

## SPIRITUAL LIFE HIGHLIGHTS

### All welcome at community outdoor hymn sing July 31

UNION COUNTY — The Grande Ronde Mennonite Church will host its annual outdoor hymn sing beginning at 6 p.m. Sunday, July 31, at the Riverside Park Pavilion. All are invited to come sing, listen and stay for refreshments and fellowship afterward.

### New 'Friend to Friend' episode released July 30

NORTHEASTERN OREGON — Members of the congregation of the Church of Jesus Christ of Latter-day Saints will speak during the sacrament meeting on Sunday, July 31. The second-hour lesson will be under the direction of the Bishopric for each individual ward, as this is the fifth

### 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).

Sunday of the month.

Children, parents and primary teachers are invited to watch the church's new "Friend to Friend" episode that will be made available beginning on Saturday, July 30, at 9 a.m. PST. The broadcast is titled "Temples Are the House of the Lord" and will feature activities, music and messages from Elder Gary E. Stevenson of the Quorum of the Twelve Apostles and the Primary General Presi-

dency. Visit the church website for more information.

The "Come, Follow Me" lesson for the week of Aug. 1 is based on the Book of Job and the importance of always trusting in God and remaining faithful, especially when facing adversity.

### Morning prayer services at the lake open to all

WALLOWA LAKE VILLAGE — The Wallowa Lake Chapel announced that all are welcome to "worship in the beauty of God's holiness" each Sunday in July and August at 8 a.m. The chapel is at the Wallowa County Park on the north end of Wallowa Lake. Morning prayer services are led by members of the Wallowa County Ecumenical Ministry Society.

### Sermon title will be 'Blackbeard the Pirate'

LA GRANDE — Zion Lutheran Church meets for worship this Sunday, July 31, at 9 a.m. Mike Lamb will be preaching on Luke 12:13-21. The sermon is titled "Blackbeard the Pirate." Fellowship time will follow the service.

### Pendleton church hosts weekly outdoor song circle

PENDLETON — On Tuesday evenings, Peace Lutheran Church is holding an outdoor song circle at 6 p.m. in the church's outdoor courtyard, accessible from Carden between Eighth and Ninth streets. This gathering is for anyone who would like to sing. People of any faith and background are wel-

come to join, and are asked to bring a lawn chair.

### The Observer seeks local spirituality content

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 [lkelly@lagrandeobserver.com](mailto:lkelly@lagrandeobserver.com) or leave a message at 541-624-6019. Ongoing monthly columns and one-time submissions will be considered. Columns are generally 500-600 words and include a photo of the writer.

Also, we invite announcements and photographs of local faith-based events and activities for inclusion on the Spiritual Life page.

—The Observer

# Work in the spirit of service is the highest form of worship



**SARAH HAUG**  
LIGHT OF UNITY

"I was so happy to see so many people show up to help the guy who lives and breathes helping others." "He's one of the best!" "We couldn't get along without him."

These remarks capture why some 30 friends and family gathered recently at my brother-in-law's farm outside Colfax, Washington. It was like an old-fashioned barn-raising, except we were there to build fence.

We were there, too, because my brother-in-law, described in those comments, spends his life helping others. This was a chance to return the favors.

Some people really know how to work. My brother-in-law stops working only to sleep and

eat. He has a servant's heart — he lives to serve others. I think most of us know someone like him, someone who embodies the Baha'i teaching that says, "Work done in the spirit of service is the highest form of worship."

Work often means having a trade, a craft or employment of some kind, whether in an office, as an educator, a homemaker, a tradesman or any of a thousand occupations. It isn't restricted.

Any way we occupy ourselves that can be of service to others is considered work. To be of service, each of us, no matter our starting point, difficulties or natural abilities, must pursue some form of work. In turn, society has the responsibility to provide opportunity for every individual to develop and utilize her or his talents. We all have capacity to be of service to others through work of some

kind, whatever that work is. And when we serve others, we worship God.

What, then, is worship? Merriam-Webster defines it as "to honor or show reverence" to a divine being. How we do that as human beings varies across peoples and religions. Prayer and meditation are two forms of worship. They also prepare us for service.

Though prayer and meditation are predominantly private in the Baha'i faith, Baha'is do

gather for communal worship. Service to others is the social act, and the one that embodies another admonition, "Let deeds, not words, be your adorning."

It isn't that we need to work all the time. It's rather that when we do work, we should think about it as worshipping God — and see it as "the highest form" of worship. Besides its utilitarian value, work "draws us nearer to God."

What's more, Baha'u'llah promises that any occupation "is as an act of worship." This is true, even for the rest of us who don't always feel the "worship" part, whose minds sometimes wander during prayers

or find going to work every day a slog — or run out of steam so much sooner than my brother-in-law.

■ Sarah Haug is a member of the Baha'i Faith and has called Pendleton home since 2002.

### John Eric Cederholm September 5, 1957 – July 9, 2022

John Eric Cederholm, 64, of La Grande, passed away Saturday, July 9, 2022, at his residence. A funeral service will be held at La Grande Church of the Nazarene on Friday, Aug. 5, 2022, at 2 p.m. with a graveside service immediately following at Hillcrest East Cemetery and a celebration of life at the McIntosh Barn, 62576 Leffel Road, La Grande. Casual dress is preferred by the family.



John was born Sept. 5, 1957, in Brooklyn, New York, to John and Johanna (VanBakergem) Cederholm. He lived in a lot of different places: New York, Massachusetts, Washington state, Alberta, Canada, North Dakota and California, but settled in La Grande, Oregon, for the last 39 years. He graduated high school from Seattle Christian then attended George Fox and Eastern Oregon State College (now EOU). He married Susan Stubblefield on Aug. 4, 1984.

Early on, John worked in construction and painting. He also was a delivery driver for Pepsi and Don & Larry and the head of purchasing for Fleetwood. He managed Commercial Tire and was general manager for Pioneer West and for the sales/parts department at Tri-County Equipment. He enjoyed hunting, fishing, woodworking, viewing wildlife, listening to music, coaching, swimming, cooking for his wife, spending time with family and friends, watching his boys play sports, taking care of his animals, working in the yard and barbecuing.

John earned multiple MVPs from sporting tournaments (baseball, softball and basketball), played semi-pro baseball in Canada, and is a member of the EOU Hall of Fame 1980 baseball team. At Commercial Tire, he received the Outstanding Performance 2017 award.

John is survived by his wife, Susan; children, Shaun Cederholm of La Grande, Oregon, and Brandon Cederholm of Boise, Idaho; mother, Johanna Cederholm of Fall City, Washington; brother, James Cederholm (Liliana) of Santa Clarita, California; sisters, Janice Cederholm-Evans of Fall City, Washington, and Joanne Cederholm-Treat (Dave) of Enumclaw, Washington; and 13 nieces and nephews. He was preceded in death by his father, John Marshall Cederholm.

In lieu of flowers, memorial contributions can be made in John's name to the EOU Foundation Baseball Team, One University Blvd., La Grande, OR 97850.

Online condolences may be made to the family at [www.lovelandfuneralchapel.com](http://www.lovelandfuneralchapel.com).

### Christina "Tina" May (Gross) Howell January 5, 1967 – July 21, 2022

Christina "Tina" May (Gross) Howell, 55, of Imbler, went home to be with the Lord, Thursday July 21, 2022, at her home. A celebration of life will be held at 10 a.m. on Saturday, July 30, 2022, at the Elgin Community Center, 260 N. 10th St., Elgin, Oregon. A potluck for family and friends will be held after the service. Casual dress is preferred by the family.



Tina was born on Jan. 5, 1967, in La Grande, Oregon, to Ronald and Betty Gross. She grew up in La Grande and graduated from Imbler High School, class of 1985. Tina had a passion for the outdoors and enjoyed hiking, camping and hunting. She was known by everyone to be kind, giving and hardworking and had a beautiful selfless soul.

Animals were always a large part of Tina's life. She spent her earlier years rescuing animals, riding horses and running hounds with her father, Ron. She ran a small meat goat herd on the family farm, which was the origin of the name "Grandma Goat" given to her by her grandchildren. Tina was a loving and nurturing grandmother who spent her time teaching her grandchildren about animals, life lessons and the Lord.

Tina is survived by her husband, Mark Howell of Imbler; father, Ronald Gross of La Grande; sister, LaRonna Gross of La Grande; brother, Kent (Debbie) Gross of Eugene; children, Taten (Tia) Phelps of Elgin, Chelsey (Jacob) Stacey of Moses Lake, Washington, Trenton (Valyn) Phelps of Elgin, Ryan Howell of Imbler and Gracie Howell of Imbler; and six beautiful grandchildren with the seventh due in September.

Tina was preceded in death by her mother, Betty Gross; brother, Kimmie Gross; and Bill and Florence Howell.

If lieu of flowers, the family is requesting donations in Tina's memory be sent to the Imbler FFA chapter and the Elgin Opera House.

Online condolences can be made to the family at [www.lovelandfuneralchapel.com](http://www.lovelandfuneralchapel.com).

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

**Smart security.**  
Professionally installed.  
Protection starts with prevention

Peace of Mind Starts Here

Know When People and Packages Arrive

Get **FREE** Professional Installation and Four **FREE** Months of Monitoring Service\*  
Use Promo Code 4FREE

CALL NOW TO CUSTOMIZE YOUR SYSTEM  
**844-894-8790**

**Δvivint**

\*Qualifying system purchase requires minimum \$299.99 equipment purchase, professional installation and applicable services agreement. DIY system purchases and reactivations of previously installed systems not eligible for offer. Offer not available in all states or provinces. Equipment purchase may be financed separately subject to an agreement with one of Vivint's third-party financing partners. Monthly \$3.66 cellular network maintenance fee applies. Taxes and local permit fees may apply. New Vivint Customers only. Financing eligibility and terms subject to credit approval by one of Vivint's third-party financing partners. Qualified customers may finance equipment purchase at 0% APR for up to 60 months. Month-to-month service agreement available when equipment is purchased upfront. System supports up to 16 cameras subject to sufficient Wi-Fi speeds. Without a Vivint services plan, product and system functionality is limited (including loss of remote connectivity). Speak to a Vivint representative at the phone number in this offer for complete equipment, services, and package details, including pricing and financing details. Products and services in Louisiana provided by Vivint Louisiana Commercial Certificate #52295. See comprehensive Vivint terms numbers on Vivint.com.

CALL NOW TO CUSTOMIZE YOUR SYSTEM  
**844-894-8790**

**Δvivint**

**Prepare for power outages today**  
WITH A HOME STANDBY GENERATOR

**FREE** 7-Year Extended Warranty  
A \$695 Value!

**\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS**

Contact a Generac dealer for full terms and conditions

**REQUEST A FREE QUOTE**  
CALL NOW BEFORE THE NEXT POWER OUTAGE  
**(877) 557-1912**

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

**GENERAC**

# 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](mailto:lgdisciples@gmail.com)

**Bible Study** 9:00 a.m.  
**Worship** 10:30 a.m.

~Join us at The Lord's Table~

**IMBLER CHRISTIAN CHURCH**

440 RUCKMAN, IMBLER 534-2201  
[www.imblerccc@gmail.com](http://www.imblerccc@gmail.com)

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

**GRACE COMMUNITY LUTHERAN CHURCH**  
The Place  
62848 Phylinda 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)



**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 UNITED METHODIST CHURCH**

"OPEN HEARTS, OPEN MINDS, OPEN DOORS"

1612 4th Street - 963-2498

Pastor Roberta Smythe

For service information go to  
[www.lagrandeumc.org](http://www.lagrandeumc.org)

**LaGrande CHURCH OF THE NAZARENE**

109 18th Street • 963-3402

Sunday School 9:30 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  
[lagrande.adventistchurch.org](http://lagrande.adventistchurch.org)

Learning for Today and Eternity  
Little Friends  
Christian Preschool/Childcare 963-6390  
La Grande Adventist Christian School  
K-8th Grade 963-6203

**FIRST LANDMARK MISSIONARY BAPTIST CHURCH**

1812 1st St. La Grande  
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)

Services  
This  
Week