

Backyard bird watching with Harry:

by Harry Johnson

OK, we’ve talked about designing your birdhouse and building your birdhouse. Now it’s time for putting up your birdhouse. Here are some tips for you think about.

- Try to face your birdhouse north or east to avoid overheating in the spring and summer.
- Face your birdhouse away from the prevailing winds of winter.
- Have water and food nearby. By that I mean 100 feet or more.
- Do not place birdhouses to close to birdfeeders.
- If your birdhouse is light enough, mount the birdhouse on metal poles rather than nailing them to trees or hanging them from limbs. Houses on metal poles are less vulnerable to predators. Be careful about the weight. You don’t want to bend your pole.

- Birds can be a bit choosy in their future home. Some will inspect several houses before deciding on a particular one. You may wish to give the birds a few different decorative birdhouses to choose from, knowing that only one will be occupied.
- It may take a year or two for birds to move in. (Be patient grasshopper.) If they don’t move in after two years, change its location.
- Don’t forget to place your birdhouse where you can easily watch it from indoors and enjoy all the action.

You can also attract several species with careful planning:

- If you put up more than one, keep houses well separated and out of sight of one another.
- Keep about 100 yards between bluebird

houses and 75 yards between swallow houses.

- Use no more than four nest boxes/birdhouses per acre for any one species of small birds such as wrens or chickadees.
- Use no more than one nest box/birdhouse per acre for any one species of large birds such as robins.

Well, I hope you enjoyed learning all about the design of your birdhouse and how to build your birdhouse. This week we learned where to put and how to hang it. Enjoy your new birds living in your backyard.

If you have any questions about this or other articles, send me an email at birdwatching@frontiernet.net

If you enjoy a good cup of coffee in the mornings, come by My Place Café on Saturdays. I’m there with other bird lovers just like you from 8:30-10 a.m. We would love to meet you.

The above is from Wildbird.com and Harry Johnson from O’Brien.



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Healthy U News:

by Nicole Rensenbrink

Marriage: so many of us want it, yet far fewer of us know how to make it work. Never fear: the Seattle-based Gottman Institute does.

In 1972, Dr. John Gottman started his work of setting up couples to live in an apartment for 24 hour time periods where he and colleague Robert Levenson videotaped, measured physical reactions and asked questions, following up with some for up to thirteen years. Based on this research of over 3,000 couples, the Gottman Institute boasts that they can predict which marriages will last and which will end in divorce with over 90% accuracy.

They found that couples don’t break up because of areas of disagreement. In fact, 69% of conflicts

between any couples are about areas of perpetual disagreement. Gottman asserts that “relationships will work to the extent that people wind up with a set of perpetual problems that they can learn to live with.” Relationship masters are able to fully accept their partners, while at the same time, asking them to change.

Divorce is predicted by how couples interact when handling areas of disagreement. Couples who would eventually divorce were found to express negativity 1.25 times more than positivity toward each other. Couples in happy relationships, on the other hand, expressed ratios of positive to negative interactions at a rate of 5 to 1. When simply conversing, the ratio of positive to negative with hap-

py couples was 20 to 1.

Gottman also noted four interaction patterns that predict divorce: criticism, defensiveness, contempt, and stonewalling. Each has an antidote to correct the problem. Criticism is a general description of a flaw in a partner’s personality that implies something’s wrong with his/her character. The antidote to criticism is using “gentle start-ups.” For example, instead of saying “You never pick up after yourself,” a partner might say, “Honey, I’m frustrated because I tripped over your clothes on the bathroom floor.”

People become defensive when they attempt to protect themselves or claim their innocence against a perceived attack. Defensiveness often

looks like counter-attacking or whining (acting the innocent victim). The antidote to this is to accept responsibility for at least a small part of the problem.

Contempt is putting someone down or acting superior. The antidote to contempt is creating a culture of appreciation through spending time focused on knowing each other, sharing fondness and admiration, turning toward vs away from each other, having positive perspectives, supporting each other to make life dreams come true and finding shared meaning.

The last relationship demise predictor is stonewalling. Stonewalling is what happens when one partner checks out of the conflict. He or she may pretend to be listening, caring, or

not upset, but what’s really happening is that they’ve become emotionally overwhelmed and have shut their partner out. The antidote to stonewalling is to learn self-soothing skills, so that the partner can handle their emotions while remaining engaged. Self-soothing skills usually require a combination of learning new ways to think about conflict as well as physical tricks like deep breathing and/or taking a time out.

The reality is, we’re all different, and marriages present big challenges for all of us. The good news is, if we’re willing to use these tools, we can all make our marriages content.

Church News

Good Shepherd Lutheran Church

ACKNOWLEDGING THE MIRACULOUS (Luke 13:10-17)

10 On a Sabbath Jesus was teaching in one of the synagogues, 11 and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. 12 When Jesus saw her, he called her forward and said to her, “Woman, you are set free from your infirmity.” 13 Then he put his hands on her, and immediately she straightened up and praised God.

14 Indignant because Jesus had healed on the Sabbath, the synagogue leader said to the people, “There are six days for work. So come and be healed on those days, not on the Sabbath.”

15 The Lord answered him, “You hypo-

tes! Doesn’t each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water? 16 Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?”

17 When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.

Jesus spoke to the woman and put his hands on her. Keep in mind he wasn’t supposed to touch a woman; it was a cultural “No, no,” especially in the synagogue. But there’s something powerful about the laying on of hands. Touching people connects us.

Now the synagogue leader wouldn’t touch her, but Jesus did. And she immediately straight-

ened up and praised God. She didn’t need therapy. She didn’t need transactional analysis for her psychological illness or paraffin wraps for her aching back. She didn’t twist around and say “I think I’m better”. She straightened up and praised God! She immediately attributed her healing to God.

You’d think the leader of the synagogue would have joined in the praising of God. He didn’t, why? One word: he was “Indignant”. The Greek word -aganakteo {ag-an-ak-teh’-o} means moved with intense displeasure and anger. His anger and his pride prevented him from acknowledging the miraculous.

The leader showed no compassion or consideration for this woman. She didn’t matter. She had been suffering for eighteen years,

but he was willing to let her to stay in pain and continue suffering just so his rules wouldn’t be broken. Another day of pain for her made no difference to him. It was all about keeping the rules.

He didn’t dispute that Jesus had actually performed a miracle. But he missed the point; he missed the miracle. He let the outward form of religion trump the presence of God. Sabbath law was more important to him than God’s presence.

Obsession with the letter of the law can cause us to miss the presence of God. He’s always with us. He’s performing miracles every day. We just need to focus on his presence and acknowledge the miraculous.

Community Bible Church

1961 and Outer Space

“Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; if I make my bed in hell, behold, You are there. If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me.” Psalm 139:7-10

In 1961, the Russian Cosmonaut, Yuri Gagarin, made the first manned space flight around this lovely, blue planet of ours. It was reported that Gagarin had said upon his return that he had looked around while in space and had seen no God. W.A. Criswell, a preacher of the day, wryly commented that, “If he had stepped out of his space suit he would have seen God.” It was later revealed that it was not Gagarin who said those

words, but it was a later comment by Russian President Nikita Khrushchev at a meeting of the Central Committee. He said, “Gagarin flew into space, but he didn’t see any God.” Gagarin was in truth a religious man according to the Russian Orthodox tradition, and he was profoundly moved by his trip into space. (Wouldn’t we all be?)

On December 24, 1968, the crew of Apollo 8 (Bill Ponder, Jim Lovell, and Frank Borman) were or-

biting the moon. They chose to quote Genesis 1:1 prefacing it with “To all the people on Earth.”

I guess each one found what they were looking for. The Lord said in Proverbs 8:17, “I love those that love me; And those who diligently seek me will find me.” The Lord will be found by those who seek Him in truth. Multiple millions have!

**In Christ,
Pastor Dave**

Ministry at CBC

Sunday
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Praise and Prayer 6:00 p.m.

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7th DAY ADVENTIST
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Saturday Worship 11 a.m.
Pastor Christian Martin
Church (541) 592-3218
Madrone Adventist School
541-592-3330

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

IMMANUEL UNITED METHODIST CHURCH
200 Watkins St., CJ
Phone 541-592-3876
Pastor Charles Chase
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Sunday Worship - 9:15 a.m.
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COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbccca@gmail.com
Sunday Worship - 10:30 a.m.
Christian Academy
Pre-K to 12th grade
Awana - Wednesdays - 6 p.m.

ST. PATRICK OF THE FOREST CATHOLIC CHURCH
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Sacrament of Reconciliation
Sunday - 10:30 a.m.
Holy Days TBA

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

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.

GOOD SHEPHERD LUTHERAN CHURCH
East River Street
& Lewis Court, CJ
Annemarie Richardson
Lay Pastor.
Sunday School - 9:15 a.m.
Sunday Worship - 10 a.m.
Church Phone: 541-592-2290
www.goodshepherdlutheraniv.net

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.
Evening Service 6 p.m.
evfree@frontiernet.net
541-592-6160

FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Ave., CJ
541-592-3956
Pastor Mark McLean
Morning Worship
9:30 & 11 a.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
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