

Artists Supporting Art

Have you always dreamed of creating salmon-shaped yard art? A river scene wall-hanging with leaping fish? Sockeye wind-chimes, fish-tailed mugs, a Coho quilt?

Vernonia Hands-on Art, a local nonprofit arts and culture support group, is seeking artists interested in supporting HOA fundraising efforts as part of the Salmon Festival auction. Artists are invited to create a physical piece of art in the medium of his or her choice. All submissions must be salmon-themed either in shape or as part of the content.

All artwork must be submitted to HOA prior to Labor Day weekend. A portion of the proceeds will be retained to support an academic Art Scholarship at VHS.

Hands-on Art is dedicated to celebrating the creative spirit by exposing the community to the arts and honoring our community's heritage. Join us in bringing art to Vernonia by sharing your talent at the Salmon Festival.

Please contact Diana Peach (peachlee123@gmail.com) with questions.

Things to Ponder: Trusting in God Alone

By Grant Williams

Peace comes from being friends with God and can be found only in a personal relationship with Him. In the Old Testament section of the Bible, Israel's King David, expressed his relationship with God through his poetry and songs written in the Psalms. King David reveals a depth of intimacy, emotion and relevancy rarely found in spiritual literature. What makes his poetry so rich is his willingness to be transparent and vulnerable. Unlike most of us, he is not afraid to reveal his weaknesses and dependence upon God. In Psalm 62, verses 1-4, King David is at a dreadfully low point in his life as he encounters pressures from all around that threaten to destroy him.

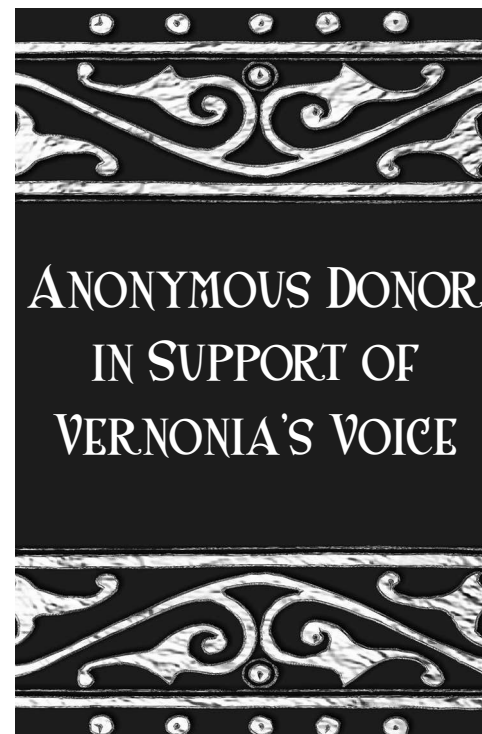
King David's response to this overwhelming trouble was to put all of his hope in God. He says, "My rest and salvation come from God alone." Perhaps you are feeling pressure all around you. Are you uncertain what to do next? Put your faith in God who is the rock of our salvation. When we rest in His strength, His mighty power will sustain us. We will find relief from life's pressures even if there seems no way of escape from our predicament. King David complained to God about

the people who hurt him and had no regard for his pain or circumstances. Sometimes our accusers are right on, and sometimes they are acting wickedly and selfishly, but our response should always be one of humility. David's enemies talked out of both sides of their mouths. Sometimes they were kind, but other times they told lies that brought heartache and pain. King David was a man after God's own heart. When he sinned he had to pay the consequences for his wrong doing, but he always came back to the rock of his salvation for restoration.

Just like King David, many of us face very similar life situations. We might face the loss of a family member or suffer the consequences of a co-workers jealousy. There are times we face issues brought on by someone else and their intentional or accidental actions wound us. It doesn't matter how the problem or pain comes our way, the damage is still incredibly agonizing. When King David hurt he went to God for answers. He leaned upon the Lord for restoration. He knew he couldn't bare the weight alone and neither can we.

Learning to trust in God alone is not something that happens without effort. We experience pain and

trouble in life and must discover what God wants us to learn to remedy our situation. If you are hurting and have tried to ease your pain unsuccessfully, now is the perfect time to look to Jesus for desperately needed answers. He is the author and perfecter of our faith. Hebrews 12:3 says, "Consider Him who endured such opposition (death on the cross) from sinful men, so that you will not grow weary and lose heart."



Bridge Street Bits

YOU THOUGHT all the sounds AND activity around Vernonia had died down since Jamboree... not so! We had quite the thunder and lightning display in the early morning hours of August 12th. Gave the 4th of July fireworks some serious competition! But boy we needed the rain...

IN AND AROUND THE CENTER: Come in and browse around the ever changing layout of the thrift store... and you think it can never get better? It does! Good job from all our volunteer help and Lila's great gift of décor. One way to see what we have is to mark your calendars for the City Wide Garage Sale on August 23rd. Yes, here at the Center we intend to join in on the garage sale shopping fun that day. Be sure to put us on your garage sale route. And if you have any donations for us we will gladly accept. ALL monies taken in on that day will be put in our operating fund. Thanks for any consideration of your donations

and hope to see you shopping!

SOME OF YOU are taking advantage of Sheila's great lunches... come in and enjoy... open to all. Take outs as well. \$5. Call ahead.

FROM COMMUNITY ACTION TEAM: Columbia County Resource Guide has prepared this booklet to better acquaint Columbia County residents with available resources and services. Limited booklets are available. Community Action Team's programs include: Energy Services, Housing Solutions, Affordable Housing and Community Development, Housing Rehabilitation & Weatherization, Self-Help Housing, Senior Sevices, Veterans Services, Healthy Families, Head Start, and Parenting Education & Support Services. Feel free to call our office at 503-397-3511 or access our web site at www.cat-team.org for additional information.

CALL KAREN FOR ANY Vernonia senior service information and assistance at 503-366-6511. For help in other communities: Marge- Clatskanie/ Rainier, Tess/St. Helens, Heather/Scappoose. All our offices are located in St. Helens, main number 503-397-3511

SENIOR SIGN OFF: The biggest need in auto safety is the recall of quite a few defective drivers. Call AARP for the nearest Safe Driving Class near you.

LUNCH MENU

8/22 Clam Chowder & Biscuits
8/25 Tuna Casserole, Salad & Roll
8/26 Taco Salad w/ Chips & Salsa
8/27 Roast Chicken Dinner
8/28 Breakfast Casserole & Fruit Salad
8/29 Burgers & Garden Salad

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

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