast I saw between Q and other events I've attended hosted by culture-shaping institutions.

Like Oxford Analytica. Years ago, a friend invited me to the OA Conference at Oxford University. I wasn't invited because of my brilliance. My cultural production is waaaay below the level of those in attendance. I kept quiet and watched. I saw a few evangelicals there. One, a popular apologist in the U.S., sat on a panel discussing global warming. He was clearly out of his depth. Yet, back home, in evangelical circles, he's considered brilliant.

By the way, this man is much smarter than I'll ever be. Yet, in my small(er) evangelical circles, I'm occasionally described as an “intellectual.” Yikes. That's rich. It tells you how low the bar has been set in evangelical circles. So how do we raise the bar? I have a few suggestions.

First, we should take to heart Steve Martin's advice to aspiring comedians: Be so good they can't ignore you. Christians should be so good that institutions in the wider world can't ignore us, rendering our parallel subculture ministries unnecessary.

Second, we should aim to build institutions like the University of Austin. Click the link. The founder is Pano Kanelos, a Christian. The University of Austin is designed to be a culture-shaping institution. That's where Pano has spent his career. The University of Chicago, Stanford, the University of San Diego, Loyola University Chicago and most recently St. Johns College in Annapolis, Maryland, where Pano and his family were neighbors.

I'm sure people much smarter than me have more and better suggestions. But at least these two might yield results more flattering than the ones we're presently getting.

Michael Metzger



**TOPEKA
Small
Businesses:**

**Has your business been
hurt by the pandemic?**

WE WANT TO HELP!

*We'll run your business
card ad for 20 bucks!*

It will be in thousands of printed copies
of **Topeka Metro Voice** or
Health & Wellness magazine
around Topeka, and on social media.

Send your ad or information to
Lee Hartman at: voice@cox.net

We'll make any changes you need & send you a proof.

opinion

Got an Opinion? Share it with the Metro Voice!
go to facebook/MetroVoiceNews, or email Voice@cox.net

metro
VOICE

MANAGING EDITOR



Lee Hartman
LHartman3@cox.net

CONTRIBUTING EDITORS

Nick Hartman, Dwight Widaman

ADVERTISING CONSULTANTS

Lee Hartman

785-640-6399; Voice@cox.net

Sydney Hanna

sydneykatharineh@gmail.com

Darcy Childs 785-249-6203

childs.darcy@gmail.com

NEWS & FEATURES

Sydney Hanna, Carolyn Cogswell, Rob Mooney,
Alan Goforth, Clint Decker, Michael Foust,
Dwight Widaman, Lee Hartman

LAYOUT & DESIGN

Joe Boothe, Lee Hartman, Dwight Widaman

Metro Voice is published monthly and serves the communities of Topeka, Lawrence, and other communities in NE Kansas. It is available primarily by bulk and subscription distribution to over 400 locations, including grocery stores, churches, schools, restaurants, bookstores, libraries, businesses and other retail outlets. Written materials submitted become property of Metro Voice. The content of this publication, including all stories, advertising or other graphic symbols, may not be reproduced in any way, for commercial purposes or added to any web site without the express permission of Metro Voice. Advertising in MV is open to anyone wishing to reach the Christian community or the family market with family-friendly advertising. MV reserves the right to refuse any advertising. Metro Voice is a member of the Christian Newspaper Association and the Evangelical Press Association.



CONTACT INFO

Offices: 2611 SW 17th St. (by appt.)
Correspondence & Payments:
P.O. Box 5724, Topeka, KS 66605
Phone/Fax: 785-235-3340
Voice@cox.net
MetroVoiceNews.com
facebook.com/metrovoiceneews

Teen Mental Health Needs to Be a Priority

By Kerby Anderson

A few weeks ago, the Centers for Disease Control and Prevention issued a warning about the mental health of adolescents. More than 4 in 10 teens reported they felt “persistently sad or hopeless.” A significant percent-



Anderson

age of teenagers said they had contemplated suicide.

The deputy director of the CDC explained that their survey was a cry for help. “The COVID-19 pandemic has created traumatic stressors that have the potential to further erode students’ mental well-being.” I would add, however, that some of these problems of anxiety, depression, loneliness, and suicidal thoughts were probably growing even before the pandemic.

The survey was a representative sample of 7,700 teens conducted in the first six months of 2021. They

were questioned on a range of topics, including their mental health, alcohol, and drug use. While it is true that young people had fewer medical problems due to the virus compared to older people, they nevertheless faced the isolation and the economic turmoil of the pandemic and lockdowns.

In previous commentaries, I have talked about other warnings from health care officials. For example, last fall the American Academy of Pediatrics declared a national emergency in child and adolescent mental health. A few months ago, the Surgeon General

issued a similar warning about the “pervasive sense of fear, economic instability, and forced physical distance from loved ones, friends, and community.”

While I applaud all these organizations for focusing on the problem, I also hope we can find solutions to what is a growing problem of mental health. I believe that churches can provide help and encouragement to teens and their families. Pastors and youth leaders should be alert to this problem of teen mental health and work to support these young people and their parents.

Kansas is an extreme abortion destination

Today marks the three-year anniversary of the Kansas Supreme Court extreme ruling in *Hodes & Nauser v. Schmidt*, which radically changed the state constitution to enable a nearly unlimited abortion industry. Last year’s historic increase in the annual abortion rate, the largest in over 25 years, served as a warning sign. Now, with the release of new 2021 state abortion statistics, it is clear Kansas is a regional destination state for abortion -- and the health and safety of women are being put at risk.

From the Kansas Department of Health and Environment (KDHE) “Abortions in Kansas, 2021” report, here are the facts about the immediate impact of the *Hodes* decision:

Since the 2019 ruling, state statistics have shown the following impacts (2019-2021):

- 13% increase in the overall annual number of abortions
- 17% increase in live dismemberment abortions performed
- 16% increase in abortions performed on out-of-state resi-



dents

Due to the ruling, two state laws related to abortion have already been overturned:

- Live dismemberment abortion ban, struck down April 2021
- Clinic safety, sanitation, and inspection law, struck down December 2021

“The data clearly shows Kansas is heading toward unlimited abortion up to the moment of birth,” said Danielle Underwood, Kansas for Life Director of Communications, “The Value Them Both Amendment is the

one remedy for Kansans to avoid becoming a permanent destination state for painful, late-term abortions, paid for with our state tax dollars.”

“The Kansas Supreme Court’s extreme ruling overrides the will of the people,” said Brittany Jones, Esq., Kansas Family Voice Director of Policy and Engagement. “Individuals all across Kansas are shocked at how unelected justices have removed protections for mothers and babies. It is time for Kansans to restore our ability to value both mothers and babies and vote YES on the Value Them Both Amend-

ment on August 2nd.”

“The truth about this data shows that women and their babies are not being valued. We as Christians know that women and their babies deserve better. Passage of the Value Them Both Amendment will show that Kansans value them both.” said Lucrecia Nold, Kansas Catholic Conference Policy Specialist.

The coalition encourages Kansas voters to learn more at ValueThemBoth.com and to vote “YES” on August 2, 2022.

The Value Them Both Coalition is a united effort of Kansas citizens and organizations committed to promoting passage of the Value Them Both Amendment on Aug. 2, 2022, which is the only means to defend our state’s existing pro-life laws. The coalition is led by Kansans for Life, the Kansas Catholic Conference, and Kansas Family Voice.

Mackenzie Haddix
ValueThemBoth.com

Forgiveness, Trust, and the Road to Authentic Reconciliation – Beware of the ‘Light Cure’

By Rev. Tim Mercaldo

Just as the Lord has forgiven you, so you are also to forgive. – Colossians 3:13c CSB

...forgiving one another, just as God also forgave you in Christ. – Ephesians 4:32b CSB

There are times when unilateral forgiveness is one's only choice. Reconciliation cannot be reasonably expected if someone who has committed an offense—especially a deeply abusive offense, whether physical, emotional and/or spiritual—is not willing to take responsibility for their hurtful actions and/or words. (“Gaslighting” is becoming more the norm in conflict resolution these days. If you don't know the term, look it up or see the writings of Dr. Henry Cloud.)

When one experiences such, healing and peace ONLY comes through a decision to forgive and wait for the offender – whatever their relational position is in your life – to take ownership for their offensive actions and/or words. Beware of the “light cure” in your life and in the context of broken relationships!

It takes courage, resilience and, mostly, authentic love to forgive and not suppose that such forgiveness requires restored relationship...it may...but only IF the offender takes responsibility for their offense and demonstrates genuine repentance...even then, a healthily restored relationship will most certainly take time...much time...and this depends on the nature of the offense as well as the emotional maturity of the offended person.

As the saying goes – “Forgiveness is a gift...trust is earned.”

In the context of the human and Divine relationship, humility and repentance are the conditions for receiving the merciful and gracious forgiveness of God. In the context of human to human relationships (whether familial or not), humility and repentance, as well as its demonstrated fruits, are the conditions for restored relationships, and only IF the offended person decides to permit access into his/her life by the offender.

God does not unilaterally forgive when His created humans sin against



Him. He requires humble contrition – for “without repentance there is no forgiveness of sins” (Jesus said that, by the way!).

On the other hand, when we are offended (sinned against) we are called to forgive whether the offender ever asks for forgiveness or not. We are called to be “at peace as far as we are able” (Rom 12:18). However, we are not called nor required to immediately or even eventually enter back into relationship with the offender who apologizes. That is contingent on the circumstances innate to the offense and the desire, ultimately, of the

offended person. After all, we choose our friends and acquaintances. We are commanded to love as Christ loved. We are not commanded to be friends with everyone...just “love” them—even enemies—with kindness. And that, at times, from a safe distance.

Recently I heard a public speaker who suggested that he was restored in a seriously broken relationship with another friend after many years, although the original offense was not addressed. But such an approach to restoring a severed relationship, which doesn't honestly work through the original offense, is not authentic reconciliation and does not ultimately help the offender to cease their likelihood to commit such an offense again and again.

Human relationships are complex and sinful pride unchecked destroys such relationships, even within families of origin. Love can heal and even restore a broken and severed relationship...but only an honest love that is willing to transparently address the offense and give time to the offender to respond

brings hope for true reconciliation.

Bonhoeffer wrote eloquently and powerfully of “cheap grace.” Perhaps we need to consider the common expectation in our culture (especially the American Evangelical culture) of “cheap forgiveness” and “cheap reconciliation.”

It is my hope that this humble attempt to assess this issue will help those who are struggling with being the recipients of deep hurts and abusive offenses—and dealing with the inevitable decision to allow the abyss of bitterness to overtake one's soul OR to live in the freedom of forgiveness, which may or may not lead to restored relationship this side of eternity.

While there is much more that could be written, I'm sure if you have taken the time to read this, you are already thinking of many nuances of this subject needing to be addressed. For now, this is my offering in the context of a subject which has not been spoken nor written about nearly enough.

Rev. Timothy J. Mercaldo has been an ordained Christian/Evangelical minister for over 30 years in New York City and Florida.

Persevering Through Perilous Times



CLINT DECKER

President and Evangelist with Great Awakenings, Inc.

Speaking Truth

Near the end of Jesus' ministry, He was with His disciples in Jerusalem. They commented on the beauty of the temple buildings. Jesus responded with a prediction about what would happen to them in the future. This naturally prompted questions, which led Jesus to expand on His prophecy. Knowing it would deeply trouble the disciples, He wove into His message words of assurance, saying, “See that you are not alarmed, for this must take place, but the end is not yet.” (Matthew 24:6)

Jesus' prediction of the future to the disciples included disturbing events like wars, famines, persecution, increased crime, disease, natural

disasters, as well as the degradation of the heart of man, becoming more calloused and ruthless toward others.

Our Lord knew times like these would cause His followers to be greatly disturbed, to the point of being frightened, so in a spirit of wisdom He sought to prepare them for what was coming. Then they could remember His words and not be anxious.

He also knew that when prophetic events would unfold, it will appear chaotic and believers might feel like evil is triumphing and God is nowhere to be found. His teaching was to assure His followers that God is present and in charge. For He not only predicted what will be taking place, but will be working in the midst of it.

We live in a chaotic world where there are crises of all sorts happening simultaneously across the globe. Sometimes there is the sense of organized chaos, where godless influencers plot evil together at the national and international levels. The truth is routinely attacked and lies rewarded. Immorality is glorified.

Wars and rumors of wars persist. Threats of famine abound. It is easy to be disturbed at all we see taking place and wonder where the world is headed, becoming worried for ourselves, our children and grandchildren.

Jesus knows the Evil One will take advantage of such crises that affects people's emotions. He will attempt to deceive them in the church, within the family, throughout society and succeed. Jesus keenly understood this was a spiritual battle between good and evil; God and Satan.

He told His disciples about a great light that will bring hope into the world, and push back against the forces of darkness during this time of global spiritual upheaval. It is the light of the gospel of Jesus. It will be proclaimed throughout all the earth and rescue the souls of men and women who are enslaved by the empty promises of their sinful generation.

The disciples were told they will need to endure to the end during this time of trial Jesus predicted. He did not say they would escape from it, but



would need to persevere through it to the end. And how could they do that when the pressure will be immense? By the Spirit of God who indwells them. It would not be according to their own strength or wisdom, but through the power of their resurrected Christ.

This is a message for us. Let us not be filled with alarm at the troubling events swarming around us. Rather, as believers read Jesus' words again, and remember that He predicted times like these will come. Respond by being vigilant to protect yourself from deception. Take up the gospel and share it with someone who is trapped in sin. Love one another.

Then endure, persevere and keep pressing forward.

A prayer for you - “Lord God, I pray that believers would not be alarmed when seeing what is happening in the world. Rather, may they remember your words, go and preach the gospel and endure to the end with joy, while being faithful to all your commands. 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.



THE PAD RESTAURANT

Try our lunch specials Monday - Friday!

234-3596
1730 N. Topeka Blvd.

itex

Davidson Funeral Home & Cremation Services

Family Owned & Operated for over 100 years
1035 North Kansas Avenue
Topeka, Kansas
(785) 233-4088



Ed & Carolyn Popkess, Owners

"Stick With The Best!"

HERMAN'S BEEF & SAUSAGE HOUSE

823 N.W. Gordon St. Topeka, KS 66608
(785) 233-7328

We Specialize In Meat & Deli Items

Come and be a part of what God is doing at

Family of God Church

1231 NW Eugene St.
Sunday 10:30am & 6:00pm
FOGchurch.com

Have an Art Experience in NOTO

Prairie Me Home - An Immersive Art Experience, is at NOTO Arts Center, 935 N. Kansas Ave., through May 27. This amazing art exhibit is at the Morris Gallery inside the NOTO Arts Center. Explore the prairie through this immersive art experience.

The NOTO Redbud Festival continues through 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 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 30 at 7pm, The As-

tonishing 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!

This is part of the Redbud Festival that takes place from April 1 to May 7.

Contact NOTO Arts District office for details.

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 through May 1. 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.

MERIDEN ANIMAL HOSPITAL

Jeffrey F. Van Petten, DVM
Veterinary Acupuncture & Chiropractic Care
Member - AVMA, IVAS, AVCA

7146 K-4 Hwy, Meriden, Ks
785-484-3358 • Phone answered 24 hours
staff@Meriden-Animal.com



PHONE: (785) 286-2390 FAX: (785) 286-2393
TOLL FREE: (800) 894-2390 EMAIL: RICH@TARWATERS.COM
MOBIL: (785) 224-6298

TARWATER FARM & HOME SUPPLY

RICH TARWATER
OWNER

4107 N TOPEKA AVE
TOPEKA, KS 66617

BECAUSE OF THE CUSTOMER... WE EXIST!

TRM MINISTRIES

TOPEKA RESCUE MISSION MINISTRIES

FAITH WITH ITS SLEEVES ROLLED UP

Main: 785.354.1744
Donate: Text **TRMgive** to 77977
Non-Cash Donations: 785.357.4285
Volunteer Services: 785.354.1744 ext. 393
TRMonline.org

Mail Donations to:
600 N Kansas Ave
Topeka, KS 66608
OR
P.O. Box 8350
Topeka, KS 66608

The Area's Most Complete Guide to the Family-Friendly Events You Want to See!

the events calendar

FREE LISTINGS! E-mail your events to: Voice@cox.net; mail to Metro Voice, P.O. 5724, Topeka, KS 66605; fax to 785-235-3340 or enter online at metrovoiceneeds.com
Get your event **Highlighted in Blue** in print, our online calendar and promoted in social media for only \$29!

CONCERTS

KANSAS PRAIRIE PICKERS – Fourth Sun. ea. Month, 1pm, Auburn Community Center. Foot-stomping, hand-clapping tunes. Concessions available

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' OPRY – 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.

LIVE AT LUNCH – Wednesdays, 11-1 at Every Plaza. Live music and food vendors.

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

THE WAFFLERS – May 20, 8pm, The Vinewood. Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

PLATINUM EXPRESS – May 28, 8pm, The Vinewood.

Doors open at 6. Cash bar & snacks available! Tickets: \$10 at the door or at thehistoricvinewood.com. 785.260.6772

GOLD CITY IN CONCERT – Jun. 3, 7pm, Wanamaker Woods Nazarene, 3501 SW Wanamaker. Gospel artists, free will offering, doors open at 6pm. 785-273-2248, wwoodsnaz@wnnaz.org

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

sideoutinc.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

"THE MATTER OF LIFE" MOVIE SCREENING – May 3, 6:30pm, Christ Community Church, 1100 Kasold Drive, Lawrence. Free prescreening by Insight Women's Center of this powerful and timely documentary. It's more important than ever that Christians understand and be equipped to make the case for LIFE in our culture.

FOOD TRUCK PARTY VBS – June 5-8, 6:15-8pm, East Side Baptist Church, 4425 SE 29th St. Kids entering K-6th grade. 379-9933, esbcs.org

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.

25TH ANNIVERSARY CELEBRATION – June 12, 10am, Family Life Church of the Nazarene, 1211 NW 46th St. Please join us as we commemorate our Silver Anniversary – 25 years of ministry. Following the service we will share a time of fellowship with testimonies and a meal.

VACATION BIBLE SCHOOL (SPARK STUDIO) – Wanamaker Road Baptist Church, 2700 SW Wanamaker Road. June 20 through June 24, 6:00 to 8:00pm. PreK-Kindergarten (age 4) thru completed 5th grade. This is a free event. Kids will explore their God given talents in the Bible Study Studio, Crafts Design Center and sing songs of praise to the Lord. They will learn like King David to use their talents to the glory of God. They will have daily snacks and play fun games, ending the week with a family night that will include a bounce house and corn hole games and other activities. Any questions leave message @ 785-272-9323.

RETIREMENT SERVICE OF PASTORS RICHARD & BARB SUNDERMEYER, June 26, 10am, Family Life Church of the Nazarene, 1211 NW 46th. Please join us as we thank and honor our retiring senior & associate pastors, Pastors Richard & Barb Sundermeyer. We will be commemorating their 25 years of ministry as the founding pastors of Family Life Church of the Nazarene and blessing them as they follow God's leading into their retirement from ministry in Topeka. Following the service we will share a potluck meal.

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 6:30pm, Norsemen Brewing Co. Social gathering, guests welcome.

TOPEKA LIONS CLUB – 2nd Mondays at Noon at Big

Biscuit. Come at 11:30 to order from the menu. Guests 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 nhoni@tscpl.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.topekaswingdance.com.

SAFE STREETS COALITION MEETING – First Wed. of

the month, 11:45am-1pm. Great Overland Station. For info: 266-4606 or jwilson@safeststreets.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, In-

HISTORIC LECOMPTON

TERRITORIAL CAPITAL

OF KANSAS 1855-1861

CIVIL WAR HISTORY

- National Landmarks
- Constitution Hall
- Territorial Capital Museum

9 - 5 p.m. Wed-Sat. • 1-5 p.m. Sun.

TOURS 785-887-6148

WWW.LECOMPTONKANSAS.COM

Lecompton Turnpike Exit

10 miles East of Topeka on U.S. 40 & 24



**Developing and Uniting
Christian Leadership**

• Business • Non-profits • Churches

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

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

May 12, 11:30-1: "POWER" Luncheon
at NOTO Arts Center, 935 N. Kansas Ave.

Featured Speaker: Thomas Underwood Ex. Dir.

RSVP to info@C5Alive.org.

Open to the public.



Save the Dates!

- June 9: POWER Luncheon, 11:30-1
- July 14: POWER Luncheon, 11:30-1
- Aug. 11: POWER Luncheon, 11:30-1

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

ternational. 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. www.squaredance.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.lecomptonkansan.com historiclecompton@gmail.com

FREE MOBILE FOOD DISTRIBUTION - Fourth Tuesday through November, 9am, 1231 NW Eugene St. Randel 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.RandelMinistries.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.

MONDAY FARMERS MARKET - Mondays 7:30-11:30am, May 9 to Oct. 3, Topeka & Sh. Co. Library, 10th & Washburn. (closed Memorial Day & Labor Day)

SILVER LAKE FARMERS MARKET - Tuesdays 6-8pm, June 7-Sep. 13, Silver Lake Library, 203 Railroad St.

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 2 to Oct. 29, 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.

BREAD BASKET FARMERS MARKET - Saturday's, 7:30am-1pm, through Nov. 19, south end of West Ridge Mall.

MAY. CYCLING EVENTS - Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

MAY. OUTDOOR ACTIVITIES - Outdoor events and activities. www.getoutdoorskansan.org/calendar

SATURDAY NIGHT CRUISES - 1st Sat. - Spangles, 29th & Topeka Blvd.; 2nd Sat. - Fairlawn Plaza; 3rd Sat. - The Dugout, 17th & Fairlawn; 4th Sat. - The Pad; 5th Sat. - The Dugout.

TOPEKA DINO DAYS - Through June 30. SUE: The T. Rex Experience - Great Overland Station. See this fearsome fossil all the way from Chicago's Field Mu-

seum. Ends May 1. **DINO DAYS BASE CAMP** - Topeka Information Center, 715 S Kansas Ave. 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. 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. 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.

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.

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

GRAND OPEING - BE FILLED OF SOUTH TOPEKA - Apr. 30, 12-3pm, 200 Airport Rd West, Bldg. 818S1 in Forbes Field. Ribbon cutting, free meal, bounce house, and other activities. New food 6 clothing pantry serving Montara and surrounding areas. Also providing addiction recovery support groups and career readiness education.

BLINTZE BRUNCH - May 1, 9am - 2pm, Temple Beth Shalom, 4200 S.W. Munson. Delicious Jewish Foods plus Challah and online silent auction. Order food and bid on items at www.TBSGiving.com.

BREAKTHROUGH HOUSE GOLF TOURNEY - May 2, Cypress Ridge. 11am Registration, Noon lunch, 12:30pm Shotgun. 4-person scramble. Sponsors & golfers needed. For info: 785-232-6807 or mballing@breakthroughhouse.org

RED CROSS BLOOD DRIVE - May 3, 10am-3pm, 330 SW Oakley Ave., lower level conference room. Contact Amy Copp-Hasty: 785-342-7232 or acopp-hasty@valeotopeka.org or visit www.redcross-blood.org (use sponsor code Valeo). Bring photo ID, drink plenty of water before appt.

ULTIMATE BABY SHOWER PARTY - May 3, noon - 4pm, Checkers parking lot, 3001 Louisiana, Lawrence. Stop by the Mobile Medical Unit for a tour and enjoy the party - complete with music, prizes, & cupcakes! Insight Women's Center donation wish list includes: Diapers sizes 4,5,& 6, Pull-ups (boy 4T,5T), Pajamas (9-24 mo), Spring jackets (12 mo-4T), Dr. Brown bottles, baby wash, diaper bags, crib & pack n play sheets, and brand new car seats & strollers.

NATIONAL DAY OF PRAYER EVENT - May 5, 12:00 Noon, Capitol Rotunda. Entrance is on the north side at street level, 8th & Jackson St. For details contact Dave DePue at 785-249-7604

TOPEKA WOMEN'S CONNECTION DESSERT GATHERING - May 5, 2-3:30pm, T&SC Public Library, 1515 SW 10th Ave. **SPEAKER:** Chef Alli is a food blogger who brings a distinctive flavor of charm, fun, and humor. **MUSIC:** Megan Nelson, graduate of Highland Park High School, has appeared in several Topeka Civic Theatre productions. Please make your reservation by May 1, by calling Ann at 785-554-3617 or Kim at 785-224-5268. Cost is \$8.00, no charge for program only. All women welcome.

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

NOTO REDBUD FESTIVAL CHALK WALK WEEKEND - May 6-8, 10am, NOTO Arts District. Entertainment, art exhibits, vendors.

WASHBURN TECH CAR SHOW - May 6, 9-2:30, 5724 SW Huntoon. 785-670-3364. lori.hutchinson@washburn.edu 785-670-2199

99.3 THE EAGLE CRUISE NIGHT CAR SHOW - May 7, Downtown Topeka. Info: amber.lee@cumulus.com

KANSAS FOOD TRUCK FESTIVAL - May 7, 4-10pm, Warehouse Arts District, Lawrence

STROLLIN' FOR THE COLON 5K RUN/WALK - May 7, MacLennan Park Trail - 6th Ave & Governors Lake Rd. Participants will begin and finish the race through a GIANT SUPER INFLATABLE COLON TUNNEL. The super colon is a giant, 10-feet wide by 13-foot tall by 20-feet long, inflatable tunnel that gives people an interactive look at the human colon. This event aims to raise awareness about colorectal cancer. For details and to register: www.kmcpa.com/5k
JUMP MEETING - May 9, 7pm, Washburn Univer-

sity's Lee Arena, near S.W. 19th and Washburn. The Justice Unity and Ministry Project of Topeka will hold its annual Nehemiah Action meeting. Mental health services and affordable housing will be among the main topics. Topeka's JUMP organization is composed of 30 local congregations and approximately 16 corporate sponsors. For more information, visit www.topekajump.com.

C5Alive "POWER" LUNCHEON - May 12, 11:30-1 at NOTO Arts Center. Featured Speaker is Thomas Underwood, Executive Director.

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, Jun 19, 11:30-1.

FRIDAY FLICKS - THE LION KING - May 13, 8pm at Everygy Plaza. Bring a blanket or lawn chair & get

CSALIVE, METRO VOICE NEWS, TOPEKA HEALTH & WELLNESS MAGAZINE, GOLDEN EAGLE CASINO, AND EMERALD CITY COSMOPOLITAN CLUB PRESENT

2ND ANNUAL TOPEKA Fall Fest

HOSTED AT
THE VINEWOOD

FAMILY FUN PRESENTED BY LOCAL BUSINESSES & NON-PROFITS

- Live music
- Craft & vendor fair
- Food trucks
- Kids games & activities
- Inflatables
- Petting zoo
- Face painting
- Gifts & Décor
- Clothing & accessories
- Non-profit information
- Pet care services
- Carnival Games
- Cake Walk for kids
- Trunk or Treat
- Pumpkin decorating

HEALTH & WELLNESS FAIR PRESENTED BY EMERALD CITY COSMOPOLITAN CLUB

- Health screenings
- Safety instructions & education
- Health & Wellness products & samples
- Health information & education
- Fitness information & demonstrations
- Gymnastics & Exercise demonstrations
- Personal Safety Items & Education
- Emotional & Mental Health Information

100+ VENDORS & SPONSORS FOR OUR MARKET, HEALTH FAIR, FOOD COURT, MUSIC STAGE & KIDS GAMES!
Funds raised will be shared with a local non-profit organization

FOR MORE INFORMATION, PLEASE SEND EMAIL TO: INFO@C5ALIVE.ORG

Vendors: FIND US ON FACEBOOK FOR MORE DETAILS!



VOLUNTEERS ALSO NEEDED! CONTACT:
info@C5Alive.org or 785-640-6399



SATURDAY, OCTOBER 8, 2022 • 10 AM - 3 PM

The Vinewood is located at 2848 SE 29th St, Topeka, KS 66605 (North side of Shawnee Lake)

GOLD CITY
A GOSPEL MUSIC HALL OF FAME ARTIST

Concert at
The Woods
AT WOODHARTS

June 3rd
7:00pm

- Doors open at 6pm
- Freewill Offering

3501 SW Wanamaker Rd. • 785-273-2248 • www.woodsnaiz@woodsnaiz.org

comfy. Food trucks on hand.

LADIES SPRING TEA AND SHOW – May 14, 2pm, Grace Cathedral. Topeka Acappella Unlimited Chorus show will feature music by the Chorus and quartets, comedy by Connie Hall and scrumptious desserts at lovely table settings. Tickets may be purchased for \$25 at www.acappellaunlimited.com. For more info contact Cindy Patton at 785-640-7403.

EVANS CARNIVAL – May 19-29, Stormont Vail Events Center. www.stormontvaileventscenter.com/events

RMHC CHARITY GOLF CLASSIC – May 20, Cypress Ridge Golf Course. Noon shotgun start, four person scramble. For details: 785-235-6852

TOPEKA YOUTH PROJECT GOLF CLASSIC – Jun. 3, Shawnee Country Club Golf Course. 8am shotgun. 7am registration. Lunch follows tourney. Over \$3000 in cash prizes! Register at www.topekayouthproject.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@yaho.com or 785-338-2965 Benefits children that need sneakers. Lots of prizes and silent auction items.

2nd ANNUAL TOPEKA FALL FEST – Oct. 8, 10am-3pm, at the Vinewood, 2848 SE 29th St. Live music, a craft & vendor fair, food trucks, and a health & fitness fair, plus games and activities for kids. Admission is free! Dozens of local businesses, non-profits & churches will operate games & activities such as Face Painting, Craft Stations, Inflatables, Petting Zoo, Cake Walk, Pumpkin Decorating, Trunk or Treat and more! We'll have a Health & Fitness Fair sponsored by Topeka Emerald City Cosmo Club, featuring Health Screenings & Fitness Demonstrations, Information & Educational Booths, Health & Safety Products and more. For more information, email info@C5AAlive.org.

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.florcritkans.com

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 TROUPOUS – 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

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: "OurLadyofthefairful."

SUNRISE OPTIMIST CLUB – Every Tue., 6:30am, Sunrise 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@sbcglobal.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@topekannorthoutreach.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 assem-

blies 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 tgstopeka.org.

KINGDOM ADVISORS TOPEKA AREA STUDY GROUP – 3rd Thu., 11:30am, Northland Christian Church, 3102 NW Topeka Blvd. Christian financial professionals: financial planners, accountants, attorneys & 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 kittens812@sbcglobal.net

BIBLE QUIZZING – 1st Sat. Learn God's Word & have fun with a quiz 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

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

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, Pozez Education Center of Stormont Vail Hospital, 1505 SW 8th St. Serving anyone who has lost a loved one by suicide.

PRISON OUTREACH MINISTRY – Every Tue., 7-9pm, Topeka Women's Prison, 815 Rice Rd. Reaching out to those who can't come in, finding freedom behind bars, inspiring inmates to seek salvation during a difficult time. Providing support & guidance through the

Holy Spirit to offer strength. Director: Don Garner, 286-0489 or faithfamilyministries@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.

DIVORCARE PROGRAMS – (For updates check www.divorcetocare.org) locations and times:

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

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

COVENANT KEEPERS – 3rd Sat. Group for people who want to see their marriage saved when their spouse wants out. For info: 816-453-0884 or 816-966-0927.

Become a Published Author with Dorrance. We want to read your book!

Trusted by authors for nearly 100 years, Dorrance has made countless authors' dreams come true.

Our staff is made up of writers, just like you. We are dedicated to making publishing dreams come true.

Complete Book Publishing Services

FIVE EASY STEPS TO PUBLICATION:

1. Consultation
2. Book Production
3. Promotion
4. Distribution
5. Merchandising and Fulfillment

Call now to receive your FREE Author's Guide

877-447-1035

or www.dorranceinfo.com/kcmetro



Barry Feaker and La Manda Broyles discuss the leadership transition at TRM

Barry, when did you start thinking that your time at TRM would begin to change?

BARRY: April 21st of this year will mark my 36th year as executive director at TRM. I started in 1986. I love TRM and I've loved this journey, but there comes a time when you need to start thinking about handing the ball off to the next generation.

I began really thinking about it about five years ago, knowing that some day this day would come, and two years ago I began seriously asking questions about who the next director might be. I was really challenged by it, knowing that it could be very hard to find the right replacement. It's a unique position - there are not a lot of people who know how to do it, or want to do it once they learn what the position involves. Early in 2021 I just felt the peace of the Lord and heard him say, "I'm going to show you who will be next." And sure enough, last April He made it very, very clear the "who".

La Manda, as you ponder on the role you're walking into, why is it attractive to you?

LA MANDA: I would say, why wouldn't it be? When you are a follower of Christ, one of the main things that you should be commanded to do is love others. To what extent and what capacity depends on what the Lord has called you to do. And when I look at the work TRM does, day in and day out, I think it can be summarized by "loving the one in front of you". Sometimes that is a guest, sometimes it's a homeless neighbor on the street, and sometimes it's a fellow staff member. I have always loved people, I've been a people person and loved to socialize not just with people I know, but even in the grocery store, Walmart, the gas station. We have opportunities all around us to make an impact on someone even if it's something small.

So having the opportunity to come work at TRM, regardless of the position, was a way where I could say, "I can really love on people all the time." That's the backbone of what we do here.

Could you share from your perspectives how God led you to this transition and how you both heard from Him what was supposed to happen?

BARRY: When I came to TRM God



made it very clear for me. It wasn't written in the stars, but it felt close. And I was so grateful, because throughout the years I've always fallen back on how clear that was, so I asked God to also make it that clear when it was time for me to go. All these years I've stayed with TRM, come thick or thin, good or bad, just knowing that it wasn't time to go because God hadn't made it that clear.

But at the April board meeting last year - it was my 35th anniversary - I just felt like the Lord said, "La Manda is the next director". I looked over at her during the meeting and thought, "What?" It hadn't occurred to me before. But as the meeting went on, I heard it again, just peaceful and affirming. Before the meeting was over I heard a third time, "La Manda is the next director."

I took it home with me that night, mulling it over and praying. Two days later I got a text from La Manda - I don't think I'd ever gotten a text from her before - asking me to call her. I called right away. La Manda told me she believed she had heard from the Lord during our board meeting, and believed God was directing her to leave her position with Topeka Public School Administration and come work at TRM.

I was stunned. Not too stunned, because we've been around long enough to see God's hand, but it's always so exciting to see His hand at work. She asked if we had a position available for her and said she would do anything - work in the kitchen, on the maintenance team, wherever we needed her. I didn't tell her what I had heard from God, but I asked her how she knew He wanted her to come work at TRM. She said, "Barry, I heard from God three times." The exact same amount as me. I met with her and her husband that weekend and had them tell me their story. At the end of our talk I told her I

had also heard from God three times, that she would be the next executive director.

La Manda, talk about how you felt during that time. Why did you believe it was God?

LA MANDA: I think one was because I was so unprepared for it. My heart is to always be obedient to God, but sometimes I can doubt. I think that God, in a gracious way, wanted to pave the way so that there wouldn't be doubt for myself, for Barry, and for our community. I feel like God has honored that from the start.

As you think about this transition and all the people it impacts, from our guests to our staff, volunteers and community, what is the most important thing you want to focus on during this time?

BARRY: When you get to this place, you think about the priorities. Helping people who have invested in TRM - whether they are a former guest, volunteer, donor, or everybody who served at TRM for three and a half decades - we want to help them know it's going to be okay, and it's going to be even better than it was. I've said, and I mean it, that La Manda is assigned by the Lord to take this investment and build upon it, just like I did when I first came here. God is not in the business of maintaining. He's a Creator, and that's what we've seen Him do over the last 36 years at TRM. We are on the front lines of creativity, of how we address darkness and build hope. God is going to continue to create and improve His love here at TRM.

La Manda, what is the biggest or

that truckload of food that we get in, those bed frames and mattresses that we use for the people who are getting housing. I know this will take me to a whole other level of trusting the Lord, and that we will continue to do His work.

Barry, what are your plans for your continuing relationship with TRM?

BARRY: One of the things that has been important throughout the history of TRM is to be flexible to meet new needs as they arrive. In the last 36 years there have been significant changes in the needs of our community with those challenged by homelessness and hunger. There are more people that need help. More needs for education, training programs, hunger relief, trafficking interventions, etc. We have tried to learn, adapt, and unite the community to build a platform for the next generation to build upon. I felt it was time to transition to a new generation, to build upon what we have already done. To be ready to assist the community in every way we can. I recognize that we all have our particular contributions in particular times in our lives, and I felt like I was ready to help facilitate the success of the next generation in rescue ministry. The best way for me to do that is to be there with them, helping to assist, to coach, to encourage and guide the younger generation that is coming alongside us.

most surprising thing you've learned in this process and your time at TRM?

LA MANDA: One of my biggest takeaways has been to really trust in the Lord. We have to trust in Him every day at TRM - that we will have donations, have food, have volunteers show up. And the Lord works that out. When you look at what we are able to accomplish every single day at TRM, we couldn't do it alone. It takes the community to provide for what we need to do. There have been a couple times that I've caught myself worrying, and then I remember God's got this, and he's got this through his people. Not just the staff, but the entire community. The person who writes that check that we turn around and use to bless others,









DO YOU FEEL OVERWHELMED MANAGING BILLS?

TAKE THE MONTH OFF, ON US.

SILVERBILLS ELIMINATES THE STRESS AND HASSLE OF MANAGING BILLS.

- Our dedicated, U.S.-based account managers manage, scrutinize and pay bills on your behalf.
- All household bills are guaranteed to be paid on time.*
- No computer is needed to use our service.

PROFESSIONAL SERVICE FOR AN AFFORDABLE MONTHLY FEE.

CALL TODAY FOR A **FREE MONTH** TRIAL OR CUSTOM QUOTE:


844-607-0010

* as long as appropriate funds are available



Skillet's John Cooper on How Christian Music Can Impact Culture

Skillet lead singer John Cooper sat down with actor Kirk Cameron to talk about the role Christian music has in today's culture.

"The power of music is kind of quite important," Cooper told Cameron on TAKEAWAYS. "I think the Christian music has done a good job of saying what we value, which is worship. We worship God."

"I think the Christian music should have an element of John the Baptist saying to Herod, 'You are defying God with your sexual immorality. There is an authority above you. You need to repent.'" he continued. "There's an issue there that I think Christian music has either lost or maybe never had, I'm not sure."

Cooper said that Christian music needs to find a way to combat the messages people hear in secular songs by addressing various topics and "holding people accountable."

The singer recently launched a podcast, Cooper Stuff Podcast, where he covers topics like music, faith and marriage.



"I felt the Lord speaking to me," Cooper said of his new venture. "He was shifting my mission a little bit...and it was time to move from just a 'proclaiming Jesus' stage into a little bit more of a 'defending the faith' stage."

Cooper has become quite vocal about his faith and Christian culture in recent months, speaking out especially about the deconstruction movement within evangelicalism.

Movieguide® previously reported on Cooper's other efforts to spread God's message, such as speaking to fans while onstage:

Skillet's lead singer John Cooper recently spoke out against the rise of the "deconstruction Christian movement."

"It is time that we declare war against this deconstruction Christian movement," Cooper said at a recent concert. "I don't even like calling deconstruction

'Christian.' There is nothing Christian about it. It is a false religion."

In a video, which a fan shared via the video-sharing platform TikTok, Cooper called people to live their "authentic" lives when worldwide, anxiety and depression have risen.

"I want to know why these celebrities' lives are so absolutely screwed up if they really believe they are so happy," Cooper added. "And then they brag about their

debased lives in front of our young people. And they check into rehab over and over and over again, and they keep leading all of our young people astray.

"I'm here to tell you — especially you young people who have been ripped off — we're here to tell you this tonight: The world will tell you that you need to separate yourself from Christianity in order to find happiness.

Mel Gibson Talks New Film, Faith

Mel Gibson talked about faith and ego as he explained that "the sooner" a person comes to "realize there's something bigger" than all of us, the "easier" things are going to be in one's life.

The 66-year-old actor appeared on "Jesse Watters Primetime" to discuss his new movie "Father Stu."

Watters asked Gibson if the film was about human "suffering," and how, if one is grateful in suffering, they can receive "God's grace." Gibson agreed that it was "one of the main themes" of the film before he explained further that we all are carrying "something around."

"Everybody's got a boulder, man," Gibson said. "And everybody's got to drag ... something around. And of course, something's going to come by and knock you down at some point in your life. Now, later."

"And how do you stand up from that, you know?" he added. "How do you not only stand up, but find the purpose in that? There's a purpose for all of this. So, it's looking for that purpose."

"I think if we're too self-in-



involved," the superstar actor continued. "I think if your head's too big, put it that way, it's an easier target to get hit. And if your ego's not that healthy, if you actually realize there's something greater than you and find a little bit of humility, you're not going to get hit as hard, even if you do get hit, because you're gonna realize that there's a purpose in it, and you're not the most important thing in the world, and that there's a way to deal with that stuff, and almost be grateful for it."

Gibson explained that it's about how a person will almost get to a point where they are "grateful" for the struggle. He said another theme in the film is the fact that it's "never too late to fix stuff," noting

how he has nine kids and he hasn't "been a perfect parent." He added that he's "realized on a few occasions that you can kind of go back and fix stuff if you missed it the first time around."

"The sooner you realize there's something bigger than all of us, the easier it's going to be in your life," Gibson concluded. "Hard jump to make for a lot of us."

"Father Stu" stars Mark Wahlberg who plays Father Stuart Long, a boxer who becomes a Catholic priest. A description on IMDb reads:

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.

At the end, Watters asked Gibson about Will Smith slapping Chris Rock at the 94th Academy Awards after the comedian cracked a joke about Jada Pinkett Smith's shaved head amid her hair loss battle.

Instead of answering, a voice came over from the background that announced the time had expired for their interview

EMPIRE TODAY®

CARPET & FLOORING

We Make Getting Beautiful New Floors Easy

SHOP-AT-HOME CONVENIENCE

QUALITY PRODUCTS

PROFESSIONAL INSTALLATION,
EVEN NEXT DAY*

Schedule a FREE In-Home Estimate!

Call **1-844-758-2116**

Carpet • Hardwood • Laminate • Vinyl • Tile



*On in-stock carpet and flooring styles only in select areas. Excludes floor prep. Sales (except CA, MA, UT) and installation are provided by independent contractors. Licensure at EmpireToday.com. CSLB 1047108

© 2022 Empire Today, LLC

HERO

Starting at
\$24.99 / month*
+ \$99.99
\$0
initiation fee

Meet the new
way to manage
your meds

-  Sorts and Dispenses Your Meds
-  Alerts You At Dose Times
-  Delivers Refills To Your Door
-  Peace of Mind for the Whole Family



Call **+1 (866) 850-7005**
to learn about our **90-DAY RISK-FREE TRIAL!**

Director James Gunn Responds To Calls To Recast Chris Pratt



Director James Gunn on Monday defended superstar actor Chris Pratt, after some left-wing fans called for Marvel to recast Pratt over his public Christianity, which was equated with homophobia.

Responding to a call on social media for the “Parks and Recreation” actor to be swapped out with actor Patrick Wilson in the upcoming “Guardian of the Galaxy Vol. 3,” Gunn said Pratt would “never” be replaced — but if he was, the whole team would “be going with him.”

“For what?” the director responded to the post. “Because of your made-up, utterly-false beliefs about him? For something that someone else told you about him that’s not true?”

“Chris Pratt would never be replaced as Star-Lord but, if he ever was, we would all be going with him.”

Pratt has repeatedly been accused of “homophobia” and other slander from the Left, essentially for being an open Christian; his support of U.S. veterans and generally staying out of politics has also made him a target.

In 2019, actress Ellen Page, who now identifies as male and goes by Elliot Page, accused Pratt of attending a Christian church

that was “anti-LGBT.”

“But his church is infamously anti lgbtq so maybe address that too?” Page wrote, according to Newsweek.

“If you are a famous actor and you belong to an organization that hates a certain group of people, don’t be surprised if someone simply wonders why it’s not addressed,” Page claimed. “Being anti LGBTQ is wrong, there

aren’t two sides. The damage it causes is severe. Full stop. Sending love to all.”

Pratt defended his faith and his church on Instagram, posting, “It has recently been suggested that I belong to a church which ‘hates a certain group of people’ and is ‘infamously anti-LGBTQ,’” he said. “Nothing could be further from the truth. ... I go to a church that opens their doors to

absolutely everyone.”

Popular podcast host Joe Rogan defended Pratt on his show in December, claiming haters of the actor are largely reacting to Pratt’s Christianity.

“He’s kind of outside the lines in terms of his ideology,” Rogan said of Pratt. “He’s a Christian

and he’s pretty open about it, and because of that they attack him.”

“It’s something so simple, like he just believes in Jesus,” the host explained, “and he like, you know, he likes to be a good person and they’re like ‘f*** him!’”

—Amanda Prestigiacomo

WINDOW NATION

EXCLUSIVE MONEY SAVING OFFER

0 DOWN | 0 PAYMENTS | 0% INTEREST

FOR 2 YEARS

AND

BUY 2 WINDOWS GET 2 FREE!

SERVICE	SATISFACTION	SELECTION
99.5%	97%	1500+
<small>of our windows are installed right in the home, no need to leave your home.</small>	<small>CUSTOMER SATISFACTION SURVEY SCORE (BASED ON 2021 SURVEY DATA)</small>	<small>QUALITY OF OUR WINDOWABLES AND PRODUCTS (BASED ON 2021 SURVEY DATA)</small>

Call (855) 403-2264

*Offer valid on certain and Geometria models. A \$6000 Min. term. Cannot be combined with any other offer. Excludes stock based on inventory. Taxes, discounts and fees. Amount may vary based on installation. Subject to credit approval.

The Bath or Shower You've Always Wanted

IN AS LITTLE AS 1 DAY

\$500 OFF*

OR

No Payments & No Interest

For 18 Months**

OFFER EXPIRES 6.30.2022

Military & Senior Discounts Available

CALL NOW!

(844) 759-1202

BCI BATH & SHOWER

- Tub-to-Shower Conversions
- Replacement Tubs
- Replacement Showers
- Walk-in Tubs
- Low-Barrier Showers
- Soaker Tubs
- Accessories and more!

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 6/30/22. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2022 BCI Acrylic, Inc.

BATH FITTER

SAVE

UP TO

\$450*

on a complete Bath Fitter system

Take advantage of our **SPECIAL OFFER**

888-303-1078

FITS YOUR standards

With quality you can trust and a lifetime guarantee, Bath Fitter doesn't just fit your bath, it fits your high standards. Why have over two million people brought Bath Fitter into their homes? *It Just Fits.*

OUR BENEFITS

Easy to Clean, Virtually Maintenance Free

Seamless Wall

High-Gloss Acrylic Maintains Its Shine

LIFETIME GUARANTEE

It Just Fits™

*Registered trademark of Bath Fitter Franchising Inc. *Save 10% up to \$450. Special offer good on the purchase of a bathtub or shower, wall and faucet kit. One offer per customer. May not be combined with any other offer. Offer must be presented at the time of estimate. Discount applies to same day purchases only. Previous orders and estimates excluded. Offer valid only at the above location. *Subject to certain limitations. Offer expires 2022-3-31.



Easy, Affordable Bathroom Upgrades

Long among the most popular areas for homeowners to undertake improvement projects, bathrooms can be some of the easiest rooms in the house to renovate without spending a fortune.

If you're looking to update one of the most-used spaces in your home, consider these easy and cost-effective ways to give your bathroom a facelift.

Accessorize with Color

There are numerous ways to create a new look without lifting any tools. Replacing linens and other soft surfaces like rugs, window treatments and shower curtains can help brighten up your space. Adding a fresh coat of paint is another low-cost way to modify the look and feel of a space. With a variety of paint colors and finishes to choose from, you can add a splash of color as an accent or go all out to create depth and contrast.

Update Cabinetry and Light Fixtures

Keeping your existing vanity and other bathroom cabinetry, especially if they're in good condition, can be a cheaper option than replacing all the cabinets. To create an updated look, add a different coat of stain or paint, replace the hardware and add pull-out shelving or drawer dividers.

Replacing old, out-of-date light fixtures with modern, efficient options – including the appropriate bulb selections for each fixture – is another cost-effective way to help the space look and feel brighter.

Install a Heated Towel Rack

Consider investing in a multi-purpose appliance to help refresh the look of your area. For example, a heated towel rack can save time and



money while providing comfort and convenience. Companies like Amba Products offer a variety of styles and finishes to fit almost any decor that produce radiant heat to gently warm and dry towels, which can save time, water and energy by not having to do laundry as often. In addition, the racks can help eliminate moisture, resulting in less growth of mold and mildew. Some freestanding models come ready to use and take as little as 5 minutes to set up.

An option like the UL-certified Jeeves Wet-Rated Kit allows homeowners to install a high-quality, stainless steel heated towel rack inside moisture-rich environments like wet rooms, shower alcoves and walk-in showers or above bathtubs to make their bathrooms more functional while adding a touch of comfort.

Swap Out Decor and Accessories

A quick, inexpensive way to transform your bathroom is to update the decor and other design elements. Installing a new toilet seat, faucet or showerhead and adding matching accessories, such as a toilet paper holder, shower control knobs or a toothbrush holder, can make the space feel new and interesting. For even more impact, add artwork that matches the theme of the room, greenery or floating shelving.

Add Accent Tile

You can create a luxurious look with your backsplash, flooring or shower by adding a pop of colorful

tile. Cheaper than purchasing an entire room's worth of tile, creating a chevron or herringbone pattern in one of these oft-seen areas of the bathroom can make a fresh statement.

Get started on your bathroom remodel with more tips and ideas at ambaproducts.com.

– Family Features

10% OFF A/C Service
5% Off Parts Coupon Expires June 30, 2022

DEBACKERS, Inc.
Since 1949
Heating - Cooling New Construction & Replacement Systems
232-2916 • 1520 E. 10th St.

O'NEILL EXCAVATING INC.

913-683-9619

Excavation Utilities / Drain Cleaning / Dump Truck
Residential / Commercial / Agricultural



Eric O'Neill
oneillexcavatinginc.com
facebook.com/wrcinc



TRUGREEN



Save now with
50% OFF*
Your First Application

TRUGREEN GUARANTEE AMERICA'S #1

Get the most out of
your lawn this spring.

SCHEDULE YOUR APPOINTMENT TODAY!

1-844-755-0917

*Requires purchase of annual plan. Special price is for first Lawn application only. Requires purchase of annual plan, for new residential EasyPay or PrePay customers only. Valid at participating TruGreen locations. Availability of services may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. †Purchase of annual lawn plan required for Healthy Lawn Analysis, which is performed at the first visit. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153; B-1380; B-0127; B-0200; B-0151.



A & J Home Repair, LLC

Contact 785-506-2444 today!

Decks • Windows • Fencing • Flooring • Remodels
Plumbing • HVAC • Electrical • Landscaping
Tree Removal • Lawn Care • Snow Removal

entertainment

“The Northman” is a sweeping Norse saga

“The Northman” is a sprawling Viking revenge epic in the way of Terrence Malick’s “The New World”. It is grand in its scale and beautiful in its scenery. Robert Eggers’ usual penchant for historically accurate settings/props/accents is on full display as well. Real Norse nerds will absolutely love this movie.

As I said before, the cinematography is stunning. The lands of Greenland, Russia, and Iceland are captured exquisitely on a massive scale. The gorgeous one takes are also some of the most fun I’ve had watching a film in quite a while. Then there are Eggers’ detailed faces. I’ve said this before when I watched 2019’s “The Lighthouse” for the first time; he’s nearly nailed the Bergman closeup. The fine, gritty details of every muscle and painful blink are found within some truly haunting faces.

The acting was all-around spot on. Nicole Kidman (“Being the Ricardos”)



felt a little miscast, but I soon began to believe her queenly portrayal. Alexander Skarsgård (“Godzilla vs. King Kong”) is brutal and charming all at once. Though the latter half only occasionally peaks through his muddy, bloody veneer.

This could have absolutely been your drawn-out, typical revenge flick. There are many cases where a director is essen-

tially given a blank check to do as they please; only to find some kind of bloated, incompetent mess. However, Robert Eggers seems to know his stuff. His versing in Norse mythology seems to be very well researched; giving us some truly epic moments worthy of mystic tales. I’d have to say that this blank check was money very well spent.

GAC Media CEO Reveals Plans For Holiday Season

GAC Media CEO Bill Abbott is sharing his plans for the network ahead of the holiday season, including new movies, holiday specials, and a free streaming service.

“We’re certainly selling family-friendly content and quality original movies with talent that people love and resonate with viewers,” Abbott said. “We’ve had a lot more time to prepare and market and do all the things necessary to drive a much bigger audience. We feel really good about where we will be in the fourth quarter.”

“If you look at the library that we built up last year with all of that original content, it just makes it a much stronger offering and makes us feel a lot better about where the numbers will be this fourth quarter,” added Chief Revenue Officer and Executive VP of programming Kristen Roberts.

Some of the new content GAC Media is delivering includes a Thanksgiving special hosted by Candace Cameron Bure and THE GREAT AMERICAN RESCUE BOWL, which will showcase the talents of animals that need homes.



The company’s new streaming service, called Great American Adventures, will have content that GAC acquired when they bought Great American Country from Discovery.

In addition to this new content, Movieguide® has previously reported on GAC Media’s partnerships with big names, including Candace Cameron Bure:

Candace Cameron Bure became the latest Hallmark star to sign on with GAC Media. The company just announced that Bure signed a deal to develop, produce, and star in new movies for the family-friendly network.

“Candace is adored by generations of fans as one of family entertain-

ment’s most cherished and relatable stars,” President & CEO of GAC Media Bill Abbott said in a press release about the deal. “She has helped build this genre into the mainstream success it is today, and I look forward to working together at GAC Media as we further establish our brands as leaders in quality family programming. I am truly honored that she has chosen to be a part of and help curate her special brand of family entertainment here at Great American Channels.”

Bure added: “I’m very excited to develop heartwarming family and faith-filled programming and make the kind of stories my family and I love to watch,” Bure said. “I am constantly looking for ways that I can inspire people to live life with purpose. GAC fits my brand perfectly; we share a vision of creating compelling wholesome content for an audience who wants to watch programming for and with the whole family. Great, quality entertainment with a positive message is what my partnership with GAC is all about!”

Lecrae on Christian hip-hop: ‘We make music for the church and the world’



The music by Christian hip-hop artist Lecrae and his label Reach Records may not yet be in your church hymnal, but that doesn’t mean you haven’t heard it — especially if you have youngsters in the house.

Reach Records’ music was featured in the 2021 Netflix hit family movie Blue Miracle, and then in the 2022 science fiction series Raising Dion (Season 2). It also was included in the NBA-centric video game 2K20, which is one of the most popular titles for PlayStation and Xbox platforms.

Lecrae, who has seven Grammy nominations and two wins to his name, has been the driving force behind Reach’s success, guiding the label he co-founded to mainstream success while ensuring it stays true to its Christian mission.

Reach’s music is for hip-hop fans who want their music filled with hope and inspiration — who long for it to be free from the coarse content found in so much mainstream hip-hop.

Reach’s content, Lecrae told me, is a “bridge” between the church and the culture.

“There’s some artists who make music just for the church. And that’s great. There’s some artists who make music from the church to the world. And that’s great,” he said. “[But] we make music for the church and the world. So there’s something for everybody when they listen.”

With eight artists, Reach’s release schedule stays busy. In the past year alone, the label has put out new music by Andy Mineo (Never Land II), Hulvey (Coma and Christopher) and 1K Phew (No Church in a While).

Some songs will have unambiguous faith content. Others won’t. But all of them will “paint a better picture of who God is,” Lecrae said.

Lecrae, 42, says he spent the first part of his career focused on his own success. Now, though, he wants to focus more on raising up the next generation of Christian hip-hop.

“I want to encourage these young Christian hip-hop artists to be okay with digging deeper [in Scripture],” he said.

For Christian hip-hop to continue growing, Lecrae said, it needs to be embraced more by the Christian community.

“If we double down and continue to support each other then it’ll grow,” Lecrae said. “... The Christian music industry got behind Christian hip-hop for a season and it propelled it. We have to lock that down and support ourselves first — support one another as a Christian community before the outside world can acknowledge what we have to offer.”

Michael Foust has covered the intersection of faith and entertainment for more than 15 years. He is the husband to Julie and the father of four young children.



Faithlife TV is for families who want to grow in their faith

By Michael Foust

For most streaming services, entertainment is the primary goal. Think Netflix, Disney Plus and Hulu.

Then there's Faithlife TV Plus, a relatively new streaming service that -- yes -- wants to entertain its audience but also wants its subscribers to learn and grow in their Christian faith.

In fact, dramatic movies aren't even their main attraction. Instead, "edifying" content is.

There's *Fragments of Truth*, which examines the reliability of the New Testament manuscripts. There's *The Most Reluctant Convert*, an onstage production about C.S. Lewis. And there's *Archaeology and Jesus*, which follows scholars as they journey to Israel.

You'll find historical documentaries about Martin Luther, Harriet Tubman and St. Patrick. You'll also discover documentaries about science (*Incredible Creatures that Defy Devolution*) and travel (*St. Paul in Greece*).

The service has content for children, too, including *Torchlighters*, *Bible Agent 7* and *Gigi: God's Little Princess*.

Reuben Evans, executive director of Faithlife TV, calls it content for "motivated students of Scripture."

"There's a certain time when as you begin to grow, and you get hungry, you start studying the Bible," Evans told me. "Maybe you go and get a concordance or you get a study Bible. Or you maybe even go get a commentary because you're trying to dig into Scripture and go that next level. That is who Faithlife TV is designed for."

If you've never heard of Faithlife TV, then perhaps you've heard of its sister software, the popular Logos Bible Software, that is made by the parent company, Faithlife.

"We're used by pastors and professors and students of the Bible around the globe," Evans said. "And so we've actually

taken that experience and we have brought that into the area of media to produce films. ... If you're interested in really studying the Bible and digging into Scripture, we think we've got some fun films for you to watch."

For Christian families who are searching for a streaming service that goes beyond the typical fare, Faithlife TV Plus is worth trying. Visit FaithlifeTV.com.

Also worth watching this month:

Hardy Boys, Season 2 (Hulu) -- It's a throwback detective series about brothers Frank and Joe Hardy, who -- in Season 1 -- moved to the small town of Bridgeport, Conn., following the mysterious death of their mother. In Season 2, they continue their hunt for the truth. The series is based on the popular book series. Season 1 was family-friendly, at least for older children. Let's hope Season 2 -- which will be released weekly throughout April and May -- stays that way. TV-PG.

Animal, Season 2 (Netflix) -- This documentary series takes cameras into the world's most hard-to-reach places to capture stunning footage of magnificent creatures. Season 2 spotlights apes, bears, dolphins and birds of prey. If you enjoy PBS's *Nature*, then you'll probably like Netflix's *Animal* series, too.

Rescued by Ruby (Netflix) -- A state trooper partners with a shelter dog to train for the K-9 unit. This uplifting film is based on a true story and follows the parallel tales of two underdogs, Ruby the dog and Dan, the trainer/state trooper. It contains minor language, although VidAngel offers a filter. TV-G.

Raising Dion, Season 2 (Netflix) -- A widowed mother strives to protect her young son from attention and from danger after he begins displaying supernatural skills. *Raising Dion* isn't for young children, but for older children and teenagers, it might be worth a watch. Due to minor language and some thematic content, this is another one that works best with a VidAngel filter. TV-14.

THE CHOSEN Starts Production on Season 3

THE CHOSEN has started production on season 3 of the show about the life of Jesus.

"Season 3 is our most emotionally intense season yet, capped off by our filming of the Feeding of the 5,000, which will include over 10,000 of our fans on our set over two days," THE CHOSEN Creator Dallas Jenkins said. "There will be more backstory between Jesus and the people who knew him, including some new famous people from the gospels. I'm especially excited about where we're going with Simon and Eden's marriage this season. We cried throughout the writing of this season, so I'm optimistic people will do the same watching it."

The show's team is building a state-of-the-art production complex in North Texas including a first century Bible set. Portions of Season 3 are scheduled to be shot at the complex.

No release date has yet been announced for Season 3.

Moviefguide® nominated THE CHOSEN Season 2, Episode 8: "Beyond Mountains," for the Epiphany Prize® for Most Inspiring Television Program. Jonathan Roumie, who portrays Jesus, was nominated for his second Grace Prize® for the same episode.

THE CHOSEN is allowing fans to participate in the scene for the feeding of the 5000, which is set to film later this summer. Fans were also able to be extras during the Sermon on the Mount.

Moviefguide® previously spoke with extra Katie Beth Nolette about her experience on set:

"One thing I will take away from this is a fresh perspective every time I read in the Gospels about Jesus teaching to the crowds," Nolette said. "I can now feel and see just what it might have been like. Another thing is how faithfully God can and will take hard circumstances to make His eternal purposes! I can't wait to see how and why He sent us the cold! And truly it was a miracle that the rain that should have we started hours earlier held off until we loaded on the buses...freezing rain would have been pretty miserable!"

The cold Nolette referenced was pretty brutal, especially for the state of Texas, which doesn't often experience freezing temperatures.



"It was freezing," Nolette said. "Literally. I heard 20 degrees, but think it was closer to 30. The trees all had ice on them and some people I saw had ice droplets on their eyebrows! At one point some rain droplets fell, but they were frozen drops of ice! It was very cold and we were shivering when we had to take off our winter coats and mittens and socks and put on our sandals! Kari Jobe called us the frozen chosen and everyone kept repeating that throughout the shoot!"

Nolette braved the cold for her first trip since the pandemic began. Nolette says it was actually the pandemic that helped her plug into the show in the first place.

"We would never have seen the show if it weren't for the epidemic," Nolette said.

Before COVID-19, the Nolette family did not have Internet in their home. When her husband swapped to telecommuting, the family purchased Internet and began watching more shows.

That's how they discovered THE CHOSEN.

"The show ministered so deeply to us because of the epidemic. The finances to support them came because of the covid stimulus check. We felt God wanted us to give it all to those in need, since our income was unaffected by this virus," Nolette said.

When the opportunity arose for financial partners to participate as extras, she laughed it off, thinking there was no chance the frugal family could afford a plane ticket. COVID-19 struck again, and fares were so cheap that Nolette was able to physically participate in the story.

"It was a very positive atmos-

phere, despite the weather," Nolette said. "We got to take pictures in front of a tent like the one Jesus camps in during one of the episodes and in front of Peter's fishing boat. There were merchandise tents and free lunch. And a giant stage where Phil Wickham, Michael Jr, and Kari Jobe and Cody Carnes performed for us and expressed their love of the show! It was a full-on worship time. Everyone was so friendly and supportive to one another. They did shoots of people walking across in costume to the other field where the shooting was. I missed that part! When we got to the filming field, they brought Kari Jobe and Cody Carnes and Phil Wickham in a trailer to sing 'The Blessing' over all of us gathered around them!"

Nolette said the Lord used the experience to affirm her faith.

"I feel like seeing the potential discomforts the crowds faced to hear Jesus made His draw for the people so much more powerful to me," Nolette said. "It was so alive to hear the Sermon on the Mount while sitting on a cold hill in first-century garb among thousands of others! I felt so encouraged by the trust in God's sovereignty by [CHOSEN creator] Dallas [Jenkins] and his crew. We heard his testimony from failure in cinema to THE CHOSEN and it was so cool to see God's faithful work. Dallas kept talking about the weather not being as planned but how every time things went that way, God keeps using it for good. There was just so much faith and trust on the set that then spread through this group of so many Christians that we all had cheerful attitudes even as we froze!"

50+ Lifestyles A Guide to Enjoying Life in the Best Years

What You Need to Know About Cholesterol

Stay in control to help prevent heart disease, heart attack and stroke

Understanding and improving cholesterol is important for people of all ages, including children and teens. Maintaining healthy cholesterol levels can help keep your heart healthy and lower your chances of getting heart disease or having a stroke.

High cholesterol usually has no symptoms. In fact, about 38% of adults in the United States are diagnosed with high cholesterol, according to the American Heart Association. Understanding what cholesterol is, the

role it plays, when to get screened and how to manage it are important aspects of protecting your overall health and prevent a heart attack or stroke.

Understanding Cholesterol

A waxy, fat-like substance created by the liver and consumed from meat, poultry and dairy products, cholesterol isn't inherently bad for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much cholesterol circulating in the blood can pose a problem.

The two types of cholesterol are low-density lipoprotein (LDL), which is considered "bad," and high-density lipoprotein (HDL), which can be thought of as "good" cholesterol. Too much of the "bad" kind, or not enough of the "good," increases the risk of cholesterol slowly building up in the inner walls of the arteries that feed the heart and brain.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries called plaque. This can narrow the arteries and make them less flexible – a condition known as atherosclerosis. If a blood clot forms, it may be more likely to get stuck in one of these narrowed arteries, resulting in a heart attack or stroke.

Understanding Risk

Your body naturally produces all the LDL it needs. An unhealthy lifestyle can make your body produce more LDL than required. Behaviors that may negatively affect your cholesterol levels include lack of physical activity, obesity, eating an unhealthy diet and smoking or exposure to tobacco smoke.

In addition to unhealthy habits, which are the cause of high LDL cholesterol for most people, some people inherit genes from their parents or grandparents – called familial hypercholesterolemia (FH) – that cause them to have too much cholesterol and can lead to premature atherosclerotic heart



disease. If you have a family history of FH or problems related to high cholesterol, it's important to get your levels checked.

Getting Cholesterol Checked

Adults age 20 and older should have their cholesterol and other traditional risk factors checked every 4-6 years as long as their risk remains low. After age 40, your health care professional will use an equation to calculate your 10-year risk of heart attack or stroke. People with cardiovascular disease, and those at elevated risk, may need their cholesterol and other risk factors assessed more often.

Managing Cholesterol

If you have high cholesterol, understanding your risk for heart disease and stroke is one of the most important things you can do, along with tak-

ing steps to lower your cholesterol.

Often, simply changing certain behaviors can help bring your numbers into line. Eating a heart-healthy diet that emphasizes fruits, vegetables, whole grains, lean or plant-based protein, fish and nuts while limiting red and processed meats, sodium and sugar-sweetened foods and beverages is one of the best ways to lower your cholesterol. While grocery shopping, look for the American Heart Association's Heart-Check mark to help identify foods that can be part of an overall healthy eating pattern.

Other lifestyle changes include losing weight, quitting smoking and becoming more physically active, as a sedentary lifestyle can lower HDL. To help lower both cholesterol and high blood pressure, experts recommend at least 150 minutes of moderate-intensity aerobic exercise a week, such as walking, biking or swimming.

For some people, lifestyle changes may prevent or manage unhealthy cholesterol levels. For others, medication may also be needed. Work with your doctor to develop a treatment plan that's right for you. If medication is required, be sure to take it as prescribed.

Controlling your cholesterol may be easier than you think. Learn more about managing your cholesterol at heart.org/cholesterol.

– Family Features

CPAP
Supplies & Services LLC

Specializing in all your CPAP needs

785-289-3188

2905 SW Gage Blvd., Topeka, KS

Aldersgate
VILLAGE
RETIREMENT COMMUNITY

Independent Living	Rehabilitation Services
Assisted Living	Sub-acute Program
Memory Care	Transportation
Skilled Nursing Care	

Call (785) 478-9440 or visit aldersgatevillage.org!
7220 SW Asbury Drive | Topeka, KS 66614

JOURNEY HOME CARE

The Company of Friends

In-Home Services:
Companionship • Homemaker Services
Personal Care • End of Life Care

Call today! 785-408-1344 www.journeyhomecare.org

Mental Healthcare and You

Searching for a mental health provider? You likely have questions.

Recent research from virtual care provider MDLIVE suggests that confusion around finding a mental healthcare provider is common. One in five surveyed said they were concerned about finding a provider match and 70% experience confusion and uncertainty about where to begin. The research also revealed that not everyone knows the difference between the various mental health professionals -- psychiatrists, psychologists, counselors, mental health coaches and others.

“Many people are ready to get depression, anxiety and stress under control by working with a mental health professional, but get bogged down right from the start. Confusion about selecting a professional that best suits their needs causes a lot of people to give up. That’s something we want to change,” says Dr. Shakira

Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE.



To help you in your search, MDLIVE is answering some frequently asked questions:

- When is it time to see a therapist? Mental healthcare is self-care that

most everyone can benefit from. However, if your emotional state is interfering with your daily life, it’s definitely time to take action. Beyond the common signs of mental illness, such as sadness, drug and alcohol misuse, trouble sleeping and mood swings, Dr. Espada-Campos notes that there are some often overlooked signals that could indicate it’s time to seek treatment. These include withdrawing from loved ones, feeling fatigued, having a lack of motivation and frequently “zoning out.” She also notes that life events such as decoupling, job loss or the loss of a loved one can often trigger the need for professional mental health support.

- What’s the difference between therapists and psychiatrists? Psychiatrists and therapists can treat the same things, however, psychiatrists are medical doctors who can diagnose psychiatric conditions and prescribe medication, while therapists are licensed providers who can evaluate and support people with emotional or behavioral health concerns through talk therapy.

- What should one look for in a provider? Mental healthcare is highly personal and it’s essential that your provider is someone you can open up to, make progress with and not feel judged by.

A good place to start is by working with a provider who has experience treating patients like you.

Understand that you may not find the right therapist on your first try. Dr. Espada-Campos encourages individuals to both trust their feelings in this regard and to take an active role in their sessions by asking questions like, “What can I do to help my treatment?” and “How can we work together to achieve my goals?”

Does insurance cover therapy? In recent years, many health plans and employers have acknowledged the importance of mental healthcare and have expanded the resources available to their members and employees. Check coverage details online or

through the plan’s call center. Alternatively, you may wish to seek counseling through an Employee Assistance Program (EAP). EAP counselors can help with a variety of mental health concerns, however, members are typically restricted to a set number of sessions. If you’re suffering from a recurring mental health issue, check what options are available through your health plan.

Can therapists be seen remotely? Virtual care, an increasingly popular option, can provide private, convenient, quality care quickly, and is often offered by health plans. For example, MDLIVE’s platform makes it easy to

search for a provider that meets your needs and to schedule an appointment with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit www.mdlive.com.

Finding a mental healthcare provider can feel overwhelming. However, identifying what you want out of care and understanding the different treatments available can help demystify the process.

– StatePoint



Why you need dental insurance in retirement.

Medicare doesn’t pay for dental care.¹

As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Unexpected bills, like \$189 for a filling, or \$1,219 for a crown³ can be a real burden, especially if you’re on a fixed income.

When you’re comparing plans ...

▶ Look for coverage that helps pay for major services.

▶ Look for coverage with no deductibles.

▶ Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

¹ Medicare & You; Centers for Medicare & Medicaid Services, 2021. ² “How might my oral and dental health change as I age?,” www.usnews.com, 11/30/2018.

³ American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

DENTAL Insurance

from Physicians Mutual Insurance Company

Call for a **FREE** Information Kit!

1-866-936-0929

Dental50Plus.health/Kcmv



Includes the Participating (GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, LA, NY. Call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C2500); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). Rider kinds B438, B439 (GA: B439B). 6247-0121



*It's Good to Be Cared For.
It's Great to Be Cared About!*

We are a caring and compassionate provider of in-home services, including:

- Companion Care
- Homemaker Services
- Personal Care
- Transportation





785-286-2273 • www.gracehomecare.com

Contactless consultations, installations and delivery available!

Don't let the stairs limit your mobility.

Discover the safe and affordable way to regain access to all of your home and allow you to use your stairs safely.

The Rave 2 stair lift is the ideal solution for anyone:

- ✔ Who struggles using the stairs
- ✔ That is worried about risking a fall on the stairs
- ✔ Who wants to access *all* of their home

Call now to save on a Rave 2 stair lift!

1-877-826-4638



AmeriGlide
ACCESSIBILITY SOLUTIONS

sports

Faith changed the lives of Kansas Jayhawks teammates



Several Christian players played a role in the Kansas Jayhawks defeating the North Carolina Tar Heels to win the NCAA basketball national championship this week. For them, faith made a difference even before the big game.

“My family was always around the church, and I’m just grateful that she [my mother] told me to believe in him,” Joe Yeseфу said. “It’s definitely a blessing being here. You know, without him we wouldn’t be where we are today. And just being in the Final Four, not a lot of people have gotten to this point. I try to spread his word through this game. It’s bigger than basketball. That’s the way I look at it.”

Teammate Jalen Coleman-Lands agreed

“My faith is the reason why I’m here today,” he said. “It’s molded me into the man I am today. Being able to use this platform to spread his word. Being able to have an opportunity to still play is an opportunity for us to continue doing what God has given us the talents to do, which is to play and use our talents for the greater good.”

Before the season began, Wilson faced a reckoning after a DUI. That mistake put him on a path to pursue faith on a deeper level.

“I love the life God has blessed me with and the people he has around me every day,” he wrote on Instagram. “His plan is beautiful, and I wouldn’t change a single thing. I pray this new year is full of even more blessings and new opportunities.”

Kansas Coach Bill Self gave credit to his players.

“To win when your team had to come back and fight the way they did showed that much grit,” he said. “It makes this one off the charts. I thought this would be good, but it’s a heck of a lot better than I thought it would be. I don’t know how these guys feel about me, but I’ve never been more connected to a group than I have these guys this year.”

“I’m trying to glorify God,” says Masters champion Scottie Scheffler

Golfer Scottie Scheffler seemingly came out of nowhere this year to earn the No. 1 ranking in the world. On Sunday, he won the prestigious Masters tournament. In a news conference after his victory, he gave credit first to God and then his wife, Meredith, and his caddie.

“The reason why I play golf is I’m trying to glorify God and all that he’s done in my life,” Scheffler said, according to Sports Spectrum. “So for me, my identity isn’t a golf score. Like Meredith told me this morning, ‘If you win this golf tournament today, if you lose this golf tournament by 10 shots, if you never win another golf tournament again, I’m still going to love you, you’re still going to be the same person, Jesus loves you and nothing changes.’ All I’m trying to do is glorify God, and that’s why I’m here and that’s why I’m in this position.”

Scheffler went on to say he felt God’s presence on the course on Sunday.

“Meredith always prays for peace, because that’s what I want to feel on the golf course, is peace, and have fun and just feel his presence,” he said. “So that’s her prayer every day. That’s my prayer, and I really felt that today. I felt at peace.”

Another calming presence for Scheffler was his caddie, Ted Scott, a veteran in the game who caddied for Bubba



Watson when he won the Masters in 2012 and 2014. Scott knows the Augusta National course as well as almost anyone.

“He’s only worked for me for now, I don’t even know how many events, like maybe nine or 10. He’s doing pretty good,” Scheffler said with a laugh. “You know, I can’t speak highly enough of Ted as a person, and as a caddie. I respect him so much just as a person. He’s such a fun guy to be around, he’s a man of faith and I love him. I can’t say enough about him. The qualities you look for in a person, Ted embodies pretty much all of them.”

One of the biggest reasons Scheffler wanted to work with Scott was because they both are Christians. Scheffler and Scott first met through a Bible study about a year before they teamed up.

“People a lot of times think, well, if you become a Christian, God’s just gonna make everything easy for you, and that’s not the case,” Scott said during an earlier podcast. “But having the God of the universe, the creator, on your side just makes things a lot easier to deal with. And the principles of the Bible are something that, when you use them, you can see it manifest in your life.”

SCORE SBA

Your business success is our success.

Get free business mentoring. Plus, local workshops and online, expert resources.

Don't hesitate. Get in touch today.

1-800-634-0245 score.org

For Breakfast and Lunch it's...

HANOVER
PANCAKE
HOUSE

1034 S. Kansas Avenue - (785) 232-1111

www.hanoverpancakehouse.com

Hanover Pancake House...need I say more?



Over \$3000 in cash prizes offered in golf tournament benefiting Topeka Youth Project

The 24th Annual Topeka Youth Project's Tee Off for Youth Golf Tournament will take place Friday, June 03, 2022, at Shawnee Country Club. The tournament is sponsored by Reser's Fine Foods and other local organizations.

Registration will begin at 7:00 AM for the 4 Person Scramble format tournament. Breakfast and coffee provided during registration. Shotgun start is at 8:00 AM.

Lunch will be served after the tournament. Prizes include \$1,000 for the 1st place team, Women's longest drive, as well as Men's Longest Drive, Women's Longest Drive and closest to pin. Silent Auction, \$5 Raffle, 50/50 raffle and a fun new game to help you improve your putting distance.

Entry Fees, which include Green Fees, Cart Rental, Beverages and Lunch, are \$400 for a team. Additional packages available including 2 Mulligans & Gary Woodland Drive. Individual Golfers may enter for \$100.

Topeka Youth Project (TYP) is a 501 C3 grass-roots organization and has been serving the youth ages 14-21 in our community since 1983. Their Mission is to empower youth in our community to become productive and responsible adults.

Jobs for Young Adults (JYA) is the backbone of TYP and has served over 6,000 young adults. JYA is an employment/life skills program teaching financial literacy, interview skills, resume writing and skills to build a positive future. Guiding our future leaders into careers they love.

Youth Court is another

great program that benefit our youth and help prepare them for adulthood. The Youth Court program is youth-led and youth-driven by 13- to 18-year-old students. The youth are the judge, prosecutor, defense attorney, jurors, bailiff, court clerk and defendants. They hear cases of first-time traffic offenders with misdemeanor charges. As a juror, the youth decide the sanctions to be imposed upon the offender. Sanctions can range from community service, written

or oral apologies, essays related to the offense and/or improving grades. Participants serve as a juror in 2 future cases.

The funds from the golf tournament are invested directly into the programs of the Topeka Youth Project, where administration costs are only 10% of the budget. If you would like to support the youth in our community by donating or participating in the golf tournament, call 785-273-4141, or go to Topekayouthproject.com.

RESER'S FINE FOODS Presents
CHARITY GOLF TOURNAMENT 2022

The Youth Project

June 3rd
Friday | 2022

Shawnee Country Club
913 S. 29th | Topeka, KS 66605

\$100 | **\$400**
One Player | Four Players

Total Cash Prizes over \$3,000

\$5 Raffle
Silent Auction
50-50

REGISTRATION 7:00AM
SHOTGUN START 9:00AM
LUNCH BREAK 12:00PM
AWARDS 1:00PM

Register at
TOPEKAYOUTHPROJECT.COM

Sneakers and Smiles Golf Classic Benefits Local Kids in Need

Sole Reason's 4th Annual Sneakers and Smiles Golf Tournament will be held Saturday, June 25th, 2022. This event benefits local kids in need. It is a 4-person scramble tournament, and it will again be held at the beautiful Cypress Ridge Golf Course. This is the main fundraiser for the organization.

Jerry Hudgins started Sole Reason, in Topeka, Kansas, in response to Pope Francis's call for "The Year of Mercy." It is a non-profit 501c3 company that specializes in the collection and distribution of new sneakers, which are then given to local children in need. The sneakers are always given away and stay in the local communities.

Sponsors are needed for the tournament. Sponsorships opportunities start at only \$100, and include Hole Sponsor, Beverage Cart Sponsor, Breakfast Sponsor, Contest Hole Sponsor and more. Sponsors get media recognition, signage and a personal visit and photos with Jerry, Founder of Sole Reason. There are also Corporate sponsorships available.

Cost to play in the tournament is \$360



per team, which includes cart, food, drink tickets, and prizes. There will also be a Silent Auction, a 50/50 raffle, as well as contests on the greens.

"Get your friends together and enjoy a fun day on the course for a great cause," Hudgins said. To get registered for the tournament, go to www.22SoleReason.golfgenius.com.

For more information about Sole Reason, contact Jerry Hudgins at Sole_Reason@yahoo.com or (785) 338-2965. To get involved or to donate to the organization, go to www.solereason.net/donate-today/.

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.)

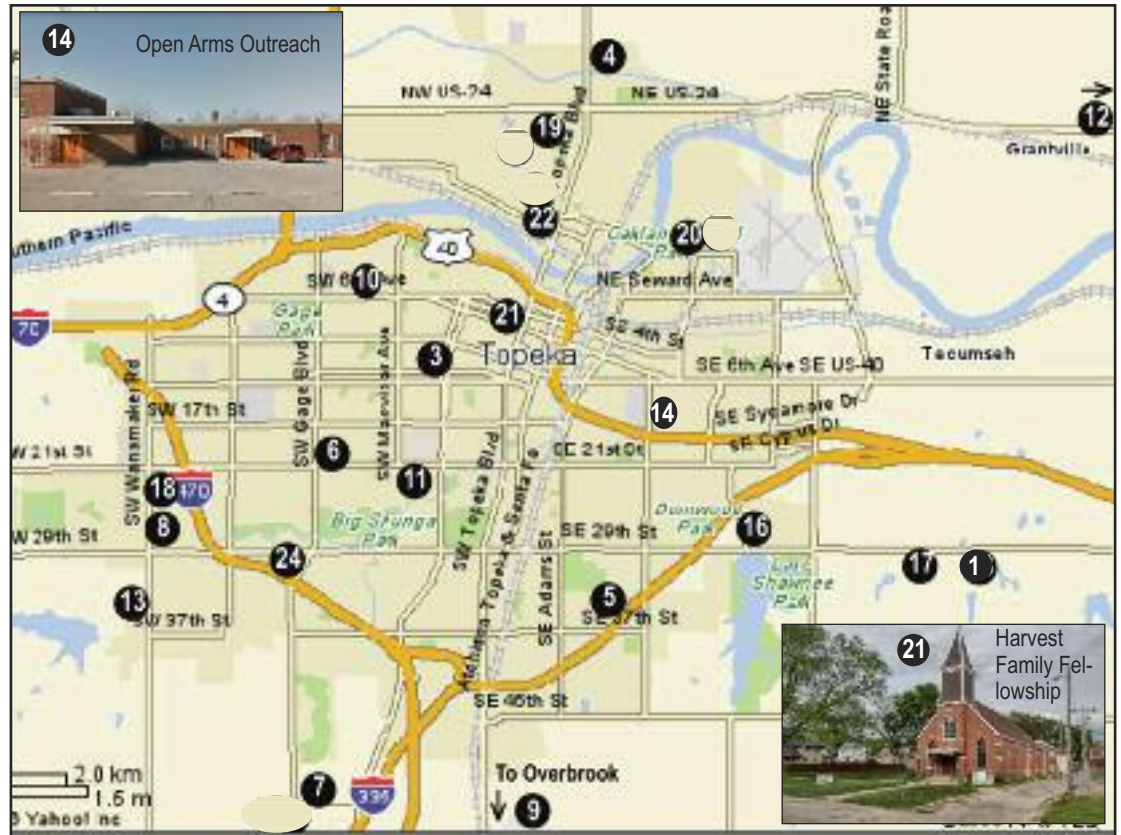
For More Information or to register, go to www.solereason.net or contact Jerry at (785) 338-2965 or e-mail sole_reason@yahoo.com

• Putting Contest
• Closest To Pin
• Longest Putt
• Silent Auction

Sole Reason
sneakersandsmiles

Cypress Ridge
GOLF COURSE

New Resident Church Guide



1. HIGHLAND HEIGHTS CHRISTIAN CHURCH

785-379-5642
 Sunday Services: 8:30 and 10:00 AM
 2930 SE Tecumseh Road
 Tecumseh, Kansas 66542
www.highlandheightscc.com
 Jars of Clay Children's Ctr 785-379-9098

2. CHRISTIAN CAVALRY MINISTRIES INT.

Pastor Beau Bryant
 Call about new meeting location for current services.
 785-224-5419 • www.church4bikers.org
 Sun. School 9:30 am
 Sun. Service 10:45 am
 Wed. Prayer & Bible Study 7pm

3. TOPEKA BIBLE CHURCH

1101 SW Mulvane St., Topeka
 785-234-5545
 Worship: 9:00 & 10:30 am
 Livestream at 9:00 am
 Sunday School & Bible Studies:
 9:00 & 10:30 am
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

Local Christian Radio
 Listen at work!
UpperRoomRadioOnline.com
KFGB 97.7 FM
 Upper Room Radio

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

Topeka Bible Church
 Leading People to Life in Christ
 1135 SW College Avenue
 and 1101 SW Mulvane
785.234.5545
 Sunday services, Sunday school, and Bible studies
 at 9 and 10:30 AM • Livestream at 9 AM • discovertbc.com

VOICE OF FAITH
 RADIO BROADCAST
 Sermons and Teachings of Rev Max L. Manning
 Sundays — 9 am WIBW RADIO 580 AM
 Daily (Mon—Fri) — 10 am KFGB 97.7 FM
www.global-missions.com
 PO Box 161 Topeka KS 66601
 785-232-2992 or 785-231-8183

classified

Place your classified ad with us! 785-235-3340 or Voice@cox.net, or metrovoicenews.com

Payment in advance required: \$12 for the first 25 words; 25 cents for each additional word.

(classified ads also go immediately online)

SERVICES:

Degree of Reward for a job well done in sports, work, school or church with a Massage for Health by Anne Murphy. Come to 3737 SW Churchill Rd., Topeka KS 66604, or buy a gift certificate in any amount. 8-5 Mon-Fri. 785-272-5755 or 785-925-7289

DISABLED? UNABLE TO WORK? Win Social Security disability benefits. Expert help, application to hearing. No out-of-pocket fees. 785.331.6452. mon-terrace2000@yahoo.com

FOR SALE:

2010 JAZZY ELITE POWER CHAIR: \$1000; 2018 Zinger power chair: \$1500;

Stairlift: \$100; cashier check or cash only. 785-250-0186

FOR RENT:

FINISHED SPACE available immediately for store front business at 840 N Kansas in North Topeka's NOTO Arts District! 1,780 sq ft, central air/heat, restroom facilities. Tenant pays all utilities. \$1,300/ month + \$1,300 deposit. 12 month lease. Call Sig-low Property Management 785-235-3211.

OFFICE SPACE available, great for therapists, health & wellness companies, small businesses & more! Complementary desks/chairs furnished. All utilities plus Wi-Fi/Ethernet included. \$100 VISA cards to new leases if you mention this ad! College Park Office Suites, 2611 SW 17th. Call or text 785-430-1657. info@cpofficesuites.com

WANTED:

ASSISTANT EDITOR – Research articles

& event info online & on phone. Some writing & editing. Some updating files, social media posting, possibly some deliveries. Mostly work from home. Could be part-time hourly wages, or contract services basis. Call 785-640-6399

VOLUNTEER WRITERS – Metro Voice needs volunteer writers or interns who can serve as area correspondents for church and community news around the area. Call 235-3340 or email voice@cox.net. Some perks. involved.

PART-TIME ACCOUNT REP – Work your own hours. Call on businesses, churches & non-profits about their advertisements in Metro Voice. Generous commission on all ads you place; no base. 235-3340 Voice@cox.net

\$1250 HIRING BONUS

within first 9 months!

NOW HIRING:

**Community Living Director
Direct Support
Professionals**

*Paid training, great benefits,
including next day pay*



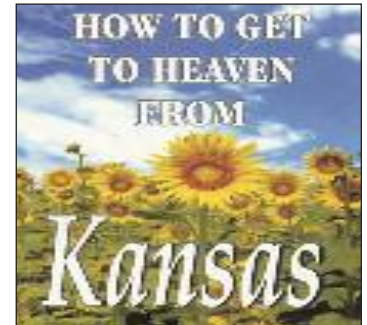
Serving People with Disabilities since 1972

3401 SW Harrison St, Topeka, KS 66611
EOE www.slitopeka.org

metro VOICE

metrovoicenews.com

Check Out Our Newly Redesigned, Mobile-ready Breaking-news Website.



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." (Jn. 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.



**Part-Time Income
Work flexible hours**

**Call on businesses, churches,
and non-profits about
advertising options in Metro**



Voice. Generous commission paid on ads placed.

Call 235-3340 or email voice@cox.net

JAMES NORWOOD
REALTOR – LETS TACO BOUT BUYING OR SELLING YOUR HOME

1931 Sw Gage Blvd. Topeka Ks 66604	c: 785.438.7731 o: 785.246.6955 f: 785.246.6870
---------------------------------------	---

jnorwood@reecenichols.com
<https://jnorwood.receenichols.com/>

ReeceNichols
TOPEKA, ELITE, LLC
MEMBER OF THE REALTOR ASSOCIATION OF KANSAS

#sleevesrolledup

**TRM
MINISTRIES**

Visit TRMonline.org or
check us out on Facebook

**TOPEKA
RESCUE MISSION
MINISTRIES**

To donate: text TRMgive to 77977

your guide to
THE WORLD

600+ Tours starting from \$1,200 pp

NATIONAL GEOGRAPHIC
TRAVELLER
READER AWARDS
2021
WINNER | THE OPERATOR

Speak to an expert at:
855-403-4641
Hours: 9 am - 7 pm EST Monday - Friday

**exodus
travels**

TopCITYGolf



PLAY FOR ALL



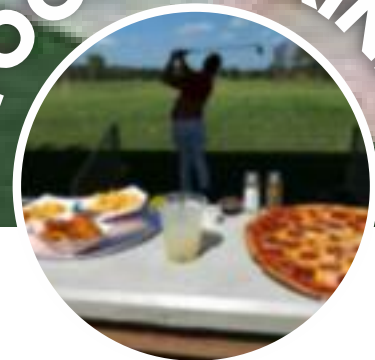
Games for all levels of golfers and ages with high-tech driving range and ball-tracing technology

NON-STOP FUN



Enjoy hitting balls on 20 simulators, including world-renowned courses, at TopCITYGolf, Topeka's newest entertainment facility.

FOOD & DRINK



New kitchen equipped with a variety of ever increasing food and drink options.

RESERVE YOUR BAY TODAY

TOPCITYGOLF.COM/RESERVE



785.357.0026 | membership@greatlifegolf.com | 350 NE US 24 Hwy., Topeka, KS 66608