

Church News

Crossroads Assembly of God Revival

Crossroads Assembly of God will be in revival May 4-7 with a different speaker nightly. Special music: Pastor Nathaniel Fugate and congregation welcomes all.

Also, there will be auction at the church Saturday, May 3rd, beginning at 2 p.m., with a variety of items.

Special Singing at Mt. Vernon Nazarene

There will be a Special Singing Sunday, May 4th at Mt. Vernon Church of the Nazarene, 40 Fair Street. The Tony Burke family will be singing an lunch will follow in the fellowship hall. Come join us for this special service.

Benefit Singing

Flat Rock Baptist Church will hold a Benefit Singing for the family of Eric Hasty on Friday, May 2, beginning at 6 p.m. Please join us.

Revival at Buffalo Baptist

Revival services will be held at Buffalo Baptist Church, 15 miles south on Hwy. 1249.3 miles north off Hwy. 1956. The Revival will be held May 5-7 at 7 o'clock nightly with Bro. Jerry Bullock and Bro. Tim Renner. Pastor Larry Proffitt and congregation welcome everyone.

Ladies Retreat 2003

Bride of Christ Ministries with The singing Byrds will hold a Ladies Retreat 2003 at the Red Barn Theater in

Renfro Valley May 30 and 31. Special Guest will be Dr. Carolina Curtis. Friday, May 30, services will be at 11 a.m. and 7 p.m. and Saturday at 10 a.m. and 2 p.m. Lunch will follow the Friday morning service. For additional retreat or motel information, call 859-834-3900 or 859-854-6582.

Please Notice

We are a small Baptist Church looking for a building where we can hold our worship services, preferably in the Laurel County area. If anyone knows of an old church building that is not being used, or any other suitable building, call 256-1572.

Nothing Give Away

The Rock of Ages Mission will have a clothing giveaway on Saturday, May 3 at the Brodhead Fairgrounds. The give away will start at 9 a.m. and run until 3 p.m. We had a great turn out when we did this two weeks ago.

If you would like to make a donation to the mission, cars will be placed during the give away. We have clothes of all styles and sizes. Just come on out and help yourself. No dealers please. For more info, call Kathy Bretz at 758-8346 or 758-4203.

Singing at Brindle Ridge Baptist

1 Voice will be singing Sunday evening, May 4th at Brindle Ridge Baptist Church in Mt. Vernon at 7:30 p.m. For more information, call 758-4174. Everyone welcome.

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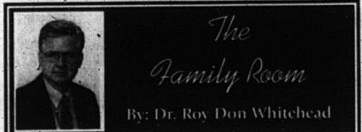
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By: Dr. Roy Don Whitehead

"He says he is going to leave me," Susan cried, "and I can't live without him. What will I do?" (Susan is not a real person.)

Hank occasionally threatened his girlfriend Susan that he would leave her. This usually came after an argument over something he wanted Susan to do for him. When she refused (which was not often), he told her he was leaving. Susan would then tearfully apologize and give in to his demands. For Hank this meant he could control Susan.

"How do you know you can't live without him?" Susan's counselor asked her. (Counselors tend to ask many questions.)

"Because I will die!" Susan exclaimed. "When I think he is going to leave, I get this knot in my stomach. My head hurts and I can't breathe."

These panic attacks won't go away until I have made up with him. I know that I cannot survive losing him!"

Because Susan had such a strong reaction to Hank's rejection, Hank was able to use this to control her. Whether he did it consciously or not is not the point. The point is that she lost all control of herself and her actions.

Susan's situation is not unusual. Many people so fear the loss of a relationship that they are willing to do almost anything to keep it.

Susan felt that the strength of her reaction indicated the depth of her love. "I must love him a lot, if I react that strongly," she told her counselor. "The feelings of love for him are so strong they overwhelm me. I have never loved anyone that much."

Susan is wrong. Her strong physical feelings are not an indication of love. They are an indication of an addiction to Hank that has roots all the way back in her childhood. Her own father was distant and manipulative.

She saw her mom give in to her father's demands over and over. She herself learned to try to please Daddy just to get his attention for a few minutes.

Now that she is a relationship with someone like her father, she has a strong, physical reaction.

Susan is caught in a cycle that is making her miserable. She is choosing men like her father and then trying to change them. Men like her father are distant and aloof and cannot fulfill her emotional needs. She must remake them in order to get those needs met. Unfortunately for her, this is an impossibility. She can-

not change them and then she is saddled with an unhappy relationship.

"That's a bunch of counselor nonsense," Susan objected when her counselor offered a similar explanation. "This is not about my father. It is about Hank. You have to help me figure out how to make him stay with me."

"It seems you want him more than he wants you," the counselor observed.

"That's not true!" Susan objected vehemently. "Hank loves me very much. It's just that sometimes he gets upset when I don't live up to his standards. He has high standards, you know. But he loves me just as much as I love him."

"Perhaps you need him more than he needs you," the counselor offered. "No!" Susan again disagreed. "He needs me to take care of him. He just doesn't always realize how much he needs me. I can make him very happy if he will just let me."

The ability to see ourselves as others see us is a valuable gift. Susan does not have that ability. She cannot see the truth about her relationship with Hank. Until she does, she will continue to be miserable.

Dr. Whitehead is a pastoral counselor in Somerset specializing in helping build healthy relationships. You may contact him at 679-4134 or 1-877-PASTOR-8.

VA Rep here May 6

You may be entitled to receive benefits from the Federal Veterans Administration that may include compensation for disease or injury received while in the service, pension for wartime veterans, survivor benefits or assistance with medical expenses.

Rockcastle County receives over 2 million dollars per year from veteran benefits.

The Kentucky Department of Veterans Affairs provides counseling and assistance to veterans and dependents in filing claims for state and federal veterans benefits. This is a service provided by the Commonwealth. There is no charge or fee of any kind.

A Veteran's Benefits Field Representative will be at the Rockcastle County Courthouse in Mt. Vernon on Tuesday, May 6th from 10 a.m. to 2 p.m. For further information, please call 1-877-773-7747 to speak with a veterans benefits field representative.

News Deadline is Noon Tuesday

Elliott honored for volunteer service

Robert Elliott, formerly of Rockcastle County, recently received the 2003 LOVE Award. This honor is awarded for outstanding service by FIRST-LINK of the Bluegrass. Robert was chosen from nominees from all over the Bluegrass Region.

In a ceremony at the Lexington Hyatt Regency Hotel, Robert was honored with a short slide show presentation about his paper recycling work at Beta Hospital. His sister, Kathy Bratcher, and hospital friends

accompanied him to the ceremony.

Robert oversees the hospital's recycling program Monday through Friday, an impressive accomplishment given the fact that he is legally blind. Robert also serves on the Hospital Auxiliary Board and was Volunteer of the Year in 1999. He encourages hospital staff and patients through his friendliness and desire to make other feel happy. He is an excellent role model for volunteers and hospital staff alike.

Soup Bean Supper

May 3rd • 4 p.m. to 7 p.m.

Livingston Fire Dept.'s new building

Soup Beans, Cornbread, Fried Potatoes

\$5 All U Can Eat

Sponsored by LVFD and LVFD Ladies Auxiliary

Poplar Grove Flower Shop

Large assortment of Memorial flowers to choose from. Reasonable prices.

Turn left off Hwy. 70 at Willalla Grocery and go one mile on Poplar Grove Rd.

Open Monday - Saturday 9 a.m. to 6 p.m. • Closed Sunday 758-9420

Attention Women!

You don't want to miss this exciting opportunity to learn more about faith and the Word.

Bring your mothers, daughters, and friends.

Opal's teachings will forever impact your life.

Mark your calendars today!!

Women of Faith Conference

Friday, May 9 • 7 p.m.

Crossroads Assembly of God

Brodhead, Ky. on Hwy. 150

Speaker: Opal Adams

"I have loved the Word of God since the very moment that the Holy Spirit lifted it off the pages of the Bible and quickened it in my own heart 24 years ago. At that moment, my life changed forever. I have never been able to quench the thirst that it ignited within me. To me, there is nothing more rewarding than seeing that inspired Word of God take root in the hearts of others, and transform their lives forever."

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For more information about InnoLet, please call 1-888-INNOLETS or visit www.innolet.com

Date: **Friday, May 2nd**

Time: **11 a.m. to 3 p.m.**

Location: **Mt. Vernon Drug**

Any change in insulin should be made cautiously and only under medical supervision.

Take your turn to learn about

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PUBLIC NOTICE

An ACT relating to the eligibility for high school diplomas.

Be it enacted by the General Assembly of the Commonwealth of Kentucky: Section 1.

KRS 158.140 Item #4

A local Board of Education shall award a high school diploma to a veteran who was discharged under honorable conditions and who was enrolled in, but did not complete, high school prior to being inducted into the United States Armed Forces during World War II or the Korean conflict as defined in KRS 40.010 or who served in Vietnam as defined in KRS 40.400.

For more information contact Rosamond Brown at Rockcastle County Schools 606/256-2125.