

# Things to Ponder: This is Important to Jesus

By Grant Williams

Of all the things Jesus might want to give you, His real desire for you is for your joy to be full. It is a common mistake to confuse joy and happiness. Briefly, the difference is simple. Joy is not something that comes and goes like happiness. For a Christian, joy is determined by the health of our relationship with the Lord. Happiness comes from the external things in our life that are constantly changing.

In John 15:11 Jesus told His disciples, "These things I have spoken to you, that My joy may be in you, and that your joy may be made full." Those appear to be very strange words when you consider they were spoken only a few

hours before Jesus was crucified for the sins of humanity.

What in the world was He thinking? Didn't He know how painful crucifixion was going to be?

Of course He did. He knows more about pain than any of us will ever encounter. He was going to the cross to accomplish the payment for the grief caused to the heart of God by our selfish actions. Our greed and lust and pride and insecurity to name a few things drove Him to the cross because there was no other way for us to be set free from what we deserve.

Paul tells us in Romans 6:23, "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." Jesus was full of joy

only hours from death because He knew His obedience, even death on a cross, would have the power to deliver humanity from the grip of sin if a person would acknowledge their need for a savior.

Jesus never asked people to join a religion. Does that surprise you? He simply asked people to trust Him and obey God's commands. In John 15:12 Jesus told His disciples, "This is My commandment, that you love one another, just as I have loved you."

Have you ever wondered what that kind of love might look like? The Gospels; Matthew, Mark, Luke, and John paint a portrait of a man so full of love the religious people (the phonies and do-gooders) sought to find a way to kill Him. His love was so real He

reached out and literally touched lepers, prostitutes, tax gatherers, divorced women, people possessed by demons, and cripples, just to name a few.

And by the way He turned water into wine and fed thousands of hungry people without charging them a penny. I don't blame you if you don't like what you have seen in some people who call themselves Christians, but bear in mind they might be Christians in name only. The Jesus I love and serve is kind and forgiving. He is patient and gentle.

Whenever you are contemplating Jesus, remember He is more concerned about your joy being full than your temporary happiness.

## Bridge Street Bits

By Karen Miller

AS WE APPROACH THE VERNAL EQUINOX ON MARCH 20 – the point when the sun is precisely above the equator and night and day are equal in duration – most of us gladly look forward to longer days and kinder weather. Even as we wait for winter's retreat, however, things need not be gloomy. Rich and ripe opportunities abound. Make time for a walk down the linear trail, around Vernonia Mill Pond, or along the streets of Vernonia with stores, restaurants and shops. Be sure to stop in at Bargains on Bridge Street for the bargain you have been looking for! Ask Thrift Store Manager Pam about her "threads and things" specials.

2016 MEMBERSHIP DUES ARE WELCOMED. We appreciate your involvement and interest in the Vernonia Senior Center and your patience as continual progress toward our new Food Bank/Senior Center continues to unfold. Come join in on our Board Meetings held at the Legion Hall (Food Bank) building on the SECOND Friday of the month at 10:00 am. Let your thoughts be heard. All are welcomed to attend.

STEP UP and be a participant at the monthly, back-by-popular-demand, foot care clinic days on the LAST

Wednesday of each month. A registered nurse is available, certified in elder and diabetic foot care. To make your appointment call the Health Center receptionist during weekday business hours. 503-429-0622.

SO HOW Ya' doing on your New Year's resolution on self improvement? You didn't make any?! It's never too late to start, we are only beginning the 3<sup>rd</sup> month of the New Year! Here's a couple more ideas. #6 Overcome your fears. #7 Level up your skills. #8 Wake up early. #9 Create a weekly exercise routine. #10 Get out of your comfort zone. So MARCH forward to a new you!

SPEAKING OF getting out of your comfort zone, shuffle on down to the Legion Hall on Fridays, and join in on senior card game fun! Learn something new, in case you missed # 7 up above.

REMEMBER even just a little exercise can have powerful benefits. Taken from 50 Reasons to Exercise, exercise, even on such a small scale such as walking in place, can be of tremendous benefit, including, 1) Lifting your mood, 2) Improving your learning abilities, 3) Building your self-esteem, 4) Keeping your brain fit, 5) Keeping your body fit and able.

HELPFUL REMINDERS: Come in and talk with Heather on the FIRST and THIRD Mondays of the month at the Learning Center for any senior needs and concerns. Community Action Team advocating for you. Also C.A.T.'s Veteran's Service Officer, Russ Clark the FIRST Tuesday of the month, 1:00 pm to 7:00 pm.

SENIOR SIGN OFF: My Dad's father fought in the Spanish American War. Little did he know that Clara Barton would go down in the history books as Founder of the American Red Cross at age 60. Barton rode mule wagons while working as a battlefield nurse during that time of war at the age of 76. For some of us, there's still time to be "Great at any Age!" Take time to notice and encourage a hard working senior citizen in your life, today!

CALL ME with any noteworthy senior news: 503-429-0273. SEE ya' round town.



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  
503-819-8921

### 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  
www.GraceFamilyFellowship.org

### 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

### 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