

## SPIRITUAL LIFE HIGHLIGHTS

### Neighbors gathering begins with outdoor Communion

LA GRANDE — St. Peter's Episcopal Church is hosting a meet your neighbors worship and lunch on Sunday, Aug. 21. All are welcome at the gathering, which will begin with an outdoor Communion service at 10 a.m., followed by lunch and games.

### Message emphasizes being known by Jesus

LA GRANDE — The sermon at Faith Lutheran Church's 10 a.m. service on Sunday, Aug. 21, will use Luke 13:22-29. In these verses a person asked Jesus a pertinent question: "Lord, will those who are saved be few?" (verse 23). In answer, Jesus emphasizes the importance of being known by him. To be known by Jesus is to be taught by him (Jesus is the Word of God) and to be close to him as he gives of himself.

Following the Divine service is Faith's monthly Church

### 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).

Council meeting in which there will be discussion on lighting and curtains.

### Women's fellowship group prepares for fall bazaar

LA GRANDE — Worship begins at 10:30 a.m. on Sunday, Aug. 21, at the First Christian Church (Disciples of Christ). Pastor Archie Hook will speak on "Rebuilding the Temple," drawn from John 2:19-22.

The congregation's Christian Women's Fellowship group is preparing for its bazaar in November with crafting workdays on Thursday mornings at 9:30 a.m.

### Ward services' speakers to focus on the covenant path

NORTHEASTERN OREGON — This week at Church of Jesus Christ of Latter-day Saints wards, speakers during Sacrament services on Sunday, Aug. 21, will be members of the La Grande Stake High Council. They will be speaking on Elder David A. Bender's April 2022 Conference talk, "We Heeded Them Not," in which he taught how we can progress along the covenant path through ordinances and covenants while not heeding what the wicked might say. Sunday school meetings will be held during the second hour.

The "Come, Follow Me" lesson for the week of Aug. 22 is based on select chapters from the Book of Psalms. The main message of this book is to "praise the Lord." The lesson also focuses on how these scriptures point us to the Lord and how the Lord will comfort and strengthen us. For lesson

details, download the free mobile "Gospel Library" app or visit the church website.

### Sermon looks at 'Keeping the Sabbath'

LA GRANDE — Zion Lutheran Church meets for worship on Sunday, Aug. 21, at 9 a.m. The sermon, based on Isaiah 58:9b-14 and Luke 13:10-17, is titled "Keeping the Sabbath." Holy Communion will be served, and a time of fellowship will follow the service.

The service will be streamed live and also recorded for viewing later. The link for those will be posted to Zion's Facebook page and website on Aug. 20.

### Morning prayer services held at Wallowa Lake Chapel

WALLOWA LAKE VILLAGE — The Wallowa Lake Chapel announced that all are welcome to "worship in the beauty of God's holiness" each Sunday in 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.

### The Observer seeks local spirituality content

LA GRANDE — The Observer welcomes announcements and photographs of local faith-based events and activities for inclusion on the Spiritual Life page. We also invite 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.

—The Observer

## Program focuses on Jewish roots of Christian faith

### Presentation in Elgin open to all

The Observer

ELGIN — David Trubek, a representative of Chosen People Ministries, will speak at Elgin Harvester's Nazarene Church on Sunday, Aug. 21. The program, "The Fall Feasts of Israel," will be featured during the 10:45 a.m. worship service. A love offering will be received.

Chosen People Ministries was founded in 1894 by Leopold Cohn, a Hungarian rabbi who came to believe that Jesus was the Messiah of Israel. From humble beginnings in Brooklyn, New York, Chosen People Ministries has grown into a worldwide ministry with outreach centers in Argentina, Australia, Canada, England, France, Germany, Israel,

Mexico, Ukraine and the United States, according to a press release.

Throughout its long history, Chosen People Ministries has been committed to bringing the Gospel message of salvation in Jesus "to the Jew first and to the Gentile" throughout the world.

The release explained: "In stressing the Jewish roots of Christian faith, Chosen People Ministries hopes to make the message of the Messiah more accessible to Jewish people and also to help Christian believers achieve a greater appreciation of the Jewish basis of their own faith traditions."

The presentation in Elgin is open to the public, and Harvester's Church of the Nazarene invites the Christian and Jewish community to attend. For more information call 541-437-3782.

## Seek the sacred rhythm of work and rest



LAURA ELLY HUDSON  
BELIEVING AND BECOMING

How much hammock time have you enjoyed this summer? Swinging in a hammock, staring up at the sky, letting your mind drift like the slow-moving clouds: It is the epitome of summertime bliss. It's the best way I've found to be "idle and blessed," as in Mary Oliver's poem "The Summer Day." Settling into a hammock, I release all the pressing demands of my life and just ... rest.

The trouble is that summer is nearly over, and I can count on one hand the times I've actually enjoyed our backyard hammock. Too often I've stared at it wistfully before running off again to attend to a text, a phone call or a child's request. Other times, I've just slipped into the hammock when Hoagy Carmichael's "Lazybones" starts playing in my mind: "Lazybones, sleeping in the sun / How you 'spect to get your day's work done?"

Who among us has permission

to be lazy? I suspect your life is as busy or more so than mine. In our culture, hard work and productivity are cardinal virtues. We brag about our exhaustion as if it deserves a medal of honor. Relentlessly driving for more money, things, recognition, influence and security, we lose any sustainable rhythm of work and rest.

Scriptures cherished by Judaism and Christianity include instructions first given to escaped slaves, who knew too well how an existence of endless work shrivels the soul. "Remember the Sabbath and keep it holy," they were commanded by God, who labored six days in creation, then took the seventh day to rest and enjoy it. Shabbat means "to cease," to break from purposeful work to delight in the full possibilities of freedom in lives given by God.

"And for want of rest, our lives are in danger," writes Wayne Muller. Studies back this up. One in three adults does not get enough sleep on a regular basis, and one in 20 has fallen asleep behind the wheel. Sleep deprivation creates numerous health concerns from high blood pressure to heart attacks.

Our lack of rest not only has

public health but also ecological, racial and social justice consequences. Our economic system was founded upon chattel slavery, cheap labor and the extraction of fossil fuels, and working some beings to exhaustion to benefit a privileged few is, frankly, still the norm. Black and Brown-bodied people still suffer the greatest lack of rest in this system driving the entire globe to exhaustion.

How, then, do you find time to rest so that you can be well in body, mind and spirit? And how do you make space for others to rest, too? There are no fixed rules; rest is a spiritual practice. Let yourself recognize how you've become captive to the drive for more. Practice contentment by noticing with gratitude what you already have. Finally, give yourself permission to explore what feels like rest to you, and find community with others who seek to embody a sacred rhythm of work and rest.

Maybe some hammock time will be just the thing you need.

■ Laura Elly Hudson is co-pastor of the La Grande First Presbyterian Church and founder of Story Journey. You can find her at [lauraellyhudson.com](http://lauraellyhudson.com).



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### WORDS OF THE BUDDHA

Through countless births in the cycle of existence I have run, not finding although seeking the builder of this house; and again and again I faced the suffering of new birth.

Oh housebuilder! Now you are seen. You shall not build a house again for me. All your beams are broken, the ridgepole is shattered. The mind has become freed from conditioning: the end of craving has been reached.

— Dhammapada 11.153-154

— [www.pariyatti.org](http://www.pariyatti.org)



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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](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 where hope is found in Jesus*  
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)



**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  
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[www.flmbclagrande.com](http://www.flmbclagrande.com)

*Services This Week*