

AMHERST

United Methodist Church
 Pastor Les Rye
 Worship 8:15 a.m.
 Sunday School — Following
 Worship Service
 8.5 miles southwest of Luray off
 the Amherst Road

BUNKER HILL

Bunker Hill United Methodist Church
 Pastor Hannah Haggard
 Worship Service 9:15 a.m.
 7th and Elm Sts., Bunker Hill

Faith Fellowship Chapel
 Minister Fred Kirkpatrick
 Worship Service Mon., 7:30
 Bunker Hill

DORRANCE

First Lutheran Church
 Brenda Rodger, Pastor
 Worship Service 8:30 a.m.
 785-445-9119 • Dorrance

St. Joseph Catholic Church
 Father Tony Kulandaijesu
 Saturday Mass 6:00 p.m.
 Dorrance

GORHAM

Gorham Community Church
 Pastor Vicki Albrecht - Interim
 (A United Church of Christ)
 Sunday Worship 9:00 a.m.
 101 Clifford, Gorham
 • Everyone Welcome

St. Mary's Catholic Church
 Father Daryl Olmstead
 Sunday Mass 8 a.m.
 Gorham

LUCAS

Gloria Dei Lutheran Church,
 Lucas
 James Strasen, Interim minister
 Sunday School 10 a.m.
 Worship Service 11 a.m.

In Praise of Cheerfulness

"A happy heart makes the face cheerful, but heartache crushes the spirit."
 Proverbs 15:13 NIV

Cheerfulness, the tendency to feel and to be happy and positive is always preferable to its opposite, that gloomy sadness which keeps us looking downward and living in the mire and muck. Cheerfulness tends to raise our eyes to the blue skies and keeps us moving forward; sorrow and sadness tend to lower our gaze and look backward in regret and forward only in fear or anxiety over what tomorrow might bring. When problems arise, the cheerful person sees an interesting challenge or an exciting opportunity to grow. The gloomy pessimist sees only problems and more problems, and even positive events are viewed as potential difficulties. The cheerful person greets every new day as pregnant with possibilities whereas the gloomy pessimist sees it as full



of snares and entrapments designed to ruin everything. Some people are blessed with a naturally cheerful disposition and sadly some are burdened with its opposite, but all of us have some control over our outlook and can, with conscious effort and work, improve our outlook. We are wise to remember that we don't sing because we're happy; we're happy because we sing. If you're feeling gloomy, go out and take a walk in the sunshine. Skip around the block or climb a tree. Do something cheerful and you will soon find that you are cheerful. — Christopher Simon

LUCAS

United Methodist Church,
 Lucas
 Pastor Les Rye
 Worship 11 a.m.
 Sunday School 10 a.m.
 Bible Study 7 p.m. 2nd & 4th
 Wed.

LURAY

United Methodist Church,
 Luray
 Pastor Les Rye
 Worship 9:45 a.m.
 Sunday School — Following
 Worship Service
 Bible Study - 7 p.m. 1st & 3rd
 Wed.

MILBERGER

United Emmanuel Lutheran Church
 Lutheran Congregation in
 Mission for Christ (LCMC),
 Sunday School 9:30 a.m.
 Worship Service 10:45 a.m.

RUSSELL

Bible Baptist Church
 Pastor Dale Lane
 Traditional Sunday Service
 10:30 a.m.
 Discipleship Classes 6:30 p.m.
 Wednesday Bible Study 7 p.m.
 1421 N. Lincoln St., Russell

Calvary Chapel Assembly of God
 Pastor Jim Alexander
 Sunday Celebration—10:45
 a.m.
 Evening Fellowship—Wed., 6
 p.m.
 Young Adults Alpha Group -
 Fri., 6 p.m.
 6th and Ober Sts., Russell

Church of Christ
 Minister Richard Fobes
 Bible Class 10 a.m.
 Morning Worship Service 11
 a.m.
 29 N. Franklin St., Russell

First Congregational Church
 Pastor Ron Wedel
 Worship Service 11 a.m.
 Sunday School 9:15 - 10:15
 a.m.
 Monday Prayer and
 Bible Study 3:30 - 4:30 p.m.
 6th and Kansas Sts., Russell

RUSSELL

Otterbein Methodist Church
 Pastor Garry Bwalya
 Sunday School 9:30 a.m.
 Worship Service 10:45 a.m.
 Maple and Wisconsin Sts.,
 Russell

Second Baptist Church
 Rev. Ray Morris
 Sunday School 9:45 a.m.
 Worship Services 11 a.m.
 420 E. 9th St., Russell

St. John Lutheran Church
 Pastor Teri Sutherlin
 John Dumler, P.M.A.
 Saturdays 6 p.m. Worship
 (Casual Dress)
 Sunday Worship 8:15, 10:30am
 Sunday School 9:15 a.m.
 Child Care 10:30 a.m. Service
 (Sept.-May)
 www.stjohnrussell.com
 5th and Main Sts., Russell

St. Mary, Queen of Angels
 Father Daryl Olmstead
 Saturday 5:30 p.m.
 Sunday 10:00 a.m.
 Tuesday and Wednesday 5:30
 Thursday and Friday 7:30 a.m.

Trinity United Methodist Church
 Pastor Jean-Marc Mutwale
 Sunday School 8:45 a.m.
 Worship Service 9:30 a.m.
 Nursery provided
 at the 9:30 a.m. service
 http://russelltrinityumc.org
 2nd and Maple Sts., Russell

The Chapel of Hope
 Pastor Jordan Basye
 67 S. Culp St.
 Sun., 10:30 a.m.
 Youth Grades 7-12 1:30 p.m.
 Tues., Bible Study 5:30 p.m.
 Wed., Youth PK to 6 grades
 5 p.m.

The church schedules are sponsored by these businesses as a service to keep you informed of their events. Please tell them you appreciate their sponsorship.



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