

Church News

Seventh-day Adventist Church

Stress and Anxiety

Stress is our response to problems and concerns we encounter in life, like meeting deadlines, financial problems, or difficult family relationships can trigger stress. We all have stressors of one kind or another in our lives. So whether we like it or not, stress and anxiety are part of every day living for most of us.

Celeste had an unusually long strenuous day. She was tired and struggled to keep from falling asleep on the drive home.

After the 30 minute drive, she breathed a sigh of relief, and pulled into her driveway.

As she walked toward her house, she barely noticed the neighbor's cat, but when she heard a deep growl, she immediately recognized that this was not an ordinary pet.

Her mind kicked into high gear. She remembered a recent warning about rabid bobcats that had ventured into the area.

Her heart automatically began to race, with a sudden burst of energy her weary body sprang to life. She bounded up the steps and into the house in a matter of seconds.

The stress hormone cortisol gave Celeste the ability to avoid the bobcat. How-

ever, ongoing high levels of cortisol caused by chronic and excessive stress can wreck havoc on your body causing much physical and psychological damage.

How can we recognize an anxiety problem? Do you have exaggerated worry and tension over every day events and decisions? How about episodes of extreme fear and dread that strike unexpectedly.

How about your reaction to a terrifying event that keeps returning in the form of frightening memories? (PSTD)

Do you have fear of an object or situation or a social fear?

Does someone you know have intrusive, unwanted, repetitive thoughts and rituals performed out of a feeling of need?

Stress can lead to anxiety which can inflict damage to many parts of our bodies, and bring on a variety of diseases, and lower the quality of life for millions of people. Instead of dangerous drugs in his seminar, Dr. Nedley will be introducing healing lifestyle treatments that will help our depression and anxiety problems. Check out our ad in this paper and come on over to the orientation to get more information.

Community Bible Church

The Supreme Court

Psalm 2:10-12 (NKJV) 10 Now therefore, be wise, O kings; be instructed, you judges of the earth. 11 Serve the LORD with fear, and rejoice with trembling. 12 Kiss (submit to) the Son, lest He be angry, and you perish in the way, when His wrath is kindled but a little. Blessed are all those who put their trust in Him.

There are three branches of our government, the legislative, the executive, and the judicial. This division was suggested by James Madison, the fourth president of the US, at the Constitutional convention of 1787. It was based on *Isaiah 33:22*, "For the LORD is our Judge, The LORD is our Law-giver, The LORD is our King; He will save us."

It was also in 1787 that the Supreme Court was established as a court of final appeal in legal matters. There has been much discussion about the Supreme Court as of late - probably due to the upcoming appointment of a new member to that body. The extraordinary power wielded by that court should not be taken lightly, for its decisions affect the entire nation. It is interesting to note that overlooking our Supreme Court as they make their rulings is a depiction of Moses hold-

ing the Ten Commandments. It would be good for the justices of the court to realize that they are accountable to a higher power than themselves when they make their rulings. Just like each of us will give an answer for our decisions and actions to God, so will they.

What about the selection of a Supreme Court Justice? John Jay, the first Chief Justice of the Supreme Court (1789-1795), had something to say about that: "Providence (God) has given to our people the choice of their rulers and it is the duty as well as the privilege and interest of our Christian nation to select and prefer Christians for their rulers." Abraham Lincoln wrote, "We have been the recipients of the choicest bounties of heaven. We have been preserved these many years in peace and prosperity. We have grown in numbers, wealth, and power, as no other nation has ever grown. But we have forgotten God."

May we "remember" God and respond to Him as the Judge of all the earth. God bless you as you seek Him. Hope to see you Sunday.

In Christ,

Pastor Dave

Ministry at CBC

Sunday
Morning Worship 10:30 a.m.
Praise and Prayer 6 p.m.

Wednesday
AWANA 6:15-8 p.m.
Preschool - Grade 6

Community Christian Academy
Preschool - High School

Senior Exercise Class
Monday, Wednesday, & Friday
9-10 a.m. in Dining Room

Good Shepherd Lutheran Church

Shine Your Light!

After sharing the Beatitudes with his disciples, Jesus crowns them with two brilliant metaphors: salt and light. These two simple words tell us how to relate to, influence and impact our world.

In our day and age of big thinking and big images, why did Jesus commission us to be salt and light? They seem so ordinary. Why not appeal to our pride? He could have motivated us by saying, "You're the eagles of the world." Or, "You're the lions of the world." Or, "You're the stars of the world." But, rather, Jesus said, "You are the salt-seasoning of the earth. You are the light-bearers in the world." Why?

Let's start with, what do salt and light do? I think the reason Jesus chose these two metaphors is because of their unique qualities.

Salt was incredibly valuable in the ancient world because of the many important things it could do, the most important of

which is to act as a preservative. Just as salt protects food from the bacteria that might be present, as we bring Christ's word into our society, we help protect it from the evil that would otherwise be present.

Salt is also a flavoring; a seasoning. In a similar way, Christianity brings spice and zest to life.

Third, salt is an antiseptic. Cleaning out a wound with salt was very effective in fighting infection, but it was also painful. As Christians, we have a responsibility to point out sin which can be painful as well. But the strength of the Word of God that we offer also brings healing and help.

Lastly, salt creates thirst, just like Jesus made people thirsty for God the Father. By their example, Christians can make people thirsty for the real life found only in Christianity.

Jesus not only says that we're the salt of the earth, he also says we're the light of the world.

Light dispels darkness. The dictionary defines it as a "source of illumination." Christians, by reflecting the light of Christ, dispel spiritual darkness.

Light also reveals. As Christ's presence in our world, we become his instruments to reveal his truth to a world in darkness.

Light awakens, as anyone who has an east-facing bedroom window knows. We are to be the light of the world, awakening men and women to the presence of God.

And light warns. In the same sense that a lighthouse warns of dangerous waters or a police car flashing light warns of the policeman darting through traffic, Christians warn of impending danger to a careless world.

Jesus is calling us to be multi-sensory Christians. The Christian's seasoning is something to be tasted. The Christian's light is something to be seen. Secret discipleship doesn't exist. Either

the secrecy destroys the discipleship, or the discipleship destroys the secrecy.

Our Christianity should be vibrant and visible. Salt in a saltshaker and light under a bushel basket makes no impact. So, become a seasoned Christian and shine your light!





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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.bridgeviewcc.org

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

Illinois Valley Praise Center
28569 Redwood Hwy. CJ
Non-denominational
Bible-believing Church
Sunday school - 9:30 a.m.
Sunday Service 10:30 a.m.
Thursday Seekers 7 p.m.
Youth group Thursday - 7 p.m.
www.ivpraisecenter.com

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
Sunday Worship
Service 10:30 a.m.

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

Illinois Valley Baptist Church
541-592-6149
102 S. Redwood Hwy.
(in the County Building)
Sunday Worship 10:30 AM
Wednesday Bible Study, Prayer
& Youth Program 7:00 PM
Friday Ladies Bible Study
11:00 AM



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