

SPIRITUAL LIFE HIGHLIGHTS

Sunday talk discusses whether prophecy is fact or fiction

LA GRANDE — The worship service at the La Grande First Christian Church (Disciples of Christ) on Sunday, Oct. 10, begins at 10 a.m. Pastor Archie Hook will speak on “Prophecy — Fact or Fiction?” His message comes from 1 Corinthians 2:16: “For, ‘Who has known the mind of the Lord so as to instruct him?’ But we have the mind of Christ.” Observance of the Lord’s Supper is held weekly and all believers are invited to partake.

Churches invited to join Cove Christian Camp planning conference

COVE — Cove Christian Camp will hold its annual Fall Planning Conference on Saturday, Oct. 9, beginning at 10 a.m. on the camp’s grounds at 68405 Mill Creek Lane, Cove. Plans for the

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).

next year’s camps, as well as the future of the camp, will be discussed. All members of the 16 churches supporting the camp are invited and encouraged to attend. Lunch will be potluck.

What does spirituality mean to you?

LA GRANDE — The Observer welcomes thoughts and comments from community members on spiritual matters. If you would like to share how you experience spirituality, email news@lagrandeobserver.com or call 541-963-3161. Ongoing monthly columns and one-time submissions will be considered. Columns are generally 500-600 words and include a photo of the writer.

Zion congregation meets for worship and fellowship

LA GRANDE — Zion Lutheran Church in La Grande will meet for worship on Sunday, Oct. 10, at 9 a.m. A time of fellowship will follow the service. Masks and social distancing are required. There will not be a livestream of the service this week. Suggested online worship options will be posted on Zion’s Facebook page and website on Saturday, Oct. 9.

St. Peter’s offers virtual worship resources

LA GRANDE — St. Peter’s Episcopal Church in La Grande will meet for a service of Morning

Prayer at 11 a.m. on Sunday, Oct. 10. Masks and social distancing are required. The service will not be available online this week, but other virtual worship opportunities will be posted on Saturday, Oct. 9, to the church’s Facebook page.

Weekly lesson continues study of church’s history

LA GRANDE — On Sunday, Oct. 10, members of the Church of Jesus Christ of Latter-day Saints congregations will be the speakers for during the Sacrament Service, and Relief Society and Priesthood meetings will be held during the second hour.

The “Come, Follow Me” lesson for the week of Oct. 11 is based on Doctrine and Covenants Sections 115-120, which are revelations given to Joseph Smith in 1838. At the time, many members of the church had been driven from their homes. These revelations established the name of the church and

explained the law of tithing. Copies of all last week’s General Conference talks and information on the 13 new temple sites are available at www.churchofjesuschrist.org and via the free Gospel Library mobile app. The La Grande Stake Conference will be held the weekend of Oct. 16.

It is impossible to live perfectly

LA GRANDE, ENTERPRISE — The sermon at Faith Lutheran Church on Sunday, Oct. 10, will expound on Mark 10:17-22 which tells of Jesus’ answer to the question: “What must I do to inherit eternal life?” His response refers to the Ten Commandments. Humans sin and fall short, which leads us to desire help — thus, we need a savior, because it is impossible to live perfectly. Services begin at 10 a.m. in La Grande and at 2 p.m. in Enterprise.

— The Observer

The only constant in our lives is change



ROBERTA SMYTHE

WALKING WITH THE SHEPHERD

As I watch the leaves turning yellow and red, as the temperatures start to drop (especially at night), and as the mornings and evenings are noticeably darker, I know that fall has arrived. The seasons are changing. It is a change we know is coming, a change that many of us welcome, especially after as hot a summer as we had.

And yet not all change is something we welcome. I’m still trying to figure out how the most recent version of the podcast app on my phone works, and am not very patient about it. (Of course, once I figure it out, I may find it an improvement, but then again, maybe not.)

And I’m sure I’m not alone. Most of us humans are not fans of change. We are used to how things already are, and we may even find comfort in our habits or our “ruts,” because they don’t take as much effort. I once heard it said that if you think you’re good with change, try sleeping on the other side of the bed, or keeping your toothbrush on the other side of the sink. Even our animals aren’t good at change. One of my parishioners has a dog who refuses to go out in the morning until she’s had her special treat.

Of course, there are some changes we

are happy about, celebrate even: a child’s first word, a child’s first step, a graduation, a first or new job or car, etc.

You see, change is part of life.

It’s true that some of those changes may not be good: declining health, disease, loss of loved ones. But many changes are good: learning new things, making new friends. And our ability to change can be good. Possessing such an ability means we can improve our fitness, eat healthier, and even work to make a difference in our world and society.

But just because change may be good doesn’t mean it’s always easy. Yet there are ways we can improve our ability to cope with change. Like with so many other things, practice can help. Go out of your way to do something different on a regular basis: take a different route to work, shopping or play; try a new food or recipe; read a book that’s on a topic

in a genre you haven’t read (the library is a great resource for this). You may even find that some of these changes are ones you want to incorporate into your life going forward. Of course, some of the things you try will not be better, and that’s okay. You still learned something! And you still experienced change, and that will surely help you deal with future changes.

Roberta Smythe is the pastor of Zion Lutheran Church and St. Peter’s Episcopal Church, both in La Grande.

“And our ability to change can be good. Possessing such an ability means we can improve our fitness, eat healthier, and even work to make a difference in our world and society.”



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James R. Kopp, MD, MBA
Weight Loss Physician

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—Dr. Kopp

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Northeast Oregon Directory of Churches

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.imblercc@gmail.com

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

CHURCH 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
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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

LaGrande CHURCH OF THE NAZARENE

109 18th Street • 963-3402

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

La Grande Seventh-day Adventist Church
A Place where hope is found in Jesus

Join us in Fellowship & Worship
Saturday all age classes 9:30 am
Saturday Worship 11:00 am

2702 Adams Avenue, La Grande 963-4018
lagrandeor.adventistchurch.org

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

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1812 1st St. La Grande
Pastor Dave Tierce • 541-605-0215
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Sunday School - 10:00 am
Worship 11:00 am
Sunday Evening Bible Study - 3:00 pm (Effective June 10)
Wednesday Evening - 6:30 pm
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Services This Week