

HIGHLIGHTS

ST. PETER'S EPISCOPAL CHURCH

LA GRANDE — St. Peter's Episcopal Church will not be worshipping in-person until 2021. Links to an online worship for Sunday will be posted on St. Peter's Facebook page on Saturday.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

LA GRANDE — The Church of Jesus Christ of Latter-day Saints' "Come, Follow Me" lesson

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 (with Highlights in the subject line).

for the week beginning Oct. 12 is based on 3 Nephi chapters 20-26, which is found in the Book of Mormon. In these chapters we learn more about the teachings of Jesus Christ when he visited the Nephite and Lamanite people in the Western Hemisphere fol-

lowing his death and resurrection. These chapters discuss the establishment of a "free people" in this land, the gathering of Israel in the last days and the signs of his return to his covenant people.

For a summary of the General Conference messages, a very

interesting update on the Salt Lake Temple renovation and other important topics, visit the "News Room" at <https://newsroom.churchofjesuschrist.org>.

Meeting times for local Sacrament services have once again changed for some wards. Members are encouraged to check with their local leaders for additional information.

ZION LUTHERAN CHURCH

LA GRANDE — An in-person worship service will begin at

9 a.m. Sunday at Zion Lutheran Church with COVID-19 precautions in place, including wearing face masks and social distancing. There will not be Sunday school nor a coffee hour.

People who are planning to attend should RSVP by noon Saturday at 541-963-5998 or office@zionlagrande.org.

A link to an online worship service for people who are unable or not ready to worship in person will be posted Saturday on Zion's website and Facebook page.

Another mile: Building bridges, finding blind spots

A conversation I had recently went awry, leaving me frustrated at my inability to get it back on track to neutral territory. I'm noticing these days how we interact



REGINA BRAKER
PENDLETON

with people we know and with strangers. It seems to me that fear is fueling disagreements and anger, and when I see the occasional effort to steer in a positive direction, I find some hope, and wonder how we can do more of that.

With people who matter to me I've noticed myself becoming more careful in how I communicate. Many years of teaching German included practicing conversational strategies that can keep the conversation going rather than slamming the door. Still, I too have blind

spots, so I look to others I know who bring a different set of experience, expertise and training to the complex effort of remaining open with one another.

A friend recently expressed his frustration with the world as we're experiencing it, and his conclusions were of a different kind than what emerged in my conversation that took a turn for the worse. In his work and community interactions, he's had to take that conversation to a more productive place than I did. There's always more to learn about how we can help one another cross the bridge to each other. Sometimes we have to build some of it too, and he knows other things than I do about that.

My friend served for 20 years as clergy in congregations across our region with diverse memberships crossing many ethnicities, including Black, Indigenous, People of Color, immigrants from African

and Latin American nations, and those with differing cognitive needs.

Growing up in the Midwest hearing racial slurs in his family during the culturally and morally challenging times of Watergate and the Vietnam War was a period of important foundational experiences. He questioned where he belonged, spent time traveling across the country, went to college, delivered mail for the U.S. Postal Service, and on his journey found himself open to "the Good News of the Gospel," which offered him strength and a moral pathway.

Finding home can be challenging in his profession. The call to serve by his Pendleton congregation became for him "an extension of warmth and hospitality to the outsider" that led him and his wife with the same calling to make Pendleton their home. His involvement in community entities became a natural

outgrowth of his ministry and interests: board member for the Children's Museum, Oregon East Symphony, Pendleton Ministerial Association and the College/Community Theater.

As a BMCC GED tutor and workforce specialist for CAPECO he recognized his greatest hope in our youths. He's inspired by "their civic engagement, their open-mindedness, their brave willingness to question oppressive cultural ideals often spoon-fed them by their parents." He is optimistic about their involvement in a "growing sense of cultural and economic diversity (and a) movement toward providing services and residency for homeless and underprivileged individuals."

These are difficult projects, and my friend values our small communities across Eastern Oregon for getting things done by working with those who don't see eye-to-eye with

us. Getting along with those we disagree with he told me is a matter of "seeing life from other perspectives in order to reveal my blind spots."

In retirement, he's still very much involved in that change of perspective, volunteering at the Warming Station and St. Mary's Outreach, singing in the Pendleton Men's Chorus (someday once again) and serving as minister of music at a local church. In these environments he practices what he preaches.

When we don't agree, it can help to know more about those we are conflicted with, their experiences, how they've come to their beliefs, why they think as they do. Doing so

may help us discover what we share.

I take to heart his words of wisdom: "Of most value in human interactions is this: Do not run from conflict. Gently move toward it in the attempt to heal, grow and change. Finally, I'd recommend never engaging in important communication using email or text, which can often create conflict that wasn't there initially, exacerbating whatever is unresolved. Intrapersonal conflict is best resolved face to face if possible."

Regina Braker, of Pendleton, is a retired educator with journeys through many places and experiences who enjoys getting to know people along the way.

'Blossom's FearLess Journal' rooted in Wallowa County

By **Ellen Morris Bishop**
Wallowa County Chieftain

ENTERPRISE — Tamara Fuchs' book, "Blossom's FearLess Journal: A path toward courage," begins with purpose: to bring true transformation to its readers.

"We've all been through a global crisis and we all need a little extra support to find our new normal," Fuchs said.

The 476-page, full-color book is an all-Wallowa County production, with photographs by her husband, Tom Fuchs, design and paintings by Summer Derrickson and a forward by Center for Wellness' Dr.

Stephen Klierer. Fuchs' company, Blossom Integrated Health, published the book Sept. 1. It is available through The Bookloft in Enterprise in a color version or black-and-white version.

"The book addresses not just physical health, but emotional, social, intellectual and spiritual health as well, so you can have a lot of good balance and a well-rounded life," Fuchs said. "It's about where have you been, where you are now, where do you want to be and let's get you there."

"Blossom's FearLess Journal" provides information and workbook pages to steer its readers into

a grace-guided pathway through life, through work on a dozen "healing habits," including mindfulness, compassion, connection and finding your purpose. It is designed to be used for an entire year, with each of the 12 chapters providing a month's work on a different aspect of healing.

Fuchs, a retired neurodiversity specialist and health teacher, is a certified integrative health coach. She has faced down multiple health crises in her own life. Her book is based upon her experiences in overcoming them, and her work in helping her clients address their own needs.

Fuchs has infused her experience as a life and health skills teacher into the pages of "Blossom's FearLess Journal." Fuchs in her introduction states fear is a motivator, something the trials in her life illustrates.

FAMILY OWNED

NORTHWEST FURNITURE & MATTRESS

215 Elm Street La Grande (541) 963-5440

northwestfurnitureandmattress.com

SHOP SAFE—SHOP LOCAL

The Union County Chamber of Commerce would like to thank everyone for shopping safe, supporting local and doing your part to keep Union County open.

Union County Chamber of Commerce

www.VisitUnionCounty.org

Northeast Oregon Directory of Churches

Services This Week

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.

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

First Christian Church

(Disciples of Christ)

901 Penn Avenue 963-2623
lgdisciples@gmail.com

Worship 10:00 a.m.

~Join us at The Lord's Table~

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

IMBLER CHRISTIAN CHURCH

440 RUCKMAN, IMBLER 534-2201
www.imblerchristianchurch.org

Sunday Services

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

First Baptist Church

SIXTH & SPRING, LA GRANDE

541-963-3911

All services have been temporarily cancelled. Live-streaming Sunday mornings at 10:00 a.m. People can watch at: lagrandefbc.org

Service DIRECTORY

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

LA GRANDE UNITED METHODIST CHURCH

"OPEN HEARTS, OPEN MINDS, OPEN DOORS"

1612 4th Street - 963-2498

Pastor Taylor Gould

For service information go to www.lagrandeumc.org

UNION BAPTIST CHURCH

1531 S. Main St. Union
541-562-5531
www.UnionBaptistOregon.org

Sunday Morning Worship Service 11:00 am
Sunday School at 9:45 a.m.

Birthing, Building and Being the Body of Christ

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

La Grande Seventh-day Adventist Church

A Place where hope is found in Jesus

Join us in Fellowship & Worship Saturday 11am
2702 Adams Avenue, La Grande 963-4018

lagrandeor.adventistchurch.org
Learning for Today and Eternity

Little Friends
Christian Preschool/Childcare 963-6390
La Grande Adventist Christian School K-8th Grade 963-6203

LaGrande CHURCH OF THE NAZARENE

109 18th Street • 963-3402

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