



**ABLED EVENTS**

ABLED events help staff integrate our participants into the community. Community Integration is a habilitative service which encourages personal choice, builds adaptive skills and provides opportunities to connect, interact and socialization through various activities in the community. Last quarter ALBED offered the following events free of charge to participants and staff!

PAST EVENTS	
10/5/2022	Omaha Zoo
10/12/2022	Pearson's Pumpkin Place
10/20/2022	Roca Berry Farm
11/5/2022	Reptile Expo
11/7/2022	Casting Crown Concert
11/10/2022	Thanksgiving Soup Cookoff
11/15/2022	Movie Day
11/21/2022	Round 1 Bowling
12/8/2022	Holiday Bingo
12/13/2022	Scavenger Hunt
12/27/2022	Movie Day

We hope you will join us at the upcoming events. Guardian's welcome!

UPCOMING EVENTS	
1/13/2023	Prehistoric Putt Putt Golf
1/16/2023	Madsen's Bowling
1/31/2023	Movie Day

*Thank You* for joining us in our mission!  
 "Serving Jesus Christ by enabling people with developmental disabilities to creatively explore and live full meaningful lives in their communities"

**ABLED, INC.**  
 7562 UPTON GREY LN  
 LINCOLN NE 68516  
 402-904-7433  
 WWW.ABLEDINC.COM

**DAVID D. TAGART**  
 President, CEO  
 402-202-2284  
 dtagart@gmail.com

**LINDA TAGART**  
 EVP Administration  
 402-202-6768  
 ltagart62@gmail.com

**PIERRE ALLEN**  
 EVP Operations  
 402-417-2613  
 pierreallensr@gmail.com

**CORALIE LANG**  
 EVP Compliance  
 402-310-8907  
 coralielang71@gmail.com

**CHERYL LITTLE**  
 Payroll & Benefits Manager  
 402-450-7959  
 clittle091@gmail.com

**MAKAELA URBANOVSKY**  
 Program Coordinator

**ADAM TAGART**  
 Administrative Assistant

**PAIGE STYSKAL**  
 Administrative Assistant

**FEEDBACK**

We want to make ABLED the best agency. Please use the link at the top of this email to let us know how we're doing and provide suggestions. Your survey comments are anonymous, unless you choose to submit your name.

You may also contact us by phone, email, mail or on our website at [www.abledinc.com](http://www.abledinc.com).



**PEOPLE'S CITY  
MISSION** | EST. 1907

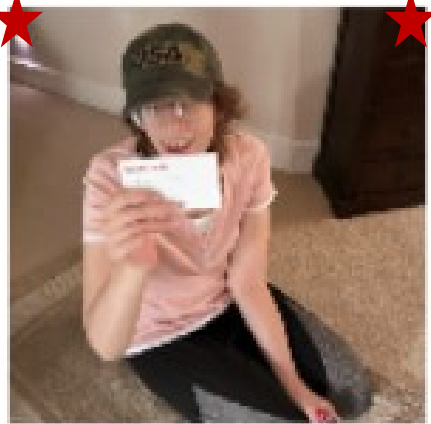
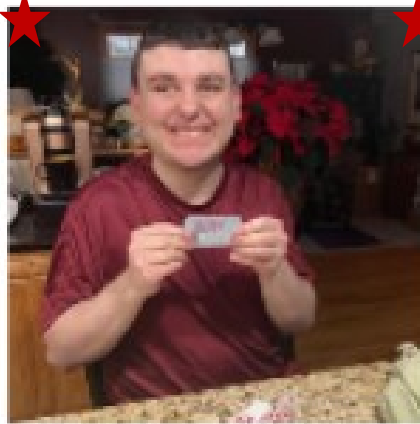
**CELEBRATION:** Ryan had a vision to collect food donations for the People's City Mission and saw his goal all the way through to the end!

November: Idea  
December: Food Drive  
January: Donation Drop Off



**CELEBRATION:** Derek took a vacation sightseeing from Nebraska through Missouri, Arkansas, Tennessee & Alabama with a final destination to Florida. He went to Gulf World - kissed a sea lion and petted a stingray!

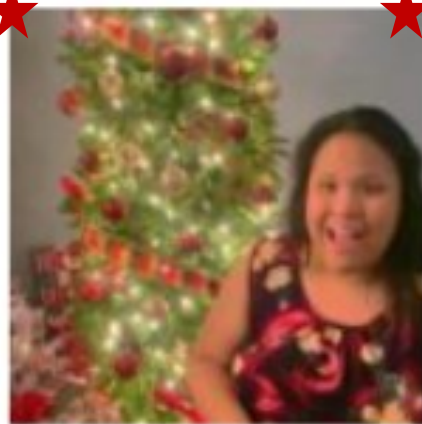




Christmas + ABLE  
Gift Cards For All =  
Shopping!



Cookies  
Decorations  
Santa &  
Window  
Shopping





# Foodnet

**Tummy fill, not landfill**

Foodnet is a group of volunteers from many different churches and other non-profit organizations trying to stop the waste of food and provide for those in need. They collect food from donors for distribution at their sites around the Lincoln area each day. They provide mostly perishable

foods such as fruits, vegetables, dairy products, bread, etc. These are items not usually found at a dry goods food pantry, but are still in demand.

Distribution of food through Foodnet is made possible by the Bill Emerson Good Samaritan Food Donation Act: an act of Congress that encourages the donation of food and grocery products to non-profit organizations for distribution to needy individuals, backed by the full force and effect of the law.

## SUNDAY

**11:30 am** – College View Church • 4801 Prescott  
**3:00 pm** – Barnabas Community Center • 931 Saunders  
**3:00 pm** – Allon Chapel @ Good Neighbor • 26th & Y

## MONDAY

**11:00 am** – Calvary Lutheran Church • 2788 Franklin St  
**4:30 pm** – Denton Community Center • Denton, NE

## TUESDAY

**4:30 pm** – Church of Christ • 3110 N 1st St  
**4:30 pm** – Havelock United Methodist • 4140 N 60th

## WEDNESDAY

**5:00 pm** – Cristo Rey Catholic • 4221 J St  
**5:30 pm** – Southpointe Christian Church • 7010 Helen Witt Dr

## THURSDAY

**5:00 pm** – Seward United Methodist • 1400 N 5th St • Seward, NE  
**5:00 pm** – First Mennonite Church • 7300 Holdrege St  
**5:30 pm** – Neighborhood Church • 1302 F St

## FRIDAY

**10:30 am** – Citylight Lincoln • 29th & O  
**11:00 am** – Grace Chapel • 1345 S 16th St  
**5:30 pm** – Milford United Methodist Church • 610 2nd St • Milford, NE

## SATURDAY

**9:15 am** – Zion Church • 5511 S 27th St  
**11:30 am** – St. Mary's Catholic • 14th & K St  
**1:00 pm** – Wanek's Community Center • 14th & Main – Crete, NE

If you would like to shop, donate, or volunteer, please contact them at:

402-416-6197



*You Are  
Strong!*

*You Are  
Beautiful!*

*You Are  
Worth It!*



[ Share Photos—Enter a Drawing ]



# Does God Have Emotions?

There are numerous passages of Scripture that speak of God's emotions. For example, God demonstrates the following: Anger, Compassion, Grief, Love, Hate, Jealousy, Joy. He is a personal God with a mind, emotions, and a will of His own. To deny God's emotions is to deny that He possesses personality.

The fact of human emotion is one proof that God has emotions, as well, for He created us in His image. Humans respond to things in this world physically, of course, but we also respond spiritually—our *souls* react, and this is what we call "emotion." Another proof is the Incarnation. As the Son of God in this world, Jesus was not emotionless. He felt what we feel. Through it all, He revealed the Father to us.

*"Jesus wept."* (John 11:35)

*"My soul is very sorrowful, even to death."* (Matthew 26:38)

*"He saw a great crowd, and He had compassion on them."* (Mark 6:34)

However, are God's emotions the same kind of emotions we humans exhibit? We recognize that the demonstration of emotions does not alter the immutability or permanence of God's will or His promises. In other words, God does not change. God's responses to good and evil come from His same immutable will. God wills to judge and punish the sinner in order to bring about justice and, correspondingly, to bring the sinner to repentance because He desires that all men be saved. We've come to know and relate to God as a feeling Person, one who loves and hates, grieves and laughs, feels anger and compassion. All of God's emotions are rooted in His holy nature and are always expressed sinlessly.

Sometimes our emotions are grounded in truth, and sometimes they are "false" in that they are based upon false premises. For example, if we falsely believe that God is not in control of the circumstances of our lives, we may experience the emotions of fear or despair or anger based on that false belief. Regardless, emotions are powerful and real to the one feeling them. And emotions can be helpful indicators of what is going on in our hearts.

Our emotions, like our minds and bodies, are influenced greatly by the fall of mankind into sin. In other words, our emotions are tainted by our sin nature, and that is why they need controlling. The Bible tells us we are to be controlled by the Holy Spirit (Romans 6; Ephesians 5:15–18; 1 Peter 5:6–11), not by our emotions. If we recognize our emotions and bring them to God, we can then submit our hearts to Him and allow Him to do His work in our hearts and direct our actions.

God has emotions and understands ours. He loves us!! He is seeking a relationship with us right where we are. He sent His only Son to die for our sins so that whoever believes in Him will have eternal life (John 3:16). He wants all people to be saved.

*"This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all people. This has now been witnessed to at the proper time."* 1 Timothy 2:3-6

Check out [www.gotquestions.com](http://www.gotquestions.com) for more information.