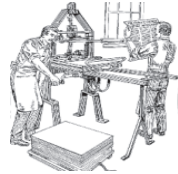


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St. Robert, MO 65584 Rolla, MO 65402**Self-Pity Is a Deep Pit***"Come to me, all you who
are weary and burdened, and
I will give you rest. Take my
yoke upon you and learn
from me, for I am gentle and
humble in heart, and you
will find rest for your souls.
For my yoke is easy and my
burden is light."*

— Matthew 11:28-30 NIV

We all indulge in self-pity from time to time. Sometimes it seems like we've been dealt a lousy hand. I recall a counselor once saying, as I was lamenting some problems I was having, "it's tough to be you," which seemed to actually give me license to pity myself even more. But what I think he was really saying was to not be so hard on myself. What I was suffering from was the tyranny of all the obligations I was placing on myself. And sometimes we do indeed feel sorry for ourselves because of all the obligations placed on us, by ourselves or others. Perhaps we need to learn how to say no to others, and change the "shoulds" to "coulds." That is, every time you find yourself saying "I should do x," switch it to "I could do x." So instead of saying "I should call my mother," why not instead say "I could call my mother"? That slight change of wording changes the whole tenor of how it feels. To get back to the morass of self-pity that we often find ourselves in, the problem with indulging self-pity is that it takes us down a rabbit-hole that can be hard to get out of. Sure, life is tough, but it's also beautiful, and full of opportunities. Thank God for the aspects of your life which make it hard; they are sometimes the very things that allow us to grow. —Christopher Simon

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News****KENNER CHURCH OF GOD**

We praise God for all His marvelous works! What a wonderful God we serve!

We began our time of prayer with praise reports. We have many reasons to praise God every day. And this week he gave us specific examples of His power and protection. We continue to pray for those in our communities that are ill, have lost loved ones, and are facing difficulties of all kinds. We pray for our nation that we would experience a revival and truly repent of the sin that abounds in our society. We are surely living in a time when evil is called good and good is called evil.

Pastor completed the sermon series on the signs that we are living in the season of the Lord's return. The sixth and most important sign is the emergence of Israel as a nation. All prophecy centers on Israel and we see that prophecy being fulfilled today. Each of the signs individually would not be an adequate indication but when seen together, we can be sure that it will not be long before we see Jesus return for His church. Mark your calendar for September 27. After worship we will enjoy a fellowship lunch and an afternoon movie.

We invite you to join us for Adult Sunday School at 10:00 and Worship at 11:00.

**New Missouri S&T history book.** (Submitted)Dr. Larry Gragg tells the story of Missouri University of Science and Technology from its founding in 1870 to today in a commemorative history book that will be available this fall for the university's 150th anniversary. Gragg is a Curators' Distinguished Teaching Professor emeritus of history and political science at Missouri S&T. His new book, *Forged in Gold: Missouri S&T's First 150 Years*, is the account of the campus's commitment to its land grant mission. The book details many stories of the campus, including scandals and pranks, influential faculty and staff, the roles Miners played in America's wars, athletics, and the Miners who have had an impact on the world.

In the 1870s, Rolla seemed an unlikely location for a new college, writes Gragg. There were only about 1,400 residents in a community with more saloons than houses of worship. There were no paved streets, sewers or water mains. To visitors, there seemed to be as many dogs, hogs, horses, ducks and geese as humans walking the dusty streets.

Yet, Rolla became the home of Missouri S&T. Over the years, the university evolved from a "country

academy" in 1871 to a technological research university. Despite two name changes and the growth of academic programming beyond mining and metallurgical engineering, graduates continue to identify with their school's heritage and proudly call themselves Miners.

Forged in Gold: Missouri S&T's First 150 Years is now available for a pre-order discount. Order at the-sandtstore.com by Thursday, Oct. 1, and receive \$10 off the regular retail price of \$49.99 and be automatically entered for random prize drawings. Books will begin shipping on Monday, Oct. 5. Orders will be shipped to the address provided at the time of pre-order. To make changes after submitting your pre-order form, contact the-sandtstore@mst.edu.

A book signing event will be held 9-11 a.m. Thursday, Oct. 8, in The S&T Store, located inside of the Havener Center on the Missouri S&T campus. Gragg will be at the event to sign copies of the book, which can be picked up from pre-order or purchased at the store. Face coverings that cover an individual's mouth and nose are required while in indoor public places at the university, including the Havener Cen-

ter and The S&T Store. Attendees are encouraged continue to take other protective measures to help stop the spread of germs including frequent hand washing and physical distancing.

Anyone who wants to hear more about the process and journey behind creating the book may sign up online at 150.mst.edu/forged-in-gold for updates about upcoming book signing opportunities where Gragg will talk about the work, read selected passages and sign

your copy.

**About Missouri University of
Science and Technology**

Founded in 1870 as the University of Missouri School of Mines and Metallurgy, Missouri University of Science and Technology (Missouri S&T) is a STEM-focused research university of more than 8,000 students and part of the four-campus University of Missouri System. Located in Rolla, Missouri S&T offers 99 different degree programs in 40 areas of study, includ-

ing engineering, the sciences, business and information technology education, the humanities, and the liberal arts. Missouri S&T is known globally and is highly ranked for providing a high return on tuition investment, exceptional career opportunities for graduates, and an emphasis on applied, hands-on learning through student design teams and cooperative education and internship opportunities. For more information about Missouri S&T, visit www.mst.edu.**100% of WCC nursing students pass state exam on first try****The Practical Nursing Department at the Waynesville Career Center holds summer graduation in June 2020.** (Submitted)

For the second year in a row, students in the Practical Nursing Department at the Waynesville Career Center had a perfect 100% pass rate on the students' first attempt on the licensed practical nursing exam offered through the Missouri Division of Professional Registration.

"This is a huge accomplishment and the first time this has happened in school history," said Dr. Traci

Pattison, director of the career center. "We are very proud of the work this department continues to do to prepare our future nurses."

During part of the school year, the 25 LPNs participated in virtual learning, due to COVID-19.

"What makes this year's accomplishment even more impressive is that our nursing students accomplished this amidst the disruptions

of a pandemic," said Dr. Brian Henry, superintendent. "I am proud of our students, their families and the instructors."

The practical nursing program is an adult education program offered at the Waynesville Career Center. For more information about adult career and technical education programs, please call 573-842-2500.

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