

12 Days of Christmas

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D A S G N I C N A D S S G
E A N D A S G N I R W N N
H E P I R L O V E U I A I
E S R E P I P E T M M W Y
N E L T E A B U M M M S A
S E A O A F R U C E I G L
E G D I R T R A P R N N A
O M I L L D L E I S G I P
X A E E O L S W N T S P E
M I S V I G E E V C Y A A
A D E N G N I P I P H E C
S S G N I K L I M F B L E

DRUMMERS~DRUMMING~PIPERS~PIPING~LORDS
LEAPING~LADIES~DANCING~MAIDS~MILKING
SWANS~SWIMMING~GEESE~ALAYING~GOLDEN
RINGS~CALLING~BIRDS~FRENCH~HENS~TURTLE
DOVES~AND A~PARTRIDGE~IN A~PEAR~TREE

Come and See

Pope Francis has called the entire Catholic Church to participate in the extraordinary Jubilee Year of Mercy, which begins on December 8, 2015, the Solemnity of the Immaculate Conception underscoring the urgency and importance of the message of mercy for our times.

This is an historic occasion as it is only the fourth extraordinary Jubilee Year in the history of the Church. Knowing that many Christians are dealing with great trials and struggles that weigh heavily upon them, Pope Francis is calling us to rediscover the healing power of God's absolute love and mercy for all people. The Jubilee will be a time of special graces from God. It is a favorable time to heal wounds and offer everyone the way of forgiveness and reconciliation.

Fr. Luan Tran, Priest & Administrator of St. Mary's Catholic Church, invites all Catholics who have fallen away from the church and its sacraments to join him and St. Mary's parishioners on December 20th at noon to participate in the Mass. Refreshments will be served after Mass and opportunities will be made for those seeking solutions to their concerns regarding questions about the Church, marriage issues, annulments and reconciliation with the sacraments.

Natural Path to Health: Fall Folly

By Dr. Carol McIntyre

As we make our transition into winter, we will have the natural intention to store. I have spoken of this before. We store in the fall to prepare for the winter months. Preserving foods is the first way of storing. We then have thoughts of staying in more. Many of us in this region are chopping wood for the next season... thinking ahead for our future preservation.

We should also think about our current state of health and what that means. Much of the time the holidays bring stress and indulgence. Spending time with family should be positive. We all know holidays can be stressful at times and that should be transformed.

How we react to these stressors is the key. Having a positive outlook is the most useful tool. Looking at ourselves in

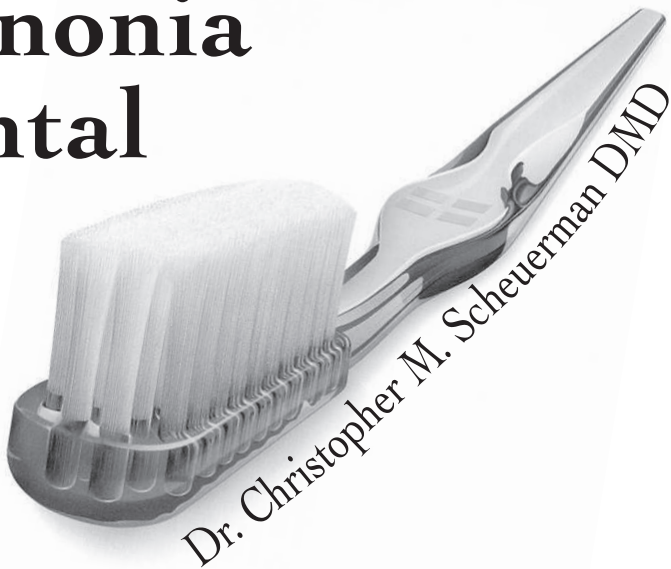
a positive way can be difficult. This is a necessity. In order to project positivity we must feel that within ourselves. Positivity and thankfulness is the message of the season. To be thankful for what we have is sometimes difficult to recall...but we must. Focusing on conscious awareness is the best way to support the positive message.

There are some new things at the office. I am now carrying new supplements such as hemp protein and multiple liver cleansing supplements. My continued research continues to be focused on Gut/Brain connections. I plan to begin monthly discussions that will be held at the local Vernonia Grange. If there are topics you would like to discuss please let me know by emailing me at cccmnd@yahoo.com.

I sincerely look forward to bringing more information to my community. There is an opportunity to have community discussion regarding questions and concerns about health issues and furthermore, having a community forum! Ultimately, I would like our community to come together for discussion and to share ideas. I know there are many talented people in our community who can share beneficial information with each other. Let's do it!

Have a wonderful Holiday season. There will be changes in office hours so please call to get the updates. Enjoy your time. Enjoy your family. Enjoy yourself. Take time. In our busy world it is always difficult to process our stress. Doing so is imperative to moving forward. We are given times like these to do so. Take care. I fell blessed to have such a supportive community. Thanks for joining me. Be well~

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