

Making Our Lives Count

by **BOB CASEY**, preacher
 Cornerstone Church of Christ
 Bond Street at Camp Avenue in West Irvine

In **Psalms 90:12** Moses wrote: "So teach us to number our days, that we may apply our hearts to wisdom." Some years ago I have said: "The days sure do seem to be flying by," only to have more elderly heads to reply: "If you think they are flying now, just wait a few more years and you will wonder where they went."

I have now reached this time in my life. **Job** the prophet said in **chapter 7, verse 6**: "My days are swifter than a weaver's shuttle." You older women know just what he was talking about. Then in **chapter 9, verse 25**, he said: "Now my days are swifter than a post, they flee away. They see no good." Our 18th century Pony Express riders were the equivalent of those mail runners of Job's day. So there can be no illusions in the minds of older people that our former days may for the most part, may be just that, the former.

So I have decided for some time now not to mince words concerning man's need to prepare to live right, and to depart this life in the same manner. We all are aware of our coming day of death, yet most are living in a state of consistent procrastination thinking we have much time left, when maybe this will not be the case. Again, nearly everyone knows that we will stand before our Lord to give an accounting of the way we live, but again most are failing to prepare for it. This continues to bother me a great deal. We as Christians need to be disturbed because many are now dying each day unprepared to face the Lord. If preachers quit caring about people, they really have no reason to attempt to preach.

So until our days of ability and energy are faded away, what can we do? I concede to the fact that I have no power to save anyone, but what I can profess are the words from God's book, that if obeyed can save one's soul from a horrible fate. In **1 Timothy 4:16**, "Take heed unto thyself, and unto the doctrine: continue in them: for in doing this thou shalt both save thyself and them that hear thee." So herein lies the answer. So until that day I aim to continue to be used in some form of service to my Lord. You see; I want to hear him say unto me on that day: "Well done thou good and faithful servant. Thou has been faithful over a few things. I will make thee ruler over many things. Enter thou unto the joy of the Lord." (**Matthew 25:21**).

Friend, there is no doubt in the minds of Bible reading and believing Christians, that the day of our Lord's return is so very near. Never has so many indications of His return been more relevant than now. Paul in **Romans 13:11-12** admonishes all of us as he spoke: "And that knowing the time, that it is now high time to awake out of sleep; for now is our salvation nearer than when we first believed. The night is far spent, the day is at hand. Let us cast off the words of darkness, and let us put on the armor of light."

No doubt that this passage hits directly on the head of the nail driving home the point. My hope is that many of you will consider it.

P.S. Our meeting times are at 9:45 a.m. Bible Study; 10:45 a.m. Sunday worship; Sunday evenings at 5:00 p.m. and Wednesdays at 5:00 p.m.

Sincerely, Bob Casey, Cell 358-0393 1-859-369-4165

THE ILLUSTRATED BIBLE

And the wolf will dwell with the lamb, and the leopard will lie down with the young goat, And the calf and the young lion and the fating together; And a little boy will lead them.

ISAIAH 11:6

Detail of art from "Scottsboro Alabama: A Story in Linoleum Cuts" (1935)

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Seeds of Hope



"At the next intersection make a complete 'u' turn and follow the direction to return to your original route," said a calm voice wanting to correct the driver who failed to follow the "commands" coming from his GPS. "Then, in five hundred feet, make a left turn and resume your route." It was not normal to listen to an unknown and unfamiliar voice to provide information that would direct a driver to a destination he had never seen before.

Following directions from an unknown source is risky. Trust becomes a critical - if not the most critical - factor. How do we know if the person who is giving us advice is credible and trustworthy? Is that person looking out for our best interests or wanting to play a game with our life in the balance? No doubt all of us, at one time or another, have found ourselves on a route that was wrong -

either by being careless or by making a mistake. David decided to follow a route that would take him in the wrong direction. He went against God's GPS. As a result, he ended up being guilty of a series of sins that came from giving in to a powerful temptation. It set in motion a chain reaction that follows the normal sequence of sin: first, he faced temptation; secondly, he refused to listen to the warning of the Holy Spirit; thirdly, he refused His route of escape; fourth, he committed the sin and then suffered the consequences of the sin on himself and others. What a tragic route he followed. But out of this tragedy there was his triumph. A "voice" said to him, "You have sinned!" When David heard God's voice, (His GPS), he admitted his sins and made a "u" turn. He asked God to forgive him and He did. "Have mercy on me," he cried, "and blot out my transgressions." If we, like David, listen to His voice and follow His "commands," He will lead us safely in paths of righteousness. Visit us at: SowerMinistries.org

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Community News

Mail announcements to The Estill Tribune,
 6135 Winchester Road, Irvine, KY 40336
 Call (606) 723-5012; Fax to (606) 723-2743;
 or E-mail it to <News@EstillTribune.Com>

Tuesday, January 19th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 19, 2016, and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Saturday, January 16th @ 8:00pm

Dance at American Post 79

Post 79 of American Legion will have a dance on Saturday, January 16, starting at 8 p.m. Music will be provided by Brett Noland. All members and guests are welcome to attend.

Tuesday, January 19th @ 4:00pm

Estill Springs SBDM Council

The Estill Springs Elementary site based council will meet Tuesday, January 19th at 4:00 p.m. in the library.

Friday, February 5th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, February 5th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

BIBLE TRIVIA

by Wilson Casey

1. Is the Book of 2 Corinthians in the Old or New Testament or neither?
2. From Revelation 17:6, who is drunk with the blood of the saints and martyrs of Jesus? The woman, Servant, The lost, Laborer
3. Mahershalalhashbaz is the longest word in the Bible on being whose son?

Adam, Moses, Noah, Isaiah
 4. From Judges 17, who confessed to his mother about stolen pieces of silver? David, Micah, Jonah, Esau

5. What animals did Samson use to set the Philistines' field on fire? Lions, Camels, Foxes, Rats
6. From Genesis 27, to whom did Isaac give a blessing? Jacob, Abraham, Moses, Noah

Answers on bottom of Page 13

Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from Touch-Point Press.com

False Teachers Will Be Judged...

2 Peter 2:1-3

False Prophets

¹But there were false prophets also among the people, even as there shall be false teachers among you, who privily shall bring in damnable heresies, even denying the Lord that bought them, and bring upon themselves swift destruction. ²And many shall follow their pernicious ways; by reason of whom the way of truth shall be evil spoken of. ³And through covetousness shall they with feigned words make merchandise of you: whose judgment now of a long time lingereth not, and their damnation slumbereth not.

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LAFF - A - DAY



"I have a sneaking suspicion it's those darn Mensa kids!"

Kitchen Diva Re-Think Winter

by **ANGELA SHELF MEDEARIS**

Frigid weather may seem like a good excuse to stay inside, avoid workouts and overindulge in comfort foods. However, many health experts have found that these tendencies leave most people feeling less content during the winter months. Researchers say people should establish new traditions to increase happiness and avoid wintertime woes. In other words, now is a great time to change the way you think about winter.

Instead of resolving to make drastic new year changes, establish healthy traditions. Incorporate activities and habits that promote health and can be shared with spouses, friends and family members. Here are a few suggestions to re-think your health this winter.

* A good first step is creating a vision for the future by picturing yourself happy and healthy. Identify positive and negative aspects of your health and the health of others, including friends, family members, spouses and children. This provides a starting point for establishing new behaviors, avoiding negative habits and seeking help from others.

* Set realistic goals with measurable results, because small changes are easier than big changes and can add up over time. Focus on changing one or two behaviors. Once these are mastered, set new goals.

* Establish traditions to accommodate cold weather. Try new things, such as dance classes, indoor pools for swimming or water aerobics, or check out exercise videos from the library. Invest in home fitness equipment, such as jump ropes, DVDs, treadmills and stationary bikes. Having equipment at home makes it easier to stay physically active. Search for bargains on gently used equipment, and try different things to find what works best.

* Think of things that are enjoyable, and incorporate physical activity to enhance them. Plan activity breaks, set a timer and have 5-10 minute relays inside or outside, take a walk around the block during commercials or try games that get everyone moving.

* Practice ways to improve your mood each day, even if they seem silly or unnecessary. Try wearing bright colors, reading or watching something funny and laughing out loud -- laughing reduces stress hormones and increases endorphins. Socialize and spend time with family, old and new friends and those in need. Creating social ties can boost happiness, improve self-worth and increase your sense of purpose.

One of the easiest ways to socialize is over a great meal. Try this crowd-pleasing recipe for Chili With Winter Vegetables. Make it a potluck and invite family and friends over for dinner and game night. Just because it's cold outside doesn't mean you can't have fun inside!



Depositphotos.com

CHILI WITH WINTER VEGETABLES

This is a great "make-ahead" recipe that's perfect for impromptu dinner parties. The chili can be refrigerated for up to two days and tastes even better after the flavors meld.

- 1/2 cup vegetable oil
- 1 large onion, chopped
- 4 medium garlic cloves, very finely chopped
- 2 large red bell peppers, cut into 1/2-inch pieces
- 1 pound sweet potatoes, peeled and cut into 1/2-inch pieces
- 1 bunch (about 10 leaves) kale, chopped
- 1/2 pound carrots, cut into 1/2-inch pieces
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 1/2 teaspoons salt
- 2 (14-ounce) cans peeled Italian tomatoes
- 2 canned chipotles in adobo, plus 1 1/2 tablespoons adobo sauce
- 3 cups water, vegetable, chicken or beef broth
- 2 cups canned hominy, drained
- 2 cups canned red kidney beans, drained
- Brown rice, chopped red onions, cilantro, sour cream, tortilla chips or cornbread, for serving

1. In a medium, heavy stockpot or Dutch oven, heat the oil. Add the onion and garlic and cook over high heat, stirring, until slightly softened, about 3 minutes. Add the bell pepper, sweet potatoes, kale and carrots; cook, stirring occasionally, until lightly browned in spots, about 5 minutes. Stir in the chili powder and cumin and season with salt. Cook for 1 minute.

2. In a blender, puree the tomatoes and their juices with the chipotle, adobo sauce and water or broth until very smooth. Add the mixture to the casserole along with the hominy and beans and bring to a boil. Cover partially and simmer the chili over moderate heat until the vegetables are tender, about 20 minutes. Season with additional salt, as needed. Serve with rice, red onions, cilantro, sour cream and chips. Makes 8 servings.

 Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.

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