

HIGHLIGHTS

The Great Commission is to make disciples

LA GRANDE — The Great Commission, which Jesus gave in the book of Matthew to make disciples by teaching and baptizing, is expanded on in the book of Revelation. This message will be the focus at La Grande's Seventh-day Adventist Church at the 11 a.m. Saturday service.

Sunday school on hold until Labor Day

LA GRANDE — Pastor Ray Smith's sermon, "Reformation of Faith," will be based on Galatians 2:11-21 Sunday at La Grande's First Christian Church (Disciples of Christ). Worship will begin at 10 a.m. There will be no

Sunday school again until Labor Day.

The church will be serving the last Koinonia House dinner of the Eastern Oregon University school year on Thursday.

Fast Sunday is June 2

LA GRANDE — The Sunday meetings at the Church of Jesus Christ of Latter-day Saints will consist of Sacrament meetings where members can share their testimony, followed by Sunday school classes where the prior two weeks of "Come Follow Me" lessons will be discussed.

The "Come Follow Me for Individuals & Families" lesson for June 2-9 is based on John 13-17. Visit [www.ChurchofJesusChrist.org/study/come-follow-me?lang=eng](http://www.ChurchofJesusChrist.org/study/come-follow-me?lang=eng) for details.

June 2 is Fast Sunday and members are encouraged to fast for two meals and donate the value of the meals to help the less fortunate.

Congregation engages in singing hymns and reading scriptures

COVE — The Cove United Methodist Church will begin its worship service at 9 a.m. Sunday. Diane Warnock will lead the congregation in a Hymn Sing during which scriptures will be read to accompany each hymn. Communion will be served. Fellowship with treats, coffee and juice will follow the service in the Fellowship Hall. Every Tuesday the church

hosts Cove's Fresh Alliance from 10 a.m. to 11 a.m., offering free perishable food to the community. The Cove Food Pantry is open at the church from 9 a.m. to 11 a.m. the fourth Saturday of the month.

Jesus prays for unity

LA GRANDE — The Sunday sermon at La Grande's Faith Lutheran Church will focus on Jesus' High Priestly Prayer from John 17 in which Jesus prays that his believers would all be "perfectly one." The Divine Service will be at 10 a.m. The First Sunday Potluck will be after the service, followed by an elders meeting.

June 8 will be Faith Lutheran's annual Benefit Yard Sale from 8 a.m. to 2 p.m. at the church.

Bible study continues on Thursdays at Urban Vine

UNION — The United Methodist and Grace Community churches of Union will meet at 10 a.m. Sunday to celebrate God's word. Pastor Carl's sermon title will be "Jesus Prays for All Believers." Adult Bible study will begin at 9 a.m. Fellowship will follow the service.

Thursday at 10 a.m. a study of heaven open to the community will continue at Urban Vine in Island City. Transportation is available for all church activities.

Fellowship follows service

LA GRANDE — Zion Lutheran Church in La Grande

will worship at 9 a.m. Sunday. A time of fellowship will follow.

Neighbors Together will meet at 5:30 p.m. Monday. On Tuesday, the Quilters will meet at 9 a.m. and a non-denominational Bible study will meet at 6:15 p.m.

God's grace never fails, says new pastor

LA GRANDE — This Sunday at the La Grande Church of the Nazarene, Sunday school is offered at 9:15 a.m. and the worship service begins at 10:30. The new pastor, Kevin Goss, will continue teaching from Romans 5:12-21 in which Paul speaks of the power of God's grace to meet the needs of life's situations and never fails us.

Our living souls deserve careful attention

Every day, it seems to me, I get messages from the media about what I must do to keep in the best of health. The advice has now been reduced to two points. I must (1) feed my body a proper diet — which means a diverse selection of fruits, vegetables, whole grains and nuts, along with limited sugar and other simple carbohydrates — and (2) exercise vigorously 30-60 minutes each day.

Our whole culture seems to have arrived at consensus on this. The words "diet and exercise" have become a mantra. So, at our house we have tried to take the recommendation seriously.

But what about that aspect of our beings we call the soul? Mankind is formed by our creator from the dust of the earth, the scriptures tell us, but so are the lions and hippos. However, for us the scriptures add, God breathed into that physical formation the breath of life and "man became a living soul."

Consequently, we do not accurately say: "I am a body and I have a soul," as though the body is the more significant aspect of our beings



JUST CALL ME PASTOR  
DONALD N. BASTIAN

and our soul a sort of attachment. Instead, it is better to say: "I am a soul, and that soul inhabits my body." In saying this, we acknowledge that as precious as our bodies are to God and to us, it is our indestructible spiritual natures that deserve our more careful attention if we must make a distinction.

How, then, is that soul to be kept in health? Just as I do for my body, I must (1) nourish it and (2) exercise it daily. With regard to nourishing my soul, here are helpful words written by J. I. Packer in his book "Knowing God": "There can be no spiritual health without doctrine." Doctrine means organized Christian teaching. So we must seek to grow continually in Christian understanding.

After speaking to the nourishment side of things, Dr. Packer calls us to the "exercise" side of caring for the soul by means of meditation. "Meditation," he writes, "is the activity of calling to mind, and thinking

over, and dwelling on, and applying to oneself the various things that one knows about the works and ways and purposes and promises of God."

Meditation, like gracious dining, takes time. It is often suggested that 30 minutes first thing in the morning is ideal. Just as the orchestra tunes its instruments before the concert, it is better to take time for meditation at the outset of the day, rather than after the day's "concert" has been played.

If we can't make the early morning work, then we must choose another time. A college student I counseled with years ago complained that she couldn't meditate and pray in the early morning hours because she still felt too drugged from sleep. I asked her how long she took for lunches. She was a very sociable person and replied that she usually took an hour and a half. I suggested she cut that time in half and slip away for a daily quiet time of Christian meditation. As the saying goes, "Where there's a will, there are twenty ways."

Meditation usually works best when it is a time for focusing on God, not our problems, and this can

be done when we set our reflections on his attributes — that is, those characteristics or features of God revealed in scripture. We seek to see him ever more clearly across our lifetimes.

For today, consider just one attribute and take time to meditate on it. Consider the omnipresence of our God — meaning he is present everywhere, even where you are at this moment.

What scripture better than Psalm 139 will take us into the wonder of God's omnipresence? Here, we learn that the God and father of our Lord Jesus Christ is familiar with all our activities (verse 3). He knows what I am about to say before I say it (verse 4). I was not hidden from his all-seeing eye even during my pre-birth existence (verse 15). All of this moves us to pray to be kept from any hidden wickedness, while at the same time being led in the ancient ways.

For more writings by Donald N. Bastian, bishop emeritus of the Free Methodist Church of North America, go to [justcallmepastor.wordpress.com](http://justcallmepastor.wordpress.com).

Words of the Buddha

Chalrigators regulate the rivers; fletchers straighten the arrow shaft; carpenters shape the wood; the wise control themselves. (Dhammapada 6.80)

Few among people are those who cross to the farther shore. The rest, the bulk of people, only run up and down the hither bank. But those who act according to the perfectly taught Dhamma will cross the realm of Death, so difficult to cross. (Dhammapada 6.85-86)

If one going down into a river, swollen and swiftly flowing, is carried away by the current — how can one help others across? (Sutta Nipata 2.321)

As a mother would risk her life to protect her child, her only child, even so should one cultivate a limitless heart with regard to all beings. (Sutta Nipata 1.149)

[www.pariyatti.com](http://www.pariyatti.com)

Northeast Oregon Directory of Churches

Services This Week

**IMBLER CHRISTIAN CHURCH**  
440 RUCKMAN, IMBLER 534-2201  
[www.imblerchristianchurch.org](http://www.imblerchristianchurch.org)

**Sunday Services**  
9:00 a.m. Sunday School  
10:00 a.m. Worship Service

**COVE UNITED METHODIST CHURCH**  
1708 Jasper St., Cove, OR

**NORTH POWDER UNITED METHODIST CHURCH**  
390 E. St., North Powder, OR

JOIN US... *Catch the Spirit!*  
Worship: 9:00 a.m. Cove  
Worship: 10:00 a.m. N. Powder

**La Grande Seventh-day Adventist Church**  
*A Place where hope is found in Jesus*  
Join us in Fellowship & 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  
[www.lagrande22adventistchurchconnect.org](http://www.lagrande22adventistchurchconnect.org)  
*Learning for Today and Eternity*  
**Little Friends**  
Christian Preschool/Childcare 963-6390  
**La Grande Adventist Christian School**  
Christian Education K-8th Grade 963-6203

**CALVARY CHAPEL**  
1433 Jefferson Ave.  
963-5884

Contemporary Worship  
Expositional Teaching

Sunday Service - 10:30 a.m.  
*Studying The Book of First Corinthians*  
Wednesday Service - 7:00 p.m.  
*Studying The Book of Revelation*  
Wednesday Night Youth - 6:00 p.m.

Tune in to Calvary Radio 88.1 CSN

**First Christian Church**  
*(Disciples of Christ)*  
901 Penn Avenue 963-2623  
[lgdisciples@gmail.com](mailto:lgdisciples@gmail.com)

**Worship**  
10:00 a.m.

~Join us at The Lord's Table~

**ROMAN CATHOLIC CHURCH SERVICES**  
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  
**Union - Sacred Heart**  
340 South 10th Avenue  
Sunday 8:00 am Mass  
No Weekdays  
**Elgin - Saint Mary's**  
12th and Alder  
Sunday 12:30 pm Mass  
No Weekdays

**FIRST LANDMARK MISSIONARY BAPTIST CHURCH**  
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"*  
[www.flmbclagrande.com](http://www.flmbclagrande.com)

**Amazing Grace Fellowship**  
1316 T St., La Grande, OR  
541-568-4567  
Sunday 10:30 a.m.

*2 Cor 12:9 My Grace is sufficient for you.*

*IS 40:31*

**SUMMERVILLE BAPTIST CHURCH**

Sunday Services:  
Sunday School & Adult Bible Classes 9:45AM  
Children's Church & Worship Service 11:00AM  
Family Worship Service 6:00PM

Wednesday:  
Prayer Mtg, Children's Bible Club, Youth Group 7:00PM

**A church for your whole family**  
Visit us at [summervillebaptistchurch.org](http://summervillebaptistchurch.org)

**VALLEY FELLOWSHIP**  
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.*  
[www.valleyfellowship.church](http://www.valleyfellowship.church)  
Email: [vfchurch2@gmail.com](mailto:vfchurch2@gmail.com)

**Zion Lutheran Church**  
*(an ELCA church)*  
902 Fourth Street, La Grande, OR (541) 963-5998

9:00 am - Worship  
10:00 am - Fellowship & Refreshments  
10:30 am - Classes  
Pastor:  
[www.zionlagrande.org](http://www.zionlagrande.org)

**GRACE COMMUNITY LUTHERAN CHURCH**  
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 Seelhoff  
Phone: 541-786-0447  
[grace.lutherancove@gmail.com](mailto:grace.lutherancove@gmail.com)

**CHURCH Service DIRECTORY**

**UNION BAPTIST CHURCH**  
1531 S. Main Street, Union 541-562-5531

[www.UnionBaptistOregon.org](http://www.UnionBaptistOregon.org)  
Sunday School 9:45 am  
Morning Worship 11:00 am  
Thursday AWANA 6:30 pm  
*Birthing, Building and Being the Body of Christ*

**LaGrande CHURCH OF THE NAZARENE**

109 18th Street • 963-3402

Sunday School 9:15 a.m.  
Sunday Worship 10:30 a.m.

**First Baptist Church**

SIXTH & SPRING, LA GRANDE

541-963-3911

Sun. 9:00 AM - Worship  
Sun. 10:30 AM - Exploring the Bible  
Wed. 6:15 PM - AWANA

**LA GRANDE UNITED METHODIST CHURCH**  
*"OPEN HEARTS, OPEN MINDS, OPEN DOORS"*  
1612 4th Street – 963-2498  
Pastor Al Trachsel  
[lgumc@eoni.com](mailto:lgumc@eoni.com)  
[www.lgumchurch.org](http://www.lgumchurch.org)  
Office Hours: Mon-Thur 9am-Noon  
**Worship 10:00 am**  
Fellowship Coffee Hour 11:00 am  
• Nursery provided •