



“Slices of Life” by: Jill Perter

RIDING THE GRIEF TRAIN

By: Jill Perter

It's a year this week since my mom died. Most people will tell you the initial year is the hardest because of all the firsts. First Christmas. First birthday. First Mother's Day without your mother.

I'll admit those firsts were difficult, but I persevered. Might even be that I'm stronger for it. To be honest, I'm not sure.

The surprising thing, for me, about the first year didn't involve any of the important firsts. It had more to do with what you'd call everyday moments that caught me off guard.

Like, I might be brushing my teeth, or thinking about whether we should have chicken or pork chops for dinner and – Bang! Something would hit me and a memory would rush in before I could think to stop it.

There were times when I thought about picking up the phone to call her. Or days when I sensed her presence, even though I don't suppose I really did. I think I wanted to, you know, believe she was close by.

Sometimes, for a moment, I'd forget she was gone. Then I'd remember and it didn't seem like the memory could be real and I'd have to pause

and decide what to believe and a millisecond later when I figured it out, I'd cringe at the realization.

I guess the truth sometimes is stranger than fiction.

One thing I've learned during the past year is grief is an intimate experience. It is yours alone. Another tenet of grief is not many people are comfortable with it – whether it's theirs, or someone else's. I know I'm not and I've had a whole year of practice. Then again, I'm not sure I'd ever want to be comfortable – with grief.

While grief is intimate, it is universal – an inevitable part of life. As the days unfold, one after the other, we do what we can to cope. We find what works for us.

Words are a source of comfort to me, so when I miss my mom, I write about her. It's my catharsis – releasing emotions through written words to provide a respite from the sadness (sort of, in theory).

Not everyone identifies with catharsis. Rehashing a loss may seem more painful than helpful. Death and illness are unpleasant experiences best left in the past when it is time to focus on the future.

Thing is, you can't move on at anything but your own pace. That's the intimacy of grief. This is hard to grasp: how one person can be at the

end of the marathon and another still taking baby steps – like in a dream when you are trying to run but your legs won't work. The difference is exponential; and I never was good at math. Go figure.

So the grief train moves forward. Day 365 and counting. I think I can. I think I can.

At this time last year, I spent the bulk of my moments staring backward as the train left the station. Now I am able to turn my seat and look ahead a majority of the time. I'm finding a balance. Some would advise me to keep my eyes focused on the road in front of me, to ignore the grief and get on with the fun stuff.

Life and death aren't always pretty. Denying this fact only serves to deny the moments that truly are beautiful. And they do exist. I know this for certain because I remember. I've come to believe the road ahead is only part of it and – pain or no – I'm bound and determined to experience it all.

Jill Perter, award-winning syndicated columnist and author of “The Do-It-Yourselfer's Guide to Self-Syndication.” is collecting fans on Facebook on her Slices of Life page. Email her at pertmn@qwest.net; or visit her website at <http://marketing-by-design.home.mchsi.com/>.

Good Shepherd Lutheran Church

In the New Testament, the Gospel of Luke, we read of two of Jesus' disciples walking from Jerusalem to the city of Emmaus, a distance of some seven miles. While they were walking they were discussing the crucifixion of Jesus and how confused and discouraged they were. As they walked, they were joined on the road by a stranger who asked them about the events surrounding Jesus' crucifixion. They related the entire story, including the women who had gone to the tomb of Jesus only to find that he was not there ... he had risen from the dead.

As evening approached, these two disciples invited the stranger to dine with them and spend the night as well. During dinner, when the stranger broke the bread for them to eat, these two disciples realized who they had been walking with and

talking to ... Jesus! Jesus then vanished from their presence and the disciples immediately returned to Jerusalem to give the other disciples the good news of Jesus appearing to them.

How much it seems our own walk of faith might parallel that of the two disciples on the road to Emmaus. We might be confused, questioning or even doubting. But when we finally realize that Jesus is speaking to each and every one of us, we open our eyes and realize who he is and why he came to earth and was crucified ... to save us from our sins!

Church calendar:

Thursdays, 4:00 PM,
Good Shepherd
Singers rehearse

Sundays, 9:15 AM,
All-Comers Bible Class,
10:00 AM
Worship & Communion

Community Bible Church

GENTLEMAN!
Luke 18:1 - One day Jesus told His disciples a story to illustrate their need for constant prayer and to show them that they must never give up...

Ephesians 6:18 - Pray at all times and on every occasions in the power of the Holy Spirit. Stay alert and be persistent in your prayers....

Some occasions trigger our need to pray. In these cases prayer is linked to a specific event. This relationship with prayer is inculcated into communities of faith and has trained us to avail ourselves of prayer based on a setting

or circumstance. Search the Scriptures and you will not find a designation as to when to and when not to pray. Instead, we are admonished to pray and pray and pray. Bill Hybels wrote a book with the title, “To Busy Not to Pray “. I believe that the Lord really enjoys continual communication with those that love Him.

Mark Your Calendars

May 11th - Awana's Club last meeting
May 14th - Ladies' Tea
June 13th - June 17th - Vacation Bible School
Call the church for further information.

<p>“Slices of Life” by Jill Perter is brought to you by:</p>	<p>RON VERSTEEG Attorney at Law “Over 20 Years Experience” 541-592-4381 435 Junction Ave., Cave Junction</p>	<p>▲ Wills ▲ Trusts ▲ Powers of Attorney</p>	<p>▲ Probate ▲ Conservatorships ▲ Guardianships</p>	<p>▲ Real Estate ▲ Business ▲ Contracts</p>
--	--	--	---	---

LAUREL CEMETERY ASSOCIATION

ANNUAL CLEAN-UP DAY

FRI., SAT. & SUN.
MAY 20 - 22
9 A.M. - 2 P.M.

BRING TOOLS IF AVAILABLE

SOASTC Treatment Foster Parents Needed in Josephine County

SOASTC is seeking nurturing families to bring healing, hope and solutions to at-risk youth on a full-time or part-time basis.

We provide therapeutic foster parents with daily support, monthly respite and a monthly reimbursement of \$1,650 to \$3,300.

Visit us on the web at www.soastc.org or call (541) 956-4943 ext. 1105 to be part of the solution.

Soup & Pie Lunch

Saturday, May 14 11 a.m. - 1 p.m.
\$5 (includes soup refills)

*Lots of Choices
Take-out Available*

Immanuel United Methodist Church
200 W. Watkins St., CJ

FREE! CLEAN! FREE!

Clothes Give-Away!

Saturday, May 21
9 a.m. to 5 p.m.

Takilma Bible Church
10343 Takilma Rd.

The friends and family of Peter & Cheryl Schmadeke (formerly Cheryl Raymond) have set up a benefit account at SOFCU. Peter has stage 3 esophageal cancer and is being treated in Portland. The account is to assist with practical and medical needs, especially gas money for their numerous trips. This looks to be a long process, but their faith is high and they trust in God for full healing.



**Compassionate Health Care
At A Time When Needed The Most**

Q. Does it cost me for Hospice care?

A. No one is refused service because of lack of financial resources. There is no co-pay or deductible for Hospice services when covered by Medicare or Medicaid. Most insurance plans pay for all or a portion of Hospice care. Other benefits vary. Discuss your question with your selected hospice agency if you have limited or no insurance coverage.



COMMUNITY CALENDAR

Beyond Loss Support Group
Mondays ~ 2:00 - 3:30 p.m.
Mutual support ~ open to adults (over 18)

Places of Worship

BRIDGEVIEW COMMUNITY CHURCH
5181 Holland Loop, CJ
541-592-3923
“We celebrate God's Presence in our lives!”
Sunday Worship 10:30 a.m.

7th DAY ADVENTIST
265 S. Old Stage Rd., CJ
Sabbath School - 9:30 a.m.
Saturday Worship 11 a.m.
Prayer/Praise 7 p.m. Tuesday
Pastor Marvin Clark
Church (541) 955-4943
Madrone Adventist School
541-592-3330

FIRST BAPTIST CHURCH OF SELMA
18285 Redwood Hwy., Selma
541-597-4169
Pastor Monty Pope
Sunday School - 9:45 a.m.
Worship - 11 a.m.

COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbcca@cavenet.com
Sunday Worship - 10:30 a.m.
Christian Academy
Pre-K to 12th grade
Awana - Wednesdays - 6 p.m.

IMMANUEL UNITED METHODIST CHURCH
200 Watkins St., CJ
Phone 541-592-3876
Pastor Charles Chase
Sunday School - 9:15 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children

ST. PATRICK OF THE FOREST CATHOLIC CHURCH
407 W. River St., CJ
541-592-3658
Fr. William Holtzinger, Pastor
Mass - Sunday 11 a.m..
Sacrament of Reconciliation
Sunday - 10:30 a.m.
Holy Days TBA

GOOD SHEPHERD LUTHERAN CHURCH
East River Street & Lewis Court, CJ
Pastor Don Torala
Sunday School - 9:15 a.m.
Sunday Worship - 10 a.m.
Tuesday Youth group - 6 p.m.
Church Phone: 541-592-2290
www.goodshepherdlutheraniv.net

ILLINOIS VALLEY PENTECOSTALS
987 Caves Hwy., CJ
541-592-4716 or 541-218-2792
Sunday - 2:30 p.m.

TAKILMA BIBLE CHURCH
10300 Takilma Road, Takilma
Pastor Dan Robinson
Bible Study / Prayer Time 9:30 a.m.
Morning Worship 11 a.m.
Wednesday Bible Study 7 p.m.

VALLEY EVANGELICAL FREE CHURCH
498 Laurel Road, CJ
P.O. Box 1248
Pastor Marvin Porter
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
evfree@frontiernet.net
541-592-6160

FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Ave., CJ
541-592-3956
Pastor Mark McLean
Sunday School - 10 a.m.
Morning Worship - 11 a.m.
Evening Worship - 6 p.m.
Wednesday - 7 p.m.
Adult Bible Study

ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. James Boston
Worship Service - 5 p.m.
1st Sunday of each month

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
209 S. Junction Ave., CJ
Sacrament Meet - 10 a.m.
Sunday School - 11:20 a.m.
Priesthood, Relief Soc. - 12:10 p.m.
Bishop G. Frank Sybrant
541-245-3394

