

Things to Ponder: Seeking Help with Problems

By Grant Williams

Discouragement and depression comes in many forms and for many reasons. The writer of Pilgrim's Progress, John Bunyan, found himself in a place he called the "Slough of Despondency" while on his journey to the City of God. He was overwhelmed by what we would describe as being in "the pits." He cried out for help and was delivered from his distress by the supernatural power of an unseen force like unto the Holy Spirit.

Are you facing something that is causing you anxiety or distress? It is not a sin to experience down days, they are inevitable. As a matter of fact the Bible teaches that these times help to build our character, if we trust God to help us through the deep water of life's turmoil and disappointments.

God's guide to great living, the Bible, teaches clearly that trouble will come. It isn't a matter of if trouble will

come, it is only a question of when will it come. II Corinthians 4:8-9 says, "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

Does that describe how you feel some days? I know there are times I'm so overwhelmed the only thing I can do is cry out to God, "HELP." If you find yourself in that position you can be confident that God really does care. Peter describes God's care for us by saying in I Peter 5:6-7, "So be humble under God's mighty hand. Then He will lift you up when the right time comes. Give all your worries to Him, because He cares for you."

One of my biggest problems is worrying about things I have no control over. Do you ever suffer from that dilemma? You are obviously not alone if you do. Our objective must begin by trusting God more and relying on our own resources less. The writer of Psalm

34:17-18 declares, "The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit." If you feel like there is no way out for you today, cry out to God in faith, believing He has the answer to your problems and for your salvation. God loves you and cares about every detail of your life. There is no problem too big or situation beyond His ability to help.

Remember that no matter what your sin or problem is God already knows and wants to deliver you from the burden you are carrying. There might be consequences to your predicament, but nothing God isn't big enough to handle. You aren't facing anything that hasn't been experienced by many others many times. You might even feel like there is no hope for recovery, but I can assure you there is always hope and a way out if you put your trust in God and His Son Jesus.

WOEC Annual Meeting- August 16th

The West Oregon Electric Cooperative Annual Meeting will be held on Saturday, August 16th, at the Cabin in Vernonia (Scout Cabin), 901 Park Drive. This year marks WOEC's 70th year anniversary. Registration starts at 10:00 AM; meeting begins at 11:00 AM. BBQ lunch will follow the meeting. Districts 3 (Vernonia, Keasey area) and District 7 (Manning, Hagg Lake, Yamhill County area) are up for re-election.

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Our next issue will be out August 7th.

Bridge Street Bits

45TH ANNIVERSARY OPEN HOUSE at the Senior Center on August 8 from 1:00-4:00 PM. Please join us for coffee and cake. Music by the Golden Oldies and others. The Thrift Store will be open as well.

ATTENTION SENIORS: Are you looking for something to do on these hot days in the coolness of your home? If you are a senior who is not able to visit our Vernonia local library regularly, then read on:

The Vernonia Public Library Board has a new program focused on delivery of books and other library materials to home-bound seniors or those who cannot visit as much as they would like for any reason. New programs are available at the library that might be beneficial to all seniors in the future, and they are excited to be a part of this effort. They also would like to know if you need any electronic devices (yep, we are in that tech age now!) such as DVD or CD players or electronic readers. Please call AUDEEN WAGNER at 503-429-9700 or email her at dizzdean@yahoo.com with your questions or to show your interest in being a part of this exciting outreach program.

CHANCES ARE GOOD that a friend, neighbor, or relative in your life has been scammed. And chances are equally good that you'd be happy to help prevent it from happening again. That's why the Federal Trade Commission has created a packet of fact sheets and bookmarks on topics relative to our community. The materials are available for free in both English and Spanish and cover six topics: identity theft, imposter scams, charity fraud, health care scams, paying too much, and "you've won!" scams. The materials are free. Visit www.ftc.gov/bulkorder and order as many folders or separate fact sheets or bookmarks as you need.

COMMUNITY ACTION TEAM'S programs include: Energy Services, Housing Solutions, Affordable Housing & Community Development, Housing Rehab & Weatherization, Self-Help Housing, Senior Services, Veterans Services, Healthy Families, Head Start and Parenting Education & Support Services. Call C.A.T. at 503-397-3511 to see how they may be of assistance.

CALL KAREN MILLER for any Senior Services questions C.A.T. St. Helens 503-366-6581

COME IN AND ENJOY Sheila's great lunches and browse our thrift store, very efficiently run by Manager Lila. See ya' around town Jamboree weekend!

SENIOR SIGN OFF: Many people are flexible. They can put either foot in their mouth.

LUNCH MENU

7/18 Clam Chowder & Biscuits
7/21 Shepherds Pie
7/22 Chef's Choice
7/23 Meatloaf
7/24 Breakfast Casserole
7/25 Chili Dog
7/28 Roast Chicken Salad
7/29 Pizza
7/30 Chicken Parmesan & Garlic Mashed Potatoes
7/31 Tacos & Refries

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

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