



Times Remembered

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Thanksgiving to me is a day set aside for giving thanks ... usually around harvest time. A common question during these holidays is, "What are you thankful for?" Typical answers usually include family, home, job, food and clothing.

But for believers, thankfulness should go deeper. The Apostle Paul wrote, "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Jesus Christ." (1 Thessalonians 5:16-18 NIV). In all circumstances

Happy Thanksgiving

... even difficult ones? Even when we grieve or suffer? The Bible is full of reasons to give thanks.

Every morning I'm thankful for the gift of another day. And I'm thankful also for the good things God continues to give me ... family and friends, for example, and even the simple things in life that I used to take for granted. I think I notice them more now, and I'm grateful for that.

But most of all I'm thankful for Jesus Christ, and for the hope we have in Heaven. Because of His death and resurrection. As I get older I tend to spend more time thinking about the past, and that's not necessarily wrong. But I also think about heaven and think of his wonderful promise that if we accept, believe, and confess our sins and place our faith in him; that when we die we will be with him forever in Heaven.

We all have problems and I'm no exception. But it's true ... God has a way of bringing good out of the darkest times and when He does, we

should give him thanks. People often have a hard time trusting God when difficult times come their way, even if they know the promises He has made to us in the Bible. Many struggle with it.

It's easy to become overwhelmed by whatever is happening to us that we forget God's promises; promises we've known and trusted most of our lives. That's why we need to turn to the Bible every day, so we won't forget them. But it is also important to maintain an attitude of thanksgiving in our hearts, for it will keep us from forgetting God's goodness and faithfulness.

As we get older, and experience sickness and age, we can't do everything we once could, but we can do what we can. We can still pray, and encourage others to live for Christ. We can also make it our goal to be more like Christ.

*Happy Thanksgiving!
God Bless!*

Could that bump under the carpet be a hamster?



America's Heartland

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After installing a carpet, the carpet layer stepped outside for a smoke but quickly realized he'd lost his cigarettes.

He walked back inside to look for them and noticed a bump under the carpet in the middle of the room.

Instead of pulling up the entire carpet for a pack of cigarettes, he stomped the bump down flat.

About that time, the lady of the house walked in and handed him the missing pack of cigarettes.

"I found these on the coffee table," she said. "Now, if only I could find

my hamster." Researchers suggest that the average person spends roughly 10 minutes a day looking for lost keys, seven minutes looking for socks and shoes, five minutes looking for the remote control, and four minutes searching for sunglasses.

Jesus used our familiarity with losing things to teach an important truth during his earthly ministry. "What woman who has ten silver coins and loses one of them does not light a lamp, sweep her house, and search carefully until she finds it? And when she finds it, she calls together her friends and neighbors to say, 'Rejoice with me, for I have found my lost coin' (Luke 15:8-9).

Jesus, of course, told that in a spiritual context, painting a picture of the way that He searches diligently for lost souls in need of salvation. He went on to say "there is joy in the presence of God's angels over one sinner who repents" (Luke 15:10).

A reader in Minnesota shared recently that, some 40 years ago, he was lost, involved in drugs and of all sorts of other bad things.

But the Lord saved him and transformed his life. His wife had also been into drugs and spent time in prison for smuggling cocaine before she was born again.

They are now serving Jesus with a passion, telling others about how they were spiritually lost when Jesus found them. Their passion now is telling others about the life-changing power of the gospel.

They're passionate because they've experienced God's mercy and forgiveness.

"What God can do with us ugly sinners," this man said. "We are new creations. Old things are gone. All things are new."

The carpet layer in the opening tale may have been willing to leave something behind, but Jesus isn't. He came this world to save lost people. If you're one of them, He wants to do for you what he did for the Minnesota husband and wife.

Roger Alford offers words of encouragement to residents of America's heartland. Reach him at rogeralford1@gmail.com.

ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast

MONDAY Nov. 27	TUESDAY Nov. 28	WEDNESDAY Nov. 29	THURSDAY Nov. 30	FRIDAY Dec. 31
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SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Breakfast Pizza Pineapples Milk	Yogurt Animal Crackers Apples	Cinnamon Toast Crunch, Banana Milk	Scrambled Eggs Toasted Mandarin Oranges	Oatmeal Juice Milk
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SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Chicken Nuggets Rolls Green Beans Apples Milk	Turkey Sandwich Potato Smiles Strawberry Cups Milk	Salisbury Steak w/Gravy, Roll Mashed Potatoes Mandarin Oranges Milk	Pizza Hut Pizza Corn Oranges Milk	
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ESTILL SPRINGS BREAKFASTS

Breakfast Pizza or Cocoa Puffs/Toast Pineapple Tidbits Asst. Juice Milk	Mini Maple Pan- cakes/Syrup or Cinn. Toast Crunch/Gra- ham Crackers, Ap- ple, Juice, Milk	Donuts or Poptart Trix Cereal Pears Asst. Juice Milk	Scrambled Eggs or Lucky Charms Toast, Banana Asst. Juice Milk	Asst. Muffins Frosted Flakes Peaches Asst. Juice Milk
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ESTILL SPRINGS LUNCHES

Chicken Pattie/Bun Potato Smiles Baked Beans Pears Milk	Cheese Breadsticks Marinara Sauce Normandy Veggies Broccoli/Dip Side Kick	Chicken Nuggets Roll, Green Beans Mashed Potatoes Apple Milk	Pizza Hut Pizza Corn Grape Tomatoes/Dip Oranges Push-up, Milk	
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WEST IRVINE BREAKFASTS

Toast & Cinn. Crunch, Applesauce Juice, Milk	Pancake Porky or Cocoa Puffs Peaches	Yogurt, Cheese, Crack- ers or Maple Waffle or Trix, Oranges	Biscuit & Gravy or Cocoa Krispies/Gra- ham Snacks, Ban.	Assorted Muffins or Lucky Charms/Gra- ham Snacks, Apple
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WEST IRVINE LUNCHES

Chicken Nuggets/ Roll, Baked Beans Mashed Potatoes Apple Milk	Cheese Bread Sticks Marinara Sauce Cucumber Slices/ Dip, Broccoli Pears, Milk	Chicken Noodle Soup, Grill Cheese Cauliflower/Dip Dill Pickle Spears Orange, Milk	Pizza Munchable Marinara Sauce Carrots/Dip Raisins Milk	
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Dutch Waffle Apple Jacks, Pop Tart, Apples Juice, Milk	Scrambled Eggs & Toast, Cocoa Puffs Pop Tart, Pineapples Juice, Milk	Biscuit & Gravy Trix, Pop Tart Peaches Juice, Milk	Pancakes, Choco- late Bites or Mini Wheats, Pop Tart Banana	Chocolate or Cinn. Muffins, Apple Cinn. Cheerios, Pop Tarts Mandarin Oranges
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Pop Corn Chicken Roll, Glazed Carrots Mashed Potatoes Apples Mandarin Oranges Milk/Juice	Spicy Chicken or Fish on Bun Baby Bakers Let./Tom./Pickles Strawberry Cups Applesauce	Pizza Hut Pizza Chili Crispitos Broccoli Bites Corn Pineapples Tropical Fruit	Chili w/Crackers Grilled Cheese Carrot Sticks Orange Slices Side Kicks Milk/Juice	
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Cereal, Pop Tarts Yogurt Oranges/Apples Juices/Milk	Muffins Cereal Pop Tarts, Yogurt Oranges/Apples	Bacon/Egg/Cheese Biscuit, Cereal Pop Tart, Yogurt Ban., Apple, Orange	Sausage Biscuit Cereal, Pop Tart Yogurt, Banana, Apple or Orange	Gravy & Biscuit Cereal, Pop Tart Yogurt, Banana, Orange or Apple
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ESTILL COUNTY HIGH SCHOOL LUNCH

Offered Daily: Pizza Line Sandwich Box, Salad Box

Chicken Tenders Roll, Spicy Chicken on Bun, Grapes Scalloped Potatoes Steamed Broccoli Grapes, Trop. Fruit	Tacos w/Shell Chicken Fajita Let./Tom./Cheese Refried Beans, Corn Side Kicks Applesauce	Chili Dog or Mr. Rib on Bun Tater Tots Garden Salad Peaches Pineapples	Meatball Sub or Chicken Patty on Bun, Green Beans Let./Tom./Peppers Glazed Carrots, Chip Mandarin Oranges	
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