

Church News

Good Shepherd Lutheran Church

More Than Pyrotechnics (Acts 2:2-38)

My husband loves to watch wrestling. Don't ask me why. But one thing I've noticed during the times I've watched it with him are the impressive music productions, big screen projections and pyrotechnics that the big name wrestlers use to introduce themselves.

Why do they need to do things like that? Isn't their talent enough for their fans? Well, yes, but these performers are looking for something more: something that will catch the attention of their audience; something they'll remember.

Now here in the book of Acts chapter 2, we find God doing a little "something more". He puts on a pyrotechnic display all His own. Rushing wind, tongues of flame – it was defi-

nately wild, but WHY would God want to do that this way?

Because He wanted to catch the attention of the crowd: He wanted something they'd remember for a really long time. In fact, God was so intent on this particular event that He even gave a prophecy about it 800 years before through the prophet Joel.

Now, there are some people that get all tied up with the pyrotechnics of this event and fail to understand that the wind and the flames and the speaking in tongues were all pretty much window dressing for the real message that God wanted to get across that day: 1) That God sent Jesus to mankind and vouched for him through miracles, wonders and signs, 2) that many in this crowd were involved in putting Jesus to death, 3) that not only had Jesus been sent to

them and they had crucified Him, but He didn't stay dead, instead He rose from the grave, and 4) Jesus is now seated at the right hand of God to rule and reign.

This was some pretty wild preaching. Nothing like it had ever been declared before, because this wasn't just "theology" – this was a declaration that God had done something different. God had stepped down out of heaven, stripped Himself of deity and allowed Himself to die on the cross for our sins.

In fact this was such a new idea, such a wild and revolutionary message, that when Paul & Silas preached it in Thessalonica many people complained that "These who have turned the world upside down have come here too." Acts 17:6

Now Peter's listeners at Pentecost knew

that they had killed the Son of God. And so, in fear, the crowd erupts with a cry "WHAT SHALL WE DO?" And Peter's reply is so simple and direct and so unwarranted that many people still can't believe it:

"Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit." Acts 2:38.

That's it? Repent? That's all you have to do? Just admit that you've sinned and determine not to live like that anymore? Yeah, that's it.

Because Jesus' death on the cross was about more than just death, it was part of God's plan for our salvation. And faith is about more than just the pyrotechnics of Pentecost. It's about love and death and salvation eternal life. And most of all, it's about Jesus Christ.

Community Bible Church

You're Needed, Dad!

"Hear, my children, the instruction of a father, and give attention to know understanding, for I give you sound learning: Do not forsake my teaching. When I was my father's son, tender and the only one in the sight of my mother, he also taught me, and said to me: 'Let your heart retain my words; keep my commands and live. Get Wisdom! Get understanding! Do not forget, nor turn away from the words of my mouth.' " Proverbs 4:1-5

In 1909 a woman named Sonora Dodd advanced the idea of having a special day to honor fathers. Her own father, William Smart, had raised six children on his own after the death of his wife. Sonora's father had sacrificed so much to raise his children in difficult circumstances that in 1910, she chose to celebrate the first Father's Day on his birthday, June 19th.

To be a good father takes sacrifice, we must choose to put our children's needs above our own. Mostly children don't appreciate that sacrifice until they have passed from childhood to adulthood. There are things we need to remember as fathers:

- #1) Every father should remember that one day his son will follow his example, not his advice.
 - #2) Children need a dad to love and protect them.
 - #3) Children need a dad who believes in them.
 - #4) Children need a dad who loves their mother.
 - #5) Children need a dad who shows him how to face hardship and not run.
 - #6) Being a great father is like shaving – no matter how good you shaved today, you will have to do it again tomorrow.
- Raising children is not just a physical exercise, it's a spiritual endeavor. Children often mould their original concept of their Heavenly Father in the image of the earthly father. To teach spiritual foundations, you must have a spiritual foundation. It's never too late to start your own learning process, but the day may come when your children won't listen. Dads, don't neglect the training of your children.
- In Christ,
Pastor Dave

Ministry at CBC
Sunday, June 15th
Morning Worship at 10:30 a.m.
No Praise and Prayer at 6 p.m.
Happy Father's Day!

Wednesday, June 11th
Prayer 10:00 a.m.

VBS is coming June 23-27
9:00 to 12:00
Age 4 to grade 6
Community Christian Academy
Preschool – 12th grade
Now accepting applications for
the 2014-2015 school year.

The Church of Jesus Christ of Latter-day Saints



Larry Hammersmith has recently been called as the new Bishop of the Cave Junction Ward of the Church of Jesus Christ of Latter-day Saints. Hammersmith and his wife, Lea, lived in Cave Junction from 1977 to 1982, when the decline of the wood industry necessitated their relocating to Southern California until their return to Cave Junction in 2007. They have 3 children, 8 grandchildren, and 1 great-grandchild. Along with performing his duties as Bishop, Hammersmith enjoys traveling, woodworking, and being involved in the Cub-Scouting program. Sunday meetings for the Cave Junction Ward begin at 10:00 a.m. at the LDS Chapel at 109 S. Junction Avenue in Cave Junction. Bishop Hammersmith's new counselors are John Miles and Robert Knott.

The 411: by Harry Johnson

Well, if you know me, than you know I have trouble falling asleep at nights. My usual fall asleep time is around 1-2 a.m. I really don't want to take drugs to help me fall asleep, so I'm looking for natural ways to do it. Here's a list of items I found on the internet that should help me and people like me fall asleep.

Almonds:
These crunchy nuts do more than add flavor to a party snack. Almonds contain magnesium, a muscle-relaxing mineral that plays a key role in regulating sleep. A handful of almonds before bed may help you fall asleep. By the way, I've been using the almonds at night and they really work. The nights I eat a hand full of almonds, I'm asleep by 10 p.m. and have a full nights sleep. So, I know they work for me. Like so many things out there, you know how one thing works for one person may not work for others.

Bananas:
These nutritional powerhouses contain tryptophan, an amino acid that has been linked to sleep quality. They also offer abundant amounts of magnesium and potassium. These

minerals help to relax muscles and may ease a painful charley horse that can wake you during the night.

Cereal and Milk:
Milk contains the sleep-promoting tryptophan, which the brain uses to make serotonin and melatonin, hormones that promote relaxation and control sleep.

Cherries:
Cherries, especially the tart varieties, are one of the few food sources of melatonin, the sleep hormone that regulates your internal clock. Recent studies have found that volunteers who drank tart cherry juice daily fell asleep sooner and slept better and longer.

Crackers and Cheese:
The protein in cheese provides sleep-inducing tryptophan; while the carbs in crackers may help you fall asleep faster. Gram for gram, cheddar cheese contains more tryptophan than turkey.

Green Tea:
Green tea contains theanine, an amino acid that helps to reduce stress and promote relaxation. Just make sure that the green tea you enjoy at night is decaffeinated, because the caffeine in regular green tea

might keep you awake.

Hummus:
Chickpeas (garbanzo beans), the main ingredient in hummus, are not only rich in tryptophan, but also in folate and vitamin B-6. Folate helps to regulate sleep patterns, especially in older people, and vitamin B-6 helps to regulate your body clock.

Lemon Balm:
Tea made from the herb lemon balm contains naturally occurring oils with terpenes, organic compounds that can promote relaxation and better sleep. To brew your own soothing lemon-balm tea, add 1 to 3 teaspoons of dried leaves to a cup of freshly boiled water. Cover and let steep for 10 minutes than strain.

Peanut Butter:
America's favorite nutty spread is rich in tryptophan, which the body uses to build hormones essential for sleep. Spread some peanut butter on a few whole-grain crackers, which provide carbs to help the tryptophan reach the brain more easily.

Pineapple:
Certain fruits can significantly boost natural levels of melatonin, which tend to de-

cline as we age. Researchers found that levels of a melatonin marker were raised by more than 266 percent after eating pineapples, 180 percent after eating bananas and 47 percent after eating oranges.

Pumpkin Seeds:
Pumpkin seeds are packed with a variety of essential nutrients, including substantial amounts of tryptophan. Pair a small piece of carb rich fruit with your pumpkin seed snack to help the sleep inducing nutrients reach your brain.

Walnuts:
In addition to being a natural source of melatonin, walnuts help your body respond better to stress. For extra flavor, toast them briefly on top of the stove in a dry skillet until they're golden brown.

If you have comments or questions about the above you can contact me at birdwatching@frontiernet.net or come on by My Place Café any Saturday morning around 8:30 a.m. I'm there every week with other bird lovers.

The above is from Harry Johnson in O'Brien and AARP.com

Places of Worship

- BRIDGEVIEW COMMUNITY CHURCH**
5181 Holland Loop Rd., CJ
541-592-3923
"Come Join the Worship!"
Sunday Worship 10:30 a.m.
Pastor Sonny Moore
www.kbcc.us

7th DAY ADVENTIST
265 S. Old Stage Rd., CJ
Sabbath School - 9:30 a.m.
Saturday Worship 11 a.m.
Pastor Christian Martin
Church (541) 592-3218
Madrone Adventist School
541-592-3330

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
- 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
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

TAKILMA BIBLE CHURCH
10343 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.
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. Bryant Bechtold
Worship Service -10:30
Each Sunday

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
Larry Hammersmith
541-592-3919



Backyard Bird Watching by Harry Johnson is brought to you by

My Place Cafe
"Where Good Times, Good Folks and Good Food Come Together"

**Come Celebrate the Arts
all around Cave Junction!**

**Second Friday
ArtWalk
June 13th,
5 to 8 pm
www.irvac.com
541-592-4444**

June Featured Artist:
"Kindi" Fahrnkopf "Takilma Tales" Author