

## Tradition and Pride by BOB CASEY, preacher Cornerstone Church of Christ Bond Street at Camp Avenue in West Irvine

Tradition and pride are two of the great enemies of the soul. It is true that most people who may attempt to practice some form of religious devotion, do it out of tradition. Some have said: "My parents, or my grandparents, always did it that way, so this is why we do it too."

Traditional values are only safe if they are done according to the teachings of God's word. So traditions that are not in the accord with the word can destroy one's soul. In **Matthew 15:1-9** the scribes were displeased with Jesus and His disciples because they ate their food, sometimes without first washing their hands. Jesus in turn said unto them: "Why do ye transgress the commandment of God by your tradition?" Why were they transgressing? **Because they made a commandment that was not found in the Law.** Our Lord went on to say: "Honor thy father and mother." Here our Lord was condemning their lack of respect by failing to support their parents. This they were doing so that they might look good in their assemblies by laying great sums of money in the treasury, and not doing the service that they truly owed to their parents, saying you have laid aside thy commandment by the tradition you have formed. He went on to say, "You make good speeches by pretending to honor me, but your heart is far from us." He said: Your worship is vain by keeping your man made traditions. In **Colossians 3:8**, the apostle Paul told the church then, and the church today to avoid the philosophies, vain deceits, and the traditions of men. He says they are not after Christ.

Many churches follow after traditions in their acts of worship such as: **How many hymns to sing, when to partake of the communion, in the beginning, or at the close of the service. How long should the preacher speak? When do we collect the offering? How many prayers should be prayed, and in what order?** Many are diversified in their actions, but as long as everything is accomplished by keeping the commandments to do so, are we having to properly worship our Lord? **Where there is a commandment we must obey, but if we make a tradition of doing things a certain way and say this is the order in which it is to be done, where is the commandment?** Sadly there has been schism in churches because of disagreement of order. **This ought not to be!**

Then again there is the area of pride that is hindering many folks from obeying that which is simple and in plain view in the Bible, such as **Matthew 28:15-21** and **Mark 16:15-16**. To this we will include **Acts 2:38**. All these clearly teach that baptism is for or unto the remissions of sins. But there are many able body people with 20/20 vision when it comes to these verses, they will act as though they were blind. Why is this? The devil, tradition and the pride of life enters in and they seem to rather die lost than to admit their error of disbelief. **II Corinthians 4:4** says that the god of this world (Satan) hath blinded the minds of the unbelievers, lest the light of the glorious gospel of Christ shine unto them. In the epistle of **I John 2:16** it says that the pride of life is not of the father, but is of the world. Sadly, this worked upon our mother, Eve, and the devil is still using it today.

Friend, the only safe way to live, and to die is: to hear all our Lord says, and then obey it. These are the ones whom eternal life will be given. Renounce your unbelief and obey the plain commandments of our Lord before it is too late!

P.S. We offer any church or preacher to hold a public meeting any time concerning anything we may teach. Our number is **1-859-369-4165**.

Sincerely, Bob Casey

### Seeds of Hope



Addictions - whether alcohol, another kind of drug, food or sexual addiction - will lead to certain destruction and finally death unless the addict completely stops engaging in the self-destructing behavior. As simple as that sounds it is not easy to do. Why? Because addicts must take "the first step" - admit their addiction, its pervasive power over every aspect of their lives and finally recognize their inability to control or stop their self-destructing behavior and surrender that addiction to God.

David said it one way and Paul another way. David said, "I acknowledge my transgressions and my sin is ever before me. Against You, You only have I sinned." And Paul said, "I know that nothing good lives in me, that is, in my sinful nature." Two powerful statements from two of God's most

honored servants that are different in words yet identical in meaning. Two men crying out to God in a moment of extreme desperation asking for God's love, mercy, grace, salvation and healing. It describes their battle with sin, their inadequacies to be victorious over sin and their desire to please and honor God.

We can never underestimate the strong hold sin has in our lives. Nor do we recognize our powerlessness to overcome it in our own strength. Unfortunately, one of the most used talents Satan gives to us is denial. As long as we do not admit that there is sin in our lives we do not have to deal with or confront it. We too easily live with it, unaware that it is slowly destroying us.

Robert Burns said that it would be wonderful if someone could give us a gift that would enable us to see ourselves as others see us. God did exactly that in His Word and in the life of His Son. Now it is up to us to "admit what is" and call on Him.

Visit us at: **SowerMinistries.org**  
PS 115

## Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, February 4th and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

# 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>

Wednesdays @ 5:30pm

## Beginner Yoga at Marcum & Wallace

Beginner Yoga Class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry. The instructor will guide the class through basic poses focused on relaxation, building core strength, and flexibility. Regularly practicing yoga has many health benefits!

Estill Health Department Reminder

## January is Radon Awareness Month

The Estill County Health Department would like to remind you that January is National RADON awareness month. Radon is the 2nd leading cause of lung cancer, with smoking being the number one cause. Radon is a naturally occurring radioactive gas that gets into your home through cracks and crevices in your foundations, basements, and crawl spaces. It is odorless, tasteless, and invisible.

The only way to know if you have Radon gas present in your home is to test. Your local health department has Radon test kits available for free. Testing is simple and easy. Testing could save your life. Contact the Estill County health department for your free test kit now at (606) 723-5181.

Friday, January 29th is last day

## Mt. Mushroom Festival Food Court

Food Court applications for the 2016 Mountain Mushroom Festival are available at Irvine City Hall located at 101 Chestnut Street and the festival website: [www.mountainmushroomfestival.org](http://www.mountainmushroomfestival.org). Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by the deadline date of Friday, January 29 at 4 p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted. The application fee is \$150 per food booth space plus a \$75 Early Departure/Closing fee, if applicable. For more information, you may call Kim Williams at 723-4235. The 2015 festival dates are Saturday, April 23 and Sunday, April 24.

Tuesday, February 2nd @ 6:30pm

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 2, 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..."

Tuesday, February 2nd @ 7pm

## Estill County Historical To Meet

The Estill County Historical and Genealogical Society will meet at the Estill County Public Library meeting room on Tuesday, February 2, 2016 at 7 p.m. William Hardy will be the speaker. The 2016 Calendar is available at the Museum for \$7.00 each.

Friday, February 5th @ 9am

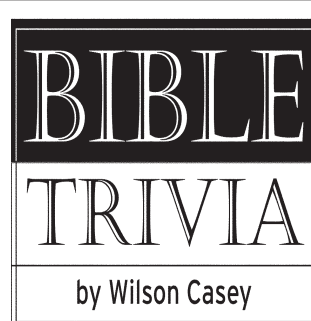
## Retired Co. C Guard Breakfast

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!

Friday, February 13th, 8-11pm

## "Save The Mack" Valentines Fundraiser

"Save the Mack" Valentines Gala Fundraiser, will be held Saturday, February 13th, 8-11 p.m., sponsored by Eagles Roust Sports Bar and River City Players. Reservation required, \$20 per person. Hors d'oeuvres, Dessert/Punch Table, Music/Dancing, Silent Auction. Come and enjoy a special evening here at home. Proceeds go to the "Save the Mack" fund.



1. Is the book of Philemon in the Old or New Testament or neither?
2. From Exodus 28, who was the first person given priestly robes to wear? Aaron, Abraham, Adam, Abel
3. Whose two sisters were Mary and Martha? Andrew, David, Thomas, Lazarus

4. From Deuteronomy 33, to whom did Moses give a blessing? Micah, Children of Israel, Joshua, Ruth
  5. What did the people of Lystra call Barnabas? Pluto, Saturn, Jupiter, Mars
  6. From 2 Kings, who drove like a madman? Jehu, Ahab, Ben-Hur, Zimri
- Answers on bottom of Page 13  
Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from TouchPointPress.com

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## Kitchen Diva Game Day Goodies

by ANGELA SHELF MEDEARIS

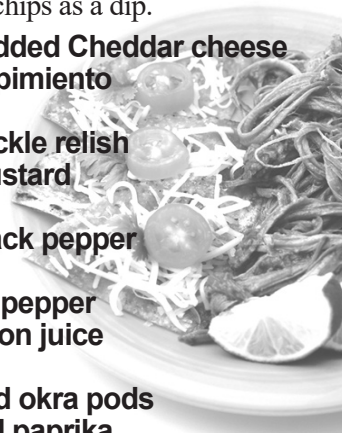
For the past few years, we've gone to our friends' home to watch the Super Bowl. Since they live an hour away, I like to take along snacks that are simple to make, travel well, and best of all, are easy for guests to serve themselves. The cheering, jeering and excitement can create a hearty appetite, and no one wants to miss a minute of the game while grabbing something to eat. These mini appetizers will satisfy the biggest football fans without taking the host or hostess away from the game.

My game-day goodies can be cooked ahead of time and kept warm in a crockpot or an electric skillet set on low, or prepared and served cold or at room temperature. Complete your football buffet table with a large bowl of salad and a platter of raw veggies and bottles of salad dressing that can also serve as dips. You'll be voted MVC (Most Valuable Chef) at your Super Bowl party with these delicious dishes!

### PIMENTO CHEESE STUFFED PICKLED OKRA

Make a double batch of this delicious pimento cheese. Use some to stuff the pickled okra, and serve the rest in a bowl with crackers and chips as a dip.

- 4 cups (1 pound) shredded Cheddar cheese
- 1 (7 ounces) jar diced pimiento
- 1/2 cup mayonnaise
- 1 tablespoon sweet pickle relish
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 garlic clove, minced
- 1/8 teaspoon cayenne pepper
- 2 teaspoons fresh lemon juice
- 2 dashes of hot sauce
- 1 (14-ounce) jar pickled okra pods
- 2 tablespoons smoked paprika



1. Stir together shredded Cheddar cheese, pimiento, mayonnaise, pickle relish, Dijon mustard, salt, black pepper, garlic, cayenne pepper, lemon juice and hot sauce.
2. Cut desired amount of pickled okra pods in half lengthwise. Gently scoop out seeds. Spoon pimento cheese into okra halves. Garnish with paprika, if desired.

### MEXICAN SEAFOOD SALAD

To keep this unusual salad cold, place in a small bowl inside of a larger bowl filled with ice. Serve with tortilla chips and/or crackers.

- 1 pound popcorn shrimp, peeled, deveined and cooked
- 1/2 pound imitation crabmeat, chopped
- 3 plum tomatoes, diced
- 3 jalapeno peppers, seeded and diced
- 1 small sweet onion, diced
- 1 garlic clove, minced
- 1/2 cup fresh lime juice
- 1/4 cup extra-virgin olive oil
- 1/4 cup chili sauce
- 1/4 cup spicy tomato juice
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh cilantro
- 2 tablespoons hot sauce
- 2 tablespoons prepared horseradish
- 1 avocado, diced
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- Tortilla chips

1. Stir together first 13 ingredients in a bowl. Cover and chill 1 to 24 hours.
2. Then, stir in avocado; add salt and pepper to taste. Serve with tortilla chips.

### SLOW COOKER BEEF

Use this flavorful shredded beef as a nachos topping or slider filling. It's an easy way to provide an appetizer that guests can customize to their taste and serve themselves!

- 1 (3 pound) boneless beef chuck or rump roast
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons black pepper
- 1/4 teaspoon cayenne pepper
- 1 tablespoon steak sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon vegetable oil
- 1 large onion, sliced
- 1 (12 ounce) jar mild banana pepper rings
- 1 (15 ounce) can beef broth
- 3 garlic cloves, chopped

1. Season roast with salt, pepper, cayenne pepper, steak and Worcestershire sauce. Brown all sides of roast in hot oil in a large skillet over high heat. Place in a 6-quart slow cooker.
2. Add onion, banana pepper rings, beef broth and garlic. Cover and cook on LOW 6 to 8 hours or until meat shreds easily. Transfer to a cutting board, reserving liquid in slow cooker. Shred roast; return to slow cooker. Keep warm on LOW.

### Beef Nachos:

Keep the shredded beef in the slow cooker to keep warm. The heat from the beef will melt the cheese slightly on the nachos.

### Tortilla chips

- 1 (15 ounce) can pinto beans with jalapeño, drained and rinsed
- Tomatoes, chopped
- Onion, finely chopped
- Shredded Pepper Jack, Cheddar, Munster or Monterey Jack cheese
- Sliced avocados (sprinkled with lemon juice), medium or hot salsa, chopped cilantro, shredded coleslaw

Layer the chips, onion, beans and the warm beef. Sprinkle with the cheese and desired toppings.

### Beef Sliders:

Slider or dinner rolls, sliced length-wise.

1. Warm slider or dinner rolls, if desired. Place shredded beef and desired toppings on each slider. Serve immediately.

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