

## Things To Ponder: Dealing with Frustration

By Grant Williams

Have you ever found yourself in a situation that causes you extreme aggravation? Every time I come to the intersection of Highway 26 and 47 I hope and pray there won't be anyone ahead of me. There are days I just want to tap the horn to help people keep moving. We have all been stuck there, especially on beautiful days at the coast and the traffic goes on forever.

Apparently, many drivers are not aware that you can turn out into the newly marked middle lane and then enter the East bound lane when it is safe. Being stuck behind someone who doesn't use the new left turn entry lane properly makes me anxious and frustrated with the drivers who do not follow the new lane change opportunity. I find myself wanting to get out of my car, run up to the front of the line and tell the driver, "It is okay to make

a left turn into the center lane. It makes it a whole lot easier to pull out and wait until it is safe to merge into the East bound lane and not sit and wait for both lanes to be open."

I can't help but wonder how the Lord looks at us humans that don't seem to understand His plan for a peaceful and contented life only He can offer. He never said it would be easy. As a matter of fact, Jesus said it would not be easy. What is possible for us to understand is that with His help we can learn to leave our frustrations with Him and let Him deliver us from life's aggravations. "Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity." Ephesians 4:26-27 (NASB).

Jesus never became frustrated like I do out on the highway. He is actually very patient. The Bible tells us He doesn't want our lives to be in constant turmoil over the ups and

downs of life. When we recognize those anxious feelings coming on we need to immediately ask Him for forgiveness and give those thoughts to HIM to bring us the peace and tranquility only HE can give. His plan for our lives is always the best choice and only He knows what we need to do to recognize HIS gentle reminder to listen and obey.

How are we supposed to discover what this plan entails? We definitely live in a world with many frustrations and difficulties, but God has equipped us with a Gospel that gives us the strength to not only find rest in heaven, but peace on earth as well. The traffic out on the highway is small potatoes compared with what lies ahead once life on earth is done. Let's do everything in our power to help those who have trouble with the problems of life to find the rest the Lord has offered through a personal relationship with Jesus Christ.

## Summer Reading Fun at the Banks Public Library

The Banks Public Library Summer Reading program is getting under way. Signups started Monday, June 2, and will continue through July 15.

On July 10, Mad Science will awe and amaze with a variety of erupting experiments. Red Yarn will engage the audience with song and dance and lovable puppets on July 17, and Chris Leebrick will wrap up our youth programs with storytelling accompanied by instruments on July 24. All shows are on Thursdays at 2:00 PM.

All of these programs are open to the whole family but are especially suited for the younger crowd.

We will have a program especially for teens on Thursday, July 31. This will be an Ugly Doll workshop where teens will have the chance to design and create an Ugly Doll-style stuffed creature. Workshop size is limited for this program so pre-registration is required. Call the library at 503-324-1382, or come in to register.

## Bridge Street Bits

**MANY OLDER PEOPLE** forget someone's name or misplace things from time to time. This kind of forgetfulness is normal. But, forgetting how to get home, getting confused in places a person knows well, or asking questions over and over can be signs of a more serious problem. The person may have Alzheimer's, a disease of the brain that begins slowly and gets worse over time. For your copy of our latest resource book, "Understanding Alzheimer's Disease/What you Need to Know" call 503-366-6581 and request yours.

**ENERGY ASSISTANCE:** If you have not had any assistance prior to October 1, 2013 and would like to get an application for this October please call Community Action Team 503-397-3511.

**LOOKING FOR A PLACE TO SERVE?** The Vernonia Senior Center is looking for a volunteer driver for Meals on Wheels to assist the two faithful drivers we have. Please come in to the Center or call 503-429-0273.

**CALL AHEAD** in the mornings for take out lunch: \$5. Or come in and enjoy some friend time and games.

**FROM THE VERNONIA SENIOR CENTER:** Thank you to all our past, present and future honored veterans who have made this country great since that day in 1776 when the Declaration of Independence was adopted declaring our independence from the Kingdom of Great Britain. Have a safe National Holiday with family and friends.

**FOR SENIOR CONCERNS AND QUESTIONS:** Call Karen Miller 503-366-6581 Vernonia Community Action Team

**SENIOR SIGN OFF:** For many, dough is the wrong term for money. Dough sticks to your hands.

**Lunch Menu:**

- 7/4 BBQ Chicken & Potato Salad
- 7/7 Ribs & Baked Beans
- 7/8 Egg Salad Sandwich
- 7/9 Fruited Roast Pork
- 7/10 Ham Mac & Cheese
- 7/11 Turkey Pot Pie
- 7/14 Baked Fish & Creamed Taters
- 7/15 Grilled Ham & Cheese
- 7/16 Oven Fried Chicken
- 7/17 Chicken Patty Burger
- 7/18 Clam Chowder & Biscuits

**Vernonia Senior Center**

**446 Bridge Street**

**503-429-3912**

## Church Directory (in alphabetical order)

**Assembly of God**

Sunday School: 9:45 AM  
Morning Worship: 11:00 AM  
Sunday Evening Prayer: 6:00 PM  
Wayne Marr, Pastor  
662 Jefferson Avenue  
503-429-0373

**Church of Jesus Christ of Latter Day Saints**

Sunday Schedule:  
Sacrament Meeting: 10:00 AM  
Sunday School & Primary: 11:20 AM  
Relief Society, Priesthood and Young Women: 12:10 PM  
Marc Farmer, Branch President  
1350 E. Knott Street  
503-429-7151

**Covenant Church Vernonia**

Sunday School: 9:45 AM  
Worship Service: 11:00 AM  
Wednesday Prayer Meeting: 7:00 PM

John D, Murray, Pastor

359 "A" Street  
503-860-3860

**Grace Family Fellowship**

Sunday School: 9:00 AM  
Worship Service: 10:30 AM  
Thursday Prayer: 6:00 PM  
Greg "Mac" McCallum, Pastor  
957 State Avenue  
503-429-6790  
www.gracefamilyfellowship.org

**Nehalem Valley Bible Church**

Sunday School: 9:45 AM  
Worship Service: 10:45 AM  
Wed. Ladies Bible Study: 10:00 AM  
Wednesday Service: 7:00 PM  
Sat. Men's Prayer Meeting: 6:30 AM  
Gary Taylor, Pastor  
Grant & North Streets  
503-429-5378

**Open Door Gathering Place**

Service: Sunday 6:00 PM  
Grant Williams, Pastor  
375 North Street

**Pioneer Baptist Fellowship**

Sunday School: 9:30 AM  
Worship Service: 11:00 AM  
www.pbfalive.com  
John Cahill, Pastor  
939 Bridge Street  
503-429-1161

**St. Mary's Catholic Church**

Wednesday Religious Education:  
3:15-4:30 PM  
Sunday Mass: 12:00 PM  
Rev. Luan Tran, Administrator  
960 Missouri Avenue  
503-429-8841

**Vernonia Christian Church**

Sunday School: 9:45 AM  
Worship Service in Youth &

Family Center: 11:00 AM

www.VernoniaChristianChurch.org  
Sam Hough, Pastor  
410 North Street  
503-429-6522

**Vernonia Foursquare Church**

Sunday Worship Service: 10:30 AM  
Children's Sunday School  
Carl Pense, Pastor  
850 Madison Avenue  
503-429-1103

**Vernonia Seventh-day Adventist Church**

Sabbath (Saturday) Services  
Sabbath School: 9:30 AM  
Worship Service: 11:00 AM  
www.VernoniaSDAC.org  
Larry Gibson, Pastor  
2nd Ave. and Nehalem St.  
503-429-8301