

## HIGHLIGHTS

### Divine Service focuses on belief

LA GRANDE — The sermon at Faith Lutheran in La Grande on Sunday will be based on Mark 9:14-29. In these verses a father intercedes for his afflicted child. Jesus guides the man to have faith in him. He responds, "I believe; help my unbelief!" There are many vices that challenge our belief in the true God, and we all need help to be faithful. The Divine Service will be at 10 a.m. and a Church Council meeting will follow.

### Registration for women's retreat still open

LA GRANDE — Pastor Ray Smith will speak on Sunday about having faith while waiting on God at the

La Grande First Christian Church (Disciples of Christ). His message, "I Just Can't Wait," will come from 1 Corinthians 1:1-9. Worship will begin at 10 a.m.

Cove Christian Camp's Fall Women's Retreat will be Sept. 21 and 22. There is still time to register at the church. You can also get a form from [covechristiancamp.org](http://covechristiancamp.org).

### Evening Bible study held Monday in Elgin

LA GRANDE — Zion Lutheran in La Grande will worship Sunday with Pastor Colleen Nelson at 9:30 a.m. The theme will be "Jesus Doesn't Give Us What We Want." After the service will be a time of fellowship and coffee followed by Adult Forum.

Evening Bible study will

be held at 7 p.m. on Monday at Ruth Zemke's house, 480 Esther Ave., in Imbler. Quilters will meet at 9 a.m. on Tuesday.

### Sermon examines religious leaders

LA GRANDE — The account of Jesus in the Bible reveals insight into the minds and motives of the religious leaders of his day. How could these "godly" leaders get it so wrong that they plotted and executed their creator and messiah who lived among them and gave them evidence of his divinity and mission?

Pastor Mike invites the community to worship Saturday at La Grande's Seventh-day Adventist Church at 11 a.m. and hear his sermon, "They Plotted to Kill Him."

### Nazarene Church hosts free country gospel concert

LA GRANDE — The La Grande Church of the Nazarene offers Sunday school at 9:15 a.m. and a worship service at 10:30. This week, Pastor Al Mortimer will bring a message from Ephesians 6:10-20: "The Armor of God, Part 1 — The Belt of Truth."

Sunday evening, the community is invited to a free country gospel concert with Bruce and Betty Moses from Buckeye, Arizona. The concert begins at 7 p.m.

### 'Friend Day' followed by revival preaching

SUMMERVILLE — The Summerville Baptist Church will celebrate Friend Day this Sunday and will host four

### Observer seeks Spiritual Life submissions

The Observer is seeking comments from community members on spiritual matters. If you would like to share how you experience spirituality or have announcements or other news, email [news@lagrandeobserver.com](mailto:news@lagrandeobserver.com) or call Observer Editor Cherise Kaedchele at 541-963-3161. An ongoing monthly column is preferred but one-time submissions will also be considered. Columns are generally 500-600 words and should include a photo of the writer.

days of revival preaching with Evangelist David Sommerdorf. Sessions will be held at 9:45 a.m., 11 a.m. and 6 p.m. Sunday, and at 6:30 p.m. Monday through Wednesday.

### Pastor talks about 'Going and Staying'

LA GRANDE — The La Grande First Presbyterian Church will worship with Communion at 9:30

a.m. Sunday. Pastor Laura will share the message "Going and Staying." Fellowship time will follow the worship service.

The church is again hosting Community Fellowship Dinners on Wednesdays at 6 p.m. at the Presbyterian Friendship Center, across from the church. All are welcome. Suggested donation for the dinner is \$3.

# Walking in faith requires us to discipline our mind

As much as we would like to avoid worry and anxiety, these feelings are a normal part of our natural emotions. When I say "normal" I'm referring to the everyday aggravations and frustrations that are a part of this journey. Some people seem to be more controlled by these feelings than others, but we will all have our share of difficult times. I've thought about whether the world we live in today is more hectic and stressful than the times of our parents and grandparents, and it makes me wonder if it is the external circumstances that cause a person to be overwhelmed or the lack of internal peace? Even though the situations are different, ap-

prehension and panic would be the same for a caveman or a business executive. However, I'm also convinced that Christ never intended for us to be constantly stressed out to the point of living in discouragement and depression.

There have been many studies about the effects of stress, and it's now confirmed that constant worrying has a negative impact on our mental, physical and emotional well-being. Our creator is very much aware of how we are "wired," which is why he gives us many scriptures to help us understand how to deal with stress. God emphasizes the importance of trusting him throughout



**LIVING ON PURPOSE**  
DR. BILLY HOLLAND

the Bible because he knows that when we have faith in his power and ability, we can relax and enjoy the peace of knowing he is in control.

One of the most relevant passages about trusting God is found in Proverbs 3:5-6. "Trust in the Lord with all of your heart and do not lean on your own understanding. In all your ways acknowledge him, and he shall direct your paths." This sounds like a wonderful alternative instead of allowing ourselves to become twisted into knots, but it's not that

easy. Since worry comes from our mental imaginations, we must realize walking in faith will call for us to discipline our mind.

As the above scripture implies, trusting is a decision. Each person has a choice to ignore the Lord and worry themselves sick or to let it go and give it to God as a way of depending on him to take care of it. If we acknowledge the situation is beyond our ability to change, why would we believe that the one who has all the power in heaven and earth cannot give us a miracle? The Lord loves us and wants us to bring him our burdens and problems, but we must also believe that he

desires the best for our lives.

Worry is the opposite of faith, which means if we are worrying we are actually hindering this process and becoming our own worst enemy. Once we learn these spiritual principles, we can develop our faith and grow stronger in our confidence and relationship with him. Another important thing to remember is we do not need to micromanage God. When we turn our problems over to him, we can rest in peace. We do not need to know how he is going to solve the issue, or when he is going to do it. We just need to remind ourselves that he always knows exactly what to do. He wants us to trust in his love while we

are waiting for him to accomplish his perfect plan.

I want to leave you with two things to consider as you continue moving forward. Humility is not a common word these days, but it is very important when we are approaching the Almighty. There are many reasons for us to have a humble attitude and one of them is the realization that we are weak in our own power and there are times when we just cannot fix our own problems. Be honest with the Lord, tell him you desperately need him, and do not be ashamed or embarrassed to come before him in reverence and appreciation.

# "I'll Push You" follows 500-mile pilgrimage of two best friends, one in wheelchair and self-discovery

Observer staff

A free showing of the documentary "I'll Push You" will be shown at the Cook Memorial Library Community Room, 2006 Fourth St., La Grande, at 6 p.m. Sept. 28.

"I'll Push You" is a documentary about friendship and love, hope and sacrifice. It is a story that explores the dynamics of a lifelong friendship between two best friends from Ontario, Oregon, Justin

Skeesuc and Patrick Gray.

A progressive neuromuscular disease has slowly taken away Justin's ability to use his arms and legs. Nevertheless, he proposes the impossible to lifelong friend Patrick: a pilgrimage across the 500-mile trail known as El Camino de Santiago.

The Camino de Santiago is a pilgrimage route to Santiago de Compostela in northern Spain, the alleged

burial site of the Biblical apostle St. James. In the last 30 years, there has been a huge growth in the number of pilgrims traveling the route from France to Santiago de Compostela. Although originally known as a Catholic pilgrimage, the Camino now attracts people of all faiths and backgrounds. Letting go of the distractions of the world allows each pilgrim to embrace the beauty of the

Camino.

This 98-minute documentary covers the struggle of the 35-day wheelchair journey across mountains, deserts, hills and valleys and features perspectives from family and friends of Justin and Patrick. The parallel paths of Patrick's experience in Spain and Justin's life journey come together in a singular moment to reveal their similarities, when Patrick discovers he is both the pusher

and the pushed.

The story's beautiful cinematography is set to poignant music tracks that underscore the inspiring example of love and vulnerability on display. The 2014 trek captivated individuals around the world and was featured on several TV shows and other news programs.

The La Grande First Presbyterian Church invites you to come and learn about the

Camino and why it draws people from every walk of life and faith tradition as a journey of self-discovery. Follow Justin, Patrick, the filmmakers and their fellow pilgrims as they show how our lives depend on sacrifice not greed, vulnerability not security, community not isolation and love not fear.

For further information contact the library at 541-962-1339 or the First Presbyterian Church 541-963-5114.

 <h2>Northeast Oregon Directory of Churches</h2> <p>Services This Week</p> 				
<p><b>IMBLER CHRISTIAN CHURCH</b> 440 RUCKMAN, IMBLER 534-2201 <a href="http://www.imblerchristianchurch.org">www.imblerchristianchurch.org</a></p> <p><b>Sunday Services</b> 9:00 a.m. Sunday School 10:00 a.m. Worship Service</p>	<p><b>First Christian Church</b> (Disciples of Christ) 901 Penn Avenue 963-2623 <a href="mailto:lgdisciples@gmail.com">lgdisciples@gmail.com</a></p> <p><b>Worship 10:00 a.m.</b></p> <p>~Join us at The Lord's Table~</p>	<p><b>SUMMERVILLE BAPTIST CHURCH</b> A Church for All</p> <p>Sunday Services: Sunday School &amp; Adult Bible Classes 9:45 AM Children's Church &amp; Worship Service 11:00 AM Family Worship Service 6:00 PM</p> <p>Wednesday: Prayer Mtg, Children's Bible Club, Youth Group 7:00 PM</p> <p>A church for your whole family Visit us at <a href="http://summervillebaptistchurch.org">summervillebaptistchurch.org</a></p>	<p><b>Amazing Grace Fellowship</b> 1316 T St., La Grande, OR 541-568-4567 Sunday 10:30 a.m.</p> <p>2 Cor 12:9 My Grace is sufficient for you.</p> <p>IS 40:31</p>	<p><b>GRACE COMMUNITY LUTHERAN CHURCH</b> LCMC 667 N. Main in Union "We are called to Serve" Sunday School for all ages - 9:00 am Sunday Worship 10:00 am Pastor Carl Seehoff Phone: 541-786-0447 <a href="mailto:grace.lutherancove@gmail.com">grace.lutherancove@gmail.com</a></p>
<p><b>COVE UNITED METHODIST CHURCH</b> 1708 Jasper St., Cove, OR</p> <p><b>NORTH POWDER UNITED METHODIST CHURCH</b> 390 E. St., North Powder, OR</p> <p>JOIN US... <i>Catch the Spirit!</i> Worship: 9:00 a.m. Cove Worship: 10:00 a.m. N. Powder</p>	<p><b>ROMAN CATHOLIC CHURCH SERVICES</b> La Grande - Our Lady of the Valley 1002 L Avenue Saturday 5:30 pm Mass Sunday 10:00 am Mass Weekdays 8:00 am Mass</p> <p><b>Union - Sacred Heart</b> 340 South 10th Avenue Sunday 8:00 am Mass No Weekdays</p> <p><b>Elgin - Saint Mary's</b> 12th and Alder Sunday 12:30 pm Mass No Weekdays</p>	<p><b>VALLEY FELLOWSHIP</b> 963-0340 507 Palmer Ave (just east of city pool) Sunday Worship 10:02 am Come and share in a time of worship, prayer and the study of God's word with us. Worship includes communion on Sunday. <a href="http://www.valleyfellowship.church">www.valleyfellowship.church</a> Email: <a href="mailto:vfchurch2@gmail.com">vfchurch2@gmail.com</a></p>	<p><b>La Grande Nazarene Church of the Nazarene</b> 109 18th Street • 963-3402</p> <p>Sunday School 9:15 a.m. Sunday Worship 10:30 a.m.</p>	<p><b>LA GRANDE UNITED METHODIST CHURCH</b> "OPEN HEARTS, OPEN MINDS, OPEN DOORS" 1612 4th Street - 963-2498 Pastor Al Trachsel <a href="mailto:lgumc@con1.com">lgumc@con1.com</a> <a href="http://www.lgumchurch.org">www.lgumchurch.org</a> Office Hours: Mon-Thur 9am-Noon Worship 10:00 am Fellowship Coffee Hour 11:00 am -Nursery provided-</p>
<p>La Grande Seventh-day Adventist Church <i>A Place where hope is found in Jesus</i> Join us in Fellowship &amp; Worship Every Saturday 9:30 a.m. - Bible Study/Fellowship 10:45 a.m. - Worship Service 2702 Adams Avenue, La Grande • 963-4018 Pastor: Mike Armayor <a href="http://www.lagrande22adventistchurchconnect.org">www.lagrande22adventistchurchconnect.org</a> <i>Learning for Today and Eternity</i> Little Friends Christian Preschool/Childcare 963-6390 La Grande Adventist Christian School Christian Education K-8th Grade 963-6203</p>	<p><b>FIRST LANDMARK MISSIONARY BAPTIST CHURCH</b> 1812 1st St. La Grande Pastor Dave Tierce • 541-605-0215 We use the King James Version Bible Sunday School - 10:00 am Worship 11:00 am Sunday Evening Bible Study - 3:00 pm (Effective June 10) Wednesday Evening - 6:30 pm "Where you can find TRUTH according to the scriptures" <a href="http://www.flmbclagrande.com">www.flmbclagrande.com</a></p>	<p><b>Zion Lutheran Church</b> (an ELCA church) 902 Fourth Street, La Grande, OR (541) 963-5998</p> <p>9:30 am - Worship 10:30 am - Fellowship &amp; Refreshments 11:00 am - Classes Pastor: Rev. Colleen Nelson <a href="http://www.zionlagrande.org">www.zionlagrande.org</a></p>	<p><b>Union Baptist Church</b> 1531 S. Main St., Union 541-562-5531 <a href="http://www.unionbaptistoregon.org">www.unionbaptistoregon.org</a> Sunday School 9:45 am Morning Worship 11:00 am Sunday Night 6:30 pm Thursday AWANA 6:30 pm <i>Knowing, Loving and Proclaiming Jesus Christ</i></p>	<p><b>First Baptist Church</b></p> <p>SIXTH &amp; SPRING, LA GRANDE</p> <p>541-963-3911</p> <p>Sun. 8:45 AM - Bible Classes Sun. 10:00 AM - Worship Wed. 6:15 PM - AWANA</p>