OPINION

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Sherry Brown

ENCOURAGEMENT THAT TAKES YOU HIGHER

Bible Verse Text

This story was taken from guideposts.org

By Beth Pottle

The Bible Verse Text That Gave Her Strength.

She traveled to a remote area with no reception to compete in relay race—did she have the willpower to finish?

I was at a Native American reservation in California, two hours from the nearest big city.

A desert landscape of scrub brush and rocky slopes extended in all directions.

I was here to run. And I was pretty intimidated.

It was November 2019, and I had just arrived at the Ragnar Los Coyotes trail relay race. The annual race is a grueling multiday relay through the rugged beauty of Los Coyotes Indian Reservation in San Diego County.

More than 200 runners were here, camped out in a small city of tents. I knew no one.

Everyone looked way younger—and fitter—than I was.

My husband, Tom, thought I was nuts when I signed up.

"Let me get this straight," he said. "You're going to fly from North Carolina to California, meet up with total strangers, drive two hours into the mountains where cell phones don't work and there's no running water. Then you're going to camp with those strangers while competing in a multiday relay race?"

Now I was asking myself the very same question. I gazed at the sleek, toned athletes setting up their tents and chatting about past trail races they'd run.

I was 58, a former teacher and stay-at-home mom of two grown kids. I'd been a recreational runner for years; I'd even competed in races. But I'd never run a trail race in my life.

Nothing like this. Some runners travel around the world to compete in big-name marathons or off road races in spectacular locations. Not me. Family came first.

The previous year, Kate, our The younger daughter, had gone off to college. Suddenly I was free to try a bigger adventure. When an online moms' running group advertised this rugged race on the other side of the country, I jumped at it.

My training would be considered a joke by the elite runners here. There are no big hills in my North Carolina town. If I wanted to run up a hill, I'd have to go to a parking garage.

Neighbors watched and wondered as I slogged through two runs a day in the August heat. One pulled up beside me in her car and asked if I wanted to sign up for a text message group she hosted that sent daily Bible verses to members' phones.

"Sure!" I said. I needed all the encouragement I could get.

Like right now. I felt alone in this remote landscape. I couldn't even call Tom or the girls.

There was no cell service.

I joined my relay team. We were eight women from around the United States selected by the moms' running group. I was the oldest by far.

We gathered around the tent where we'd sleep during the race. We talked about the course, three loops of increasing difficulty with a total elevation change of nearly 4,000 feet.

Each member of the team had to take turns running each loop. It would take more than 24 hours for everyone to complete the entire course.

Ping!

We looked around. The sound came from my cell phone.

"Did you just get a text?" one of my teammates asked.

"I did," I said, puzzled.

I was even more puzzled when I read the message. It was a Bible verse. From Isaiah, chapter 41: "So do not fear, for I am with you; do not be dismayed, for I am your God. I be will strengthen you and help you; I will uphold you with my righteous right hand.

"It was my neighbor's Bible verse group text. How did it show up on my phone? It was evening; she usually sent the texts in the morning. And there was no reception here.

"It's a Bible verse," I said.

"Let's hear it," someone said.

I read the words aloud.

"Now that is something to think about," another teammate said.

"Five minutes to start!" our team leader cried. The discussion ended, and we scrambled to gather our things and head to the starting line.

I was runner number five on the team. It was getting dark when I began laboring up the rocky trails of the first loop. I had to walk and grab tree branches to haul myself up the steepest slopes. What if I fell? My headlamp slipped. I kept running.

First loop.

Second loop.

I tried to nap in the tent until the final, toughest loop. Day was breaking as I set out. Oh boy, the first two loops had been a warm-up by comparison. Almost immediately I had to walk, too discouraged to run up trails that seemed almost vertical.

Runners passed on either side. My lungs burned. I wanted to stop.

"Left foot, right foot," a runner chanted as he zipped by.

I stopped and caught my breath. The verse from Isaiah sounded in my head: I will strengthen you and help you. I wasn't alone; God was with me. I can do this, I told myself. All I had to do was move my left foot, then my right foot.

I got going again and picked up speed. I pushed onward. All of a sudden, I heard cheering ahead. My teammates were hooting and clapping as I crossed the finish line.

We waited for three more runners on our team to finish. As the last one approached, we ran onto the course and joined her across the finish line.

We hugged each other, our dusty faces streaked with tears. We took photos with our medals, packed up our campsite and headed for San Diego.

As soon as my team members and I got back in cell range, all of our phones started buzzing. Mine lit up with multiple texts from Tom and the girls, asking how the race was going and sending me encouragement.

None of those texts had made it through.

Only one did. The one I'd needed the most.

BREAD OF LIFE

II Timothy 4:12 Yea and all that will live Godly in Christ Jesus shall suffer persecution. Matthew 5:10 Blessed are they which are persecuted for righteousness sake for theirs is the Kingdom of Heaven. 11 Blessed are ye when men shall revile you and persecute you and shall say all manner of evil against you falsely for my sake 12 Rejoice and be exceedingly glad for great is your reward in Heaven. For so persecuted they the prophets which were before you Matthew 5:44 But I say unto you, Love your enemies, Bless them that curse you, do good to them that hate you and pray for them which despitefully use you and persecute you. Romans 12:19 Dearly Beloved avenge not yourselves but rather give place unto wrath, for it is written, Vengeance is mine: I will repay saith the Lord. Romans 13:4 For he is the minister of God to thee for good, but if thou do that which is evil, be afraid for he beareth not the sword in vain, for hs is the minister of God, a Revenger to execute wrath upon him that doeth evil. Revelation 22:20 He which testifieth these things saith surely I come quickly, Amen. Even so come Lord Jesus 21 The grace of our Lord Jesus Christ be with you all, Amen. Satan is the father of all liars.

TRUST, BELIEVE & OBEY GOD'S WILL

Verse of the Week

Revelation 1:3 Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand. KJV.

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Robertson County General Election Sample Ballot

PURSUANT TO KRS 424.290, "MATTERS REQUIRED TO BE PUBLISHED," THE FOLLOWING RACES AND QUESTION WILL APPEAR ON THE VOTING MACHINES AND PAPER BALLOTS IN THE PRECINCTS LISTED IN ROBERTSON COUNTY FOR THE GENERAL ELECTION, NOVEMBER 3, 2026.

STRAIGHT PARTY
- Republican Party
- Democratic Party
- Kentucky Party
- Libertarian Party

UNITED STATES SENATOR (Vote for One)
- Andy BARR, Republican Party
- Charles BOOKER, Democratic Party
- Christopher CAMPBELL, Kentucky Party
- Write-in

UNITED STATES REPRESENTATIVE in CONGRESS, 4th Congressional District (Vote for One)
- Ed GALLREIN, Republican Party
- Melissa Claire STRANGE, Democratic Party
- Jeremy TODD, Libertarian Party
- Write-in

STATE REPRESENTATIVE, 70th Representative District (Vote for One)
- Mike FISHER, Republican Party
- Charlotte HARRIS, Democratic Party
- Write-in

PROPERTY VALUATION ADMINISTRATOR (Vote for One)
- Annette LOVINS, Democratic Party
- Write-in

COUNTY JUDGE/EXECUTIVE (Vote for One)
- Valerie Grigson MILEY, Republican Party
- Write-in

COUNTY ATTORNEY (Vote for One)
- Jesse P. MELCHER, Democratic Party
- Write-in

COUNTY CLERK (Vote for One)
- Joanie JOLLY, Democratic Party
- Write-in

SHERIFF (Vote for One)
- Kenneth "Kenny" BROCKMAN, Republican Party
- Stanley HENDERSON, Democratic Party
- Write-in

ALL PRECINCTS

JAILER (Vote for One)
- Christopher COOPER, Republican Party
- Brandi Fite PURCELL, Democratic Party
- Write-in

CORONER (Vote for One)
- Amy E. COX, Democratic Party
- Write-in

COUNTY SURVEYOR (Vote for One)
- Write-in

ALL PRECINCTS

MAGISTRATE, 1st Magisterial District (Vote for One)
- Greg KING, Republican Party
- Rita GODDARD, Democratic Party
- Write-in

CONSTABLE, 1st Magisterial District (Vote for One)
- Write-in

MOUNT OLIVET #1

MAGISTRATE, 2nd Magisterial District (Vote for One)
- Benny Ray RENNER, Republican Party
- Kristen Gifford FRYMAN, Democratic Party
- Write-in

CONSTABLE, 2nd Magisterial District (Vote for One)
- Write-in

PINHOOK DIST. #2

MAGISTRATE, 3rd Magisterial District (Vote for One)
- Jenny Jones COURTNEY, Democratic Party
- Write-in

CONSTABLE, 3rd Magisterial District (Vote for One)
- Write-in

KENTONTOWN

MAGISTRATE, 4th Magisterial District (Vote for One)
- Troy MARTIN, Democratic Party
- Write-in

CONSTABLE, 4th Magisterial District (Vote for One)
- Write-in

BURIKA

MAGISTRATE, 5th Magisterial District (Vote for One)
- Jeremy MESSER, Republican Party
- Billy STITT, Democratic Party
- Write-in

CONSTABLE, 5th Magisterial District (Vote for One)
- Write-in

MOUNT OLIVET DIST #5

NONPARTISAN JUDICIAL BALLOT (Vote for One in Each Division)

CIRCUIT JUDGE, 18th Judicial Circuit, 1st Division (Unexpired Term) (Vote for One)
- William "Joey" VERAX IV.
- Write-in

DISTRICT JUDGE, 18th Judicial District (Vote for One)
- Gregory E. J. COULSON
- Brian T. CANUPP
- Write-in

ALL PRECINCTS

NONPARTISAN "SCHOOL CANDIDATES"

MEMBER BOARD of EDUCATION, 2nd Educational District (Vote for One)
- Kaci MITCHELL
- Write-in

PINHOOK DIST. #2

MEMBER BOARD of EDUCATION, 3rd Educational District (Vote for One)
- Brenton SLUSHER
- Liz WHITE
- Write-in

KENTONTOWN

NONPARTISAN CITY BALLOT

MAYOR, City of Mt. Olivet (Vote for One)
- Jennifer WHALEN
- Stephanie A. HOLBROOK
- Write-in

CITY COUNCIL, City of Mt. Olivet (Vote for up to Six)
- Brandon "B' Dog" BURDEN
- Brooklynn ALLEN
- Cheyenne DOYLE
- Marcheeta EUBANKS
- Haley BURNS
- Write-in

PART OF MOUNT OLIVET #1

CONSTITUTIONAL AMENDMENT 1

Are you in favor of limiting a Governor's ability to grant pardons or commute sentences by prohibiting him or her from granting pardons or commuting sentences during the time period beginning 60 days prior to the general election at which the Governor is elected, and ending when the Governor is sworn in for that term by amending the Constitution of Kentucky as stated below?

It is proposed that Section 77 of the Constitution of Kentucky be amended to read as follows:

(1) The Governor shall have power to:
(a) Remit fines and forfeitures; and
(b) Commute sentences and grant reprieves and pardons, except:
1. In case of impeachment; or
2. For the period beginning sixty days prior to the date of the gubernatorial election and ending the fifth Tuesday succeeding the election.
(2) The Governor shall file with each application therefor a statement of the reasons for his or her decision thereon, which application and statement shall always be open to public inspection.
(3) In cases of treason, the Governor shall have power to grant reprieves until the end of the next session of the General Assembly, in which the power of pardoning shall be vested; but he or she shall have no power to remit the fees of the Clerk, Sheriff, or Commonwealth's Attorney in penal or criminal cases.

- YES
- NO

ALL PRECINCTS

RETIREMENT

ARE YOU RETIRING OR HAVE YOU RETIRED?

WANT TO ROLL OVER YOUR IRA OR 401K AND PAY NO TAXES OR DO YOU HAVE FUNDS THAT ARE NOT WORKING FOR YOU?

DO YOU NEED AN INCOME WITHOUT TOUCHING THE PRINCIPLE?

BE THE BOSS OF YOUR RETIREMENT, PUT YOUR MONEY TO WORK FOR YOU WITH UP TO 8% INTEREST!

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CELL: **859-948-4376**

EMAIL: ***gatesjimmie@yahoo.com***

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INTEREST BUSTER!!!**

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