

## SPIRITUAL LIFE HIGHLIGHTS

### Worship includes tribute to mothers

LA GRANDE — The La Grande First Christian Church (Disciples of Christ) will celebrate and honor mothers on Mother's Day, Sunday, May 8. Pastor Archie Hook's message, "A Mother's Love — Willing to Let Go," will be taken from Exodus 2:1-4. All women will be gifted with a flower, and a tribute to mothers will be read during worship.

### Teaching focuses on the Lord's Prayer

ENTERPRISE — The Enterprise Community Congregational Church on Sunday, May 8, offers Bible study at 9:30 a.m. and worship at 11 a.m. This week the focus will be on Mat-

### SUBMISSIONS

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

thew 6:9-13, as the congregation continues its series studying the Lord's Prayer. Rev. Dr. Craig Pesti-Strobel is taking an in-depth look at the prayer that Jesus taught his disciples, focusing this week on the line "who art in Heaven."

### Wards will plan individual Mother's Day activities

NORTHEASTERN OREGON — On Sunday, May 8,

mothers will be honored and celebrated during worship services of the Church of Jesus Christ of Latter-day Saints, with wards planning their own individual activities, which may include the primary children singing the intermediate hymn. Members of the congregation will speak during Sacrament Service, followed by Relief Society, Priesthood and youth groups during the second hour.

The "Come, Follow Me" lesson for the week of May 9 is based on Numbers 11-14 and 20-24, which covers a time when the children of Israel are preparing to enter the promised land and the Lord continues to teach them to follow his chosen servants and to trust in him, even in the most difficult times.

### Study of John begins this week after worship

LA GRANDE — A Mother's Day Morning Prayer service begins at 10 a.m. at St. Peter's Episcopal Church, followed by a time of fellowship. A study of the Book of John begins this week after worship, and the "Mostly Social Book Club" will meet at 6 p.m. Sunday in the church hall. Those who attend are asked to bring a dish to share.

### Services held in Union and Wallowa counties

NORTHEASTERN OREGON — On Sunday, May 8, Faith Lutheran Church will hold a worship service at 10 a.m. in La Grande and at 2 p.m. in Enterprise. The sermon at both services will be based on John

10:22-30, which immediately follows Jesus explaining that he is the Good Shepherd. In verse 27 Jesus assures us: "My sheep hear My voice, and I know them, and they follow Me."

### Message is titled 'Being Still'

LA GRANDE — Zion Lutheran Church meets for worship on Sunday, May 8, at 9 a.m. The sermon, "Being Still," is based on Psalm 23 and John 10:22-30. The service will include Holy Communion, and fellowship time will follow. The service will be streamed live to YouTube, and the link will be posted on Zion's Facebook page and website on May 7.

— The Observer

## WORDS OF THE BUDDHA

With all one's attachments cut, with the heart's pining subdued, calm and serene and happy is one, for one has attained peace of mind.

— Samyutta Nikaya 1.242

One who, while oneself seeking happiness, does not oppress with violence other beings who also desire happiness, will find happiness hereafter.

— Dhammapada 10.132

Who is energetic and not indolent, in misfortune unshaken, flawless in manner and intelligent, such a one to honor may attain.

— Digha Nikaya 3.273

Those to whom the Dhamma is clear are not led into other doctrines; perfectly enlightened with perfect knowledge, they walk evenly over the uneven.

— Samyutta Nikaya 1.8

Let one guard oneself against irritability in thought; let one be controlled in mind. Abandoning mental misconduct, let one practice good conduct in thought.

— Dhammapada 17.233

—www.pariyatti.org

## Celebrate yourself on Mother's Day



**ROBERTA SMYTHE**  
WALKING WITH THE SHEPHERD

This Sunday is Mother's Day. And with it can come mixed emotions.

Some, if not many, of us have complex relationships with our mothers. Although I have come to believe that my mother did the best she could under the circumstances, life with her was far from perfect. There were hurts and misunderstandings on all sides, even late in her life.

As my mom died rather suddenly a few years ago, there's no longer any opportunity to talk with her about these things. Those of you whose mothers have died may feel similarly. Others who've lost their mothers may feel that loss more deeply this weekend due to all the various Mother's Day events and promotions

going on all around them.

There may be others who didn't just have a complex relationship with their moms, but didn't have a relationship at all. Perhaps they had a mom who was absent, or sick, or an addict or abusive.

There are also mothers who've experienced loss that can be intensified this weekend: the death of a child, a miscarriage, or a child who's distanced themselves. Then there are also those who wanted to be mothers but were never able to have a child.

In the midst of all the joyous celebrations about motherhood this weekend, one also needs to be mindful of those for whom this weekend is painful, for whatever reason.

Perhaps instead of just celebrating mothers, grandmothers and those who provide "motherly" care,

we should celebrate and honor all women. Single women, childless women, daughters who may or may not become mothers, the woman who lives next door, the women who walk by your home every morning, the waitress at your favorite restaurant, etc.

After all, women come in all types: physically, mentally, emotionally, intellectually, and in their desire, or lack thereof, for children. Not every woman wants to be a mom. Not every woman wants to be married or partnered. Neither of those should make her lesser in anyone's eyes.

If you have a mom you love (or someone who's the mother of your children), of course you should call her, send her a card, get her a gift or take her out to eat this weekend. If you don't have a mom like that, and that causes you grief, allow

yourself to feel that grief. It's OK to not feel celebratory this weekend. Alternatively, consider taking yourself a gift for being a mother to yourself.

It's OK to do what you need to do to take care of yourself, as well as taking care of those around you.

■ Roberta Smythe is the pastor of La Grande's Zion Lutheran Church.

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[lgdisciples@gmail.com](mailto:lgdisciples@gmail.com)

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

**GRACE COMMUNITY LUTHERAN CHURCH**  
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Sunday Worship 10:00 am

Phone: 541-568-4230  
[grace.lutherancove@gmail.com](mailto:grace.lutherancove@gmail.com)

**CHURCH Service DIRECTORY**

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Services This Week