

Things to Ponder: Does It Really Matter?

By Grant Williams

Marriage counseling has always been one of my favorite aspects of ministry. Couples come hoping to make sure their marriages will last through eternity. Their dreams are beginning to take shape and their future is seemingly becoming more secure every minute. Of course, I try to explain to them marriage is a lot of hard work and their promises to each other will be severely tested over and over.

We talk about all the usual stuff: working hard, being faithful, staying out of debt, growing in their faith, and a myriad of other important issues. But it never fails; they want to know the real secret of a great marriage. I'm always

glad to give the same answer. It boils down to keeping God at the center of their relationship.

Many people who come to marriage counseling are Christians and they understand what I am talking about. Often people who want to get married are not active in a church so I explain to them what keeping God at the center of their life means. Keeping God at the center means knowing Christ as your Savior and keeping your eyes on Him all the time. Marriage tests even the strongest of people and many stumble by trying to solve their problems without God's help.

Marriage counseling has always been mandatory for anyone who wants me to marry them because I believe without it they are setting themselves up

for failure. Marriage is not all pie in the sky and requires every ounce of strength both people have. The missing ingredient in many marriages is the Lord. He is the glue that holds people together when the going gets tough.

Thankfully, most of the people I have married are still together, but some have not been so fortunate. The best answer to salvaging their lives is to turn to the Lord they thought they didn't need to have at the center of their life. Having a marriage fail is not the end, but it does provide the opportunity to do it right the next time.

My experience tells me the thing that derails most relationships is failing to believe that God really knows what is best for us. It is so easy to get caught

up in material things only to discover that stuff does not make a person happy. Think about the things we want more than anything else: peace, love, security, belonging, etc. Those things don't require money, but a strong commitment.

The Bible gives the best advice for (marriage) living. Talking about all the things we need, Jesus said in Matthew 6:33, "But seek first the kingdom of God and His righteousness; and all these things shall be added to you."

Whether you are married or single this is the best advice you can ever give a person. If your life is going well you are blessed, if it isn't the Lord is only a prayer away.

Bridge Street Bits

By Karen Miller

FEBRUARY: No matter how you say it, Feb YOO ary or Feb ROO ary, it is the second month of the year, the shortest month, and the only month fewer than 30 days. Leaping birthday people (Feb. 29) have to depend on the legal jurisdictions of their states as to their legal effective dates. But no worries here at our Senior Center. We'll gladly accept your \$15 annual dues no questions asked! So take the leap: join us! Send your 2016 dues to 939 Bridge Street, Vernonia OR 97064 I am a "YOOary" pronunciation girl myself, and trivia info: Not sure how many FebYOOarys you have been thru, but back in February of 1978 milk was \$1.44/gallon, eggs \$1.31/dozen, average car was \$6,400, stamps .15 each, gas .65/gallon, minimum wage \$2.65/hour, average income \$ 20,000. Times have indeed changed. According to my online source, the February birthstone the Amethyst has a list of perceived health benefits: helping with withdrawals from addiction, relieving headaches, minimizing the pain of arthritis, overall body healing and wellness, diminishing insomnia, preventing drunkenness... the name itself means sober. Also take note on this list from 42 Simple Habits to Make Yourself Better: 1)Read a book every day, 2)Learn a new language, 3)Pick up a new hobby, 4)Take up a new course, 5) Create an inspirational room. Always room for improvement; now that should never change!

COME ON DOWN TO BARGINS ON BRIDGE STREET, lots of books to pick through. Thanks to Roxanna and Eldonna for coming in and rearranging books for Friends of the Library. Plus, Books on Wheels is available now. If interested call the library 503-429-1818 or Audeen Wagner 503-429-9700 for info and signups. For seniors not able to get out. Books delivered AND picked up at your doorstep.

THREAD AND THINGS at our Bargains on Bridge Street Store: Come on down on Main Street Vernonia. New items constantly changing, manager Pam says to tell you 0-6X clothes \$2 a bag. Summerwear is coming out. Donations always welcomed during business hours 9 am-3 pm. Monday through Friday. **BOOK SALE:** dollar a bag through February. Come in for screaming deals!

FebYOOary is also American Heart Month. Our President is requested each year to issue a proclamation urging the people of the United States to recognize the nationwide problem of heart and blood vessel disease and to support all essential programs required to solve the problem. For some seniors, exercise is a difficult task. Be sure to have regular checkups, diet and exercise even in small amounts can make a difference. For a great booklet on keeping track of health, meds and staying informed resources, come into Heather's Community Action Team office **FIRST** and **THIRD** Mondays of the month 10 am to 1 pm at the Learning

Center. Ask for a booklet entitled, "Seniors and Caregivers."

EVER HAD ANYONE tell you YOU think you know it all?! Just for the record, I don't know it all. But **I DO KNOW** there is a LOT of information out there of interest to and about seniors. I am inviting you, our readers to please give me a call if you have some senior information that you know others would benefit from: Call me, Karen Miller at 503-429-0273 and be sure to leave a call back name and contact number, or leave any info at our Bridge Street Store. Looking forward to sharing in this column from you; keeping it Anonymous of course!

NEXT BOARD MEETING: March 11, 2016. All are invited. Vernonia Cares Building.

SENIOR SIGN OFF:

Artist Claude Monet began painting his panels of water lilies at the age of 74. I am sure there are some that enjoyed his art, but to tell the truth I enjoy the artwork of Vernonia resident, Sally Harrison myself. Everyday I pass her wonderful artwork sign by Vernonia Lake, the artwork sign at the Bargains on Bridge Street store, the train artwork coming into town on the corner of Bridge Street and Rose, and the artwork between the Bridge Street building and Vernonia Realty. Sally, still contributing at age 74! Another local example...You can Be Great at Any Age!

'Till next time , see ya' around...

Vernonia Senior Center • 939 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
The Crossing
Southern Baptist Church of Vernonia

Wednesday, 7:00 PM
Troy Pound, Pastor
Cabin in Vernonia
901 Park Drive
503-819-892
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
Tues. Ladies Bible Study: 9:30 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
503-702-3553
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