

## HIGHLIGHTS

### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

LA GRANDE STAKE — On Sunday, the primary children of the Church of Jesus Christ of Latter-day Saints are encouraged to display a poster in their yard or window that depicts their favorite primary song. Families and individuals can then drive by these homes and try to guess the child's favorite song and share with each other what they think the song might be. Contact your primary

### Submissions

Churches and faith-based groups are encouraged to submit Highlights for the Spiritual Life page by 4 p.m. Tuesday for publication Thursday. Submit by email to [news@lagrandeobserver.com](mailto:news@lagrandeobserver.com) (with Highlights in the subject line).

leaders for more details. As we wait for the opportunity to gather for in-person worship services, perhaps through this activity we can each feel a portion of the joy of fellowship we dearly miss.

The "Come, Follow Me" lesson

for the week of June 29 to July 5 is based on Alma chapters 23-29 in the Book of Mormon. The lesson discusses why King Lamoni's people chose to bury their weapons of war and refused to fight the Lamanites, even when it

cost them their lives.

### ST. PETER'S EPISCOPAL CHURCH

LA GRANDE — St. Peter's Episcopal Church will not be holding in-person worship this Sunday, due to the COVID-19 pandemic. A link to an online worship for Sunday will be posted on St. Peter's Facebook page on Saturday. The congregation will not worship in person until at least the middle of July. To give an offering, mail it to St. Peter's at

P.O. Box 1001, La Grande 97850.

### ZION LUTHERAN CHURCH

LA GRANDE — Due to concerns about the spread of COVID-19, Zion Lutheran will not have in-person worship this Sunday and will not resume in-person worship until at least mid-July. Every Saturday, a link to an online worship service is posted on Zion's website and Facebook page. Offerings may be mailed to Zion at 902 Fourth St., La Grande 97850.

## An offer of holy listening in these changing times

By Colleen Nelson  
For the Observer

Sometimes you just need someone to talk to about what you are thinking as you contemplate your life and its direction.

There is something within each of us that desires to find meaning beyond the moment, to discover our true selves and to grow closer to the Divine and one another. These desires can be more acute during times of challenge and transition.

The practice of spiritual direction is a specialty within a number of faith traditions. Spiritual directors are specifically trained in the art of holy listening.

The spiritual director is a companion along the way who accompanies others on the journey of self-discovery and the discernment of the Divine's presence and call.

Spiritual Directors International describes spiritual directors this way: "Spiritual directors or companions support the unique spiritual journey of every individual."

They are welcoming and present with those they accompany, listening and responding without being judgmental. They are contemplative and honor silence as a spiritual practice. They are intuitive spiritual friends — accountable and compassionate, hospitable and open, loving yet independent.

Spiritual direction or companionship inspires people to experience authenticity in their lives as they connect with and explore the ground of all being, that deepest of truths which is beyond life and death and goes by many names, including God,

and no name at all."

How does it work? Spiritual directors meet with individuals in scheduled one-hour sessions, usually one time per month. Strict confidentiality is kept. No preparation is required except to reflect on the experiences of your daily life and to have an openness to explore your inner world. Spiritual directors invite you into a relationship of accompaniment whether you are in a faith community or not.

Several spiritual directors in La Grande would like to offer community members three free sessions as a gift of holy listening during these challenging times.

Due to social distancing, sessions will likely be conducted over the phone, ZOOM or other platforms. In-person sessions are an option with proper precautions.

**Colleen Nelson** is a Lutheran pastor with a master of divinity degree and a certificate in spirituality. She served in congregations for 30 years. Contact her at [revrnelson@gmail.com](mailto:revrnelson@gmail.com) or call/text 269-274-1365.

**Jo Dickson** has a bachelor's degree in English and philosophy and is a certified spiritual director pursuing seminary education. Contact her at [joandickson313@gmail.com](mailto:joandickson313@gmail.com) or call/text 541-219-0573.

**Laura Elly Hudson** is a certified spiritual director and has been co-pastor at First Presbyterian Church in La Grande for 10 years. Contact her at [ellyhudson@gmail.com](mailto:ellyhudson@gmail.com) or call/text 541-786-8281.

For more information on the art of spiritual direction, visit [www.sdiworld.org](http://www.sdiworld.org).

## Try this biblical exercise for enriching the Christian mind

Late in his life the Apostle Paul was a prisoner in Rome. While there he was allowed to engage his own dwelling but was chained to a guard by a short chain (Philippians 1:7, 13-14).

Remarkably, he did not let this break his connection with churches he had planted. One of them was the church at Philippi in Macedonia. His ancient letter to the Philippians still blesses the church universal to this day when it is read and studied.

Consider a short portion of the letter in which the apostle exhorts Christians to "Christianize" their minds further (Philippians 4:8-9).

He writes, in verse 8: "... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about those things." We can call this an exercise for enriching the Christian mind.

### Whatever is true

Christians believe that God is the essence of truth. He cannot lie (Titus 1:2). He is the source of all that exists, the creator and sustainer of all things: "In the beginning God created the heavens and the earth" (Genesis 1:1). To this conviction the Psalmist writes: "Your word, Lord, is eternal; it stands firm in the heavens" (Psalm 119:89). On these truths about God and his word, Christians are to lodge their thought lives.

Think of the witness Christians can have in a world saturated with untruths: scams, frauds, hoaxes, shady schemes and intentional deceptions. When we become Christians we are still in that world, but, with

the cleansing work of the Holy Spirit, we are challenged to stand against these things and to cultivate new thought patterns to exalt and glorify God.

### Whatever is noble

We can speculate that the apostle, upon noticing the vulgar language and behavior all around him, called Christians to raise even their hidden thoughts to an elevated and righteous level. I think here in partic-

ular of the crucial importance of avoiding the scourge of pornography that defiles, cheapens, even twists the mind. Without question, the Christian faith raises our thoughts to a much more elevated standard.

### Whatever is right

William Barclay writes: "It is a law of life that, if a person thinks of something often enough and long enough, they will come to a stage when they cannot stop thinking about it. Their thoughts will become quite literally in a groove out of which they cannot jerk themselves." Since "right" is related to "righteousness," we can see what Paul's assignment here is.

### Whatever is pure

The scriptures repeatedly set purity of heart as a primary goal for all believers: "Blessed are the pure in heart for they will see God" (Matthew 5:8). Purity is the cry of the penitent. As King David prayed after sinning grievously: "Create in me a clean heart, O God, and renew a right spirit within me (Psalm 51:10).

And as Paul says: "Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit,

perfecting holiness out of reverence for God" (2 Corinthians 7:1). God plants in his children's minds our heart's longing to be pure, and we must respond in agreement.

### Whatever is lovely

Elsewhere in his Galatian letter the apostle gathers a list that demonstrates what he considers lovely — he calls this list the fruit of the Spirit (Galatians 5:22-23). They are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. When these qualities rule in the heart they beautify the outer life.

### Whatever is admirable

Could this mean "that which calls forth love," as one scholar suggests? Have we not all had contact with believers whose smiles and greetings under nearly all circumstances are warm, rooted in the heart, such that we cannot help but admire them?

At this point the apostle changes the structure of his sentence to add "excellence" and "praiseworthiness" to his list of what is lovely and admirable — two final descriptive words that make his catalogue complete.

He does not suggest that these traits will blossom fully and automatically or overnight, but they will advance when we meet two conditions. First, when we open our hearts to a fuller ownership of the Holy Spirit in all things. And second, when we organize our lives around the scriptures daily and in company with other believers.

**ABOUT THE AUTHOR**  
Donald N. Bastian, of Ontario, Canada, is the bishop emeritus of the Free Methodist Church of North America. For more of his writings, go to [justcallmepastor.wordpress.com](http://justcallmepastor.wordpress.com).



**CALL ME PASTOR**  
DONALD BASTIAN

## Northeast Oregon Directory of Churches

Services This Week

### 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~

### 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)



### 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: Roberta Smythe  
[www.zionlagrande.org](http://www.zionlagrande.org)

### First Baptist Church

SIXTH & SPRING,  
LA GRANDE  
541-963-3911  
Loving God  
Sharing Life  
Serving People  
Learning Truth  
Building Together On Christ Alone

All services have been temporarily cancelled.  
Live-streaming Sunday mornings at 10:00 am. People can watch at: [lagrandefbc.org](http://lagrandefbc.org)

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

### LA GRANDE UNITED METHODIST CHURCH

"OPEN HEARTS, OPEN MINDS, OPEN DOORS"  
1612 4th Street - 963-2498  
Pastor Taylor Gould  
[lgumc@comi.com](mailto:lgumc@comi.com)  
[www.lagrandeumc.org](http://www.lagrandeumc.org)  
Office Hours: Mon-Thur 9am-Noon  
Worship 10:00 am  
Fellowship Coffee Hour 11:00 am  
-Nursery provided -

### 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

### 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

### St. Katherine's Catholic Church

Fr. Thomas Puduppulliparamban  
301 E Garfield Enterprise  
Mass Schedule  
Sundays:  
St Pius X, Wallowa - 8:00 am  
St Katherine of Siena, Enterprise - 10:30 am  
Saturdays  
St Katherine of Siena, Enterprise - 5:30 pm  
Weekdays  
St Katherine of Siena, Enterprise - 8:00 am  
(Monday - Thursday and First Friday)  
All are welcome

### LaGrande CHURCH OF THE NAZARENE

109 18th Street • 963-3402  
Sunday School 9:15 a.m.  
Sunday Worship 10:30 a.m.

### GRACE COMMUNITY LUTHERAN CHURCH

The Place  
62848 Philynda Loop in Island City  
"We are called to Serve"  
Sunday School for all ages - 9:00 am  
Sunday Worship 10:00 am  
Phone: 541-568-4230  
[grace.lutherancove@gmail.com](mailto:grace.lutherancove@gmail.com)

### 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

### 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 [summersvillebaptistchurch.org](http://summersvillebaptistchurch.org)

### 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.lagrandeor.adventistchurch.org](http://www.lagrandeor.adventistchurch.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