

In Memory of...

Frank Spry

A Celebration of Life will be Saturday, November 22, 2014 at 1:00 PM at the St. Helens Alano Club. All are welcome. Out of respect to Franky, his family and all other addicts and alcoholics, PLEASE PLEASE be sober if you choose to attend. Pot Luck because he loved to eat.



Frank (Franky) Spry is survived by his parents Michael and Linda Spry of Vernonia, OR, his daughter Jasmine Odoms of St. Helens, OR, his sister Amy Quaring and brother-in-law Andrew

Quaring and nephew Wyatt Quaring of St. Helens OR, Grandparents, Aunts, Uncles, Cousins and fellow brothers and sisters in the N.A and A.A community.

Franky was a proud Bering Sea fisherman and landscaper. Franky loved "lovin life," fishing, hiking, and was a die hard U of O Ducks fan. He was a believer in working hard, giving a helping hand to all in need, and loved for his light. He loved music, dancing, star gazing, landscaping, and camping. He fire danced. Most of all "He loves his little princess Jazzy."

Franky's words of truth "If I had a piece of advice to give anyone it is this: Always love and respect people for who they are and always love em like it's the last time u will ever c them again. Oh yah love urself too..."

Thank you Franky. In the words shared by one of your many friends, "May God shine rays of sunshine on all those who had the chance to know you and have become better people as a result of being in your presence."

Angels are big huggers and he hugged huge. Love Ma

Things to Ponder: Time to be Grateful!

By Grant Williams

Once again the busiest time of the year is upon us. The older I get the faster time seems to fly by. I can remember when it seemed like an eternity between the annual Thanksgiving, Christmas, and New Year Holiday Season. Growing up we never started the next celebration until the previous one had past. However we did made a big deal out of each one, especially Thanksgiving and Christmas. These were grand times of food, fun, and fellowship centered around family and church. Today, with everyone so busy these Holidays don't seem to be as special as they once were. People seem to be much more independent and less apt to value traditions that used to be very important and brought everyone together.

When we stop long enough to consider the things that are important to us we discover what we value most can't be bought with money. Good friends are hard to come by, but no amount of money can purchase one. Our health might be covered by insurance, but good health is a gift from God. The peace and security we are blessed with is really not dependant upon bombs and guns but upon the sovereign hand of God protecting us. None of us chose our family but each one of us finds ourselves surrounded by people we must learn to love and enjoy. Have you discovered most of the great people you have ever known are not blood relatives but common folks you

have chosen to associate with?

Money can buy fancy houses and cars, nice boats and airplanes, swimming pools and distant vacations, but it cannot purchase peace or rest. The most important things in life are given us by God because He loves to show His kindness to His children. Do you recognize His hand in your life? If you had to choose what you could keep and what you must get rid of how important are the things that cost you money? If everything you owned was stolen or destroyed could you survive? This kind of soul searching helps us realize the most important things in life are given us out of God's grace.

This Thanksgiving I want to challenge all of us to think about what is most important to us. Is it stuff which perishes or things like love, peace, and joy that have no price tag? I would especially like to challenge you to consider that knowing God as your personal friend is what will help you put everything into perspective. Christ came to bring us life filled with significance and spiritual abundance. Contrary to popular opinion He never promised to make you rich in material possessions. Buying into that lie is why so many people struggle to find meaning and end up morally bankrupt and plagued with depression. This year remember to thank God for all the things He has given you because without His gifts you would be truly bankrupt.

Senior Center Board Elections

Senior Center Board elections happen during the general membership meeting at 10 AM on December 12. Terms expiring are Bob Eastman, Carl Holsey, Tommy Sherman and Sandy Welch. Holsey, Sherman and Welch have agreed to run again for these three year

terms. Nominations may be made from members and added to the slate during the December meeting. Come on down, vote and stay for lunch. The four newly elected board members assume office January 2015, joining the current 8 other board members.

Bridge Street Bits

VETERANS DAY has passed but it's never too late to thank a veteran for serving our great nation. I always like and take notice of our senior saints, (and others) who proudly wear their service insignia hats. I very often strike up a conversation that begins like: "My Dad was a retired Navy Captain. He was a pilot off the USS Lexington in WWII." Often times the response is: "Well, I was just a (lesser rank) and ..." My immediate answer is: "You know, it took everyone together to fight that war. No one was over another in their part. So thank you for what you did." Today,

it still takes everyone, so thank you service men and women for what you did and what you do. We still live in a great country.

COME IN and take advantage of our Christmas décor and other holiday items here at our thrift store. The girls have been working hard digging, pricing, and displaying. As always, we thank you for your patronage and for your donations as well.

TERRY's GYM IS OFFERING SPECIAL RATES for seniors for a year. Find his

ad in this paper and give him a call.

FROM THE DESK OF KAREN MILLER, Community Action Team:

- Watch this column for preventive health programs for seniors coming on the docket.
- Energy assistance packets are out. Call my office for help or info.
- Watch for warning signs to see if your elderly loved one is in need of assistance and extra care: spoiled food in fridge, poor grooming or personal hygiene, loss of interest in activities once enjoyed, diminished driving skills, near misses, difficulty

walking, unsteady, recent falls. If someone seems to need help don't be afraid to speak up and reach out.

For senior assistance through C.A.T: Karen/Vernonia 503-366-6581 Marge/Clatskanie, Rainier 503-366-6581 Heather/Scappoose, St. Helens 503-366-6542

SENIOR SIGN OFF: Cross the finish line before you drop the ball. (Utah vs. Oregon football play)

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
Roger Cook, Branch President
1350 E. Knott Street
503-429-7151

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