

Hard work and right living equals singing and dancing: by Dr. Glenn Mollette

Years ago I heard a story about a butterfly that was tirelessly working to break from its cocoon. A man observed the struggling butterfly for several minutes. Feeling sorry for the soon to be flying beautiful creature, he took his pocketknife and slit the cocoon to assist its freedom. The butterfly fell out of the cocoon and flapped its wings a couple of times and died. The man’s good intentions crippled and killed the butterfly preventing its own natural progression of development that would lead to its soaring through the air.

Often it’s pressure, hard work and struggle that enables us to develop our internal fortitude to push forward, hang on and succeed in life. Such fortitude comes with ups and downs, pressures and failures. Eventually we develop the internal muscles and a spirit to walk on our own two feet and even to soar like the butterfly.

Muhammad Ali the famous boxer is remembered for his saying that he would float like a butterfly and sting like a bee. Ali’s ability to float like a butterfly came from years of strenuous workouts and punishment to become the greatest athlete of all time.

Joy, laughter and celebration come at the end of a hard day’s work. Our greatest feelings of triumph come after a long period

of work and struggle to finally realize an accomplishment or a success. Throughout life I have heard over and over that where there is no pain, there is no gain.

I remember my dad buying a small record player when I was a kid. He bought a dozen or so records to go with it. We wore those records out. Another day came when he bought a big stereo record player that was also worn-out over the years. He would work in a coal mine all week but he and my mother and another couple would often sing for two to three hours on the front porch of our house. Two to three times a week they would sing in church. Mom and Dad worked tirelessly throughout the week but at the end of the week they wanted to cut loose and sing and many churches gladly received them.

Singing and dancing comes from the soul. There has to be an internal emotion that is within the heart that desires to leap out in joyful expression. In other words you have to want to do it and feel like doing it. I am not sure how many people today feel so good that they want to sing and dance and celebrate living. Too many no longer have even a faint hum or occasional shuffle. Many Americans no longer have a twinkle in their eyes.

Many of us watch the news and we

see a lot of unhappiness. We see a lot of rancor and critical, degrading talk on social media. There is too much unhappiness.

A lot of unhappiness comes from the world of religion. Where did religious entities and many churches ever get the idea that good religion means an unhappy, joyless person? A lot of Middle Eastern religious groups are all about people being glum and joyless. This is probably why some groups don’t want to hear much about Jesus who told funny stories and was the life of the party.

A lot of America’s problems started April 21, 1964 when President Lyndon Johnson declared his war on poverty. He came to Martin County, Kentucky and sat on Tom Fletcher’s porch while the media captured the iconic picture that put a face on President Johnson’s war on poverty. I was in Inez that day, just a child and clueless as to what it was all about. President Johnson’s idea that federal dollars handed out to millions of people would solve America’s poverty problems; sounded good to many but it has failed. Tom Fletcher never got out of poverty nor have 40 percent of the people in Martin County especially since coal mining is now essentially over in the region.

Waiting on a government check, food

stamp allotment and government medical assistance does not bring much happiness to America’s 50 million people living in poverty. Today the face of poverty can be found in any town in America and it’s still as bleak as it was in 1964.

People must have work to do. A daily job, some work, a real paycheck, and a life to live gives meaning and from meaning is a feeling of purpose and happiness. When we feel good about ourselves we hum and sing a little, dance a little and celebrate a little.

We have to get ourselves back to feeling better. It starts with our thinking followed by our deeds and that develops our lifestyles and our destinies. Please, let’s start now. Sow a good thought. Reap a good act. Sow a good act. Reap a happier lifestyle. Sow a good lifestyle. Reap a better destiny.

We can change the direction of our nation but it begins with you and me and inside the head of every American.

Glenn Mollette is a syndicated columnist and author of 11 books. He is read in all 50 states. Visit www.glennmollette.com or contact him at GMollette@aol.com. You can also like his Facebook page at www.facebook.com/glennmollette.

Church News

Community Bible Church

February 14th

Our culture has become high-centered – as in trying to drive a vehicle over a mound of dirt or rock and only making it far enough so that none of the vehicle tires touch the ground enough to gain traction. We have high-centered in our comprehension of the issue of love. Hollywood would lead you to believe that true love begins in the area of the physical act driven by uncontrolled emotions. This is far from the truth and closer to lust than love.

This week’s article is from *1 Corinthians 13*, and it is a wonderful declaration of what love truly is: “1 Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. 2 And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. 3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. 4 Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; 5 does not behave rudely, does not seek its own, is not provoked, thinks no evil; 6 does not rejoice in iniquity, but

rejoices in the truth; 7 bears all things, believes all things, hopes all things, endures all things. 8 Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away. 9 For we know in part and we prophesy in part. 10 But when that which is perfect has come, then that which is in part will be done away. 11 When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things. 12 For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known. 13 And now abide faith, hope, love, these three; but the greatest of these is love.”

Just one more thought on love from *John 15:13*, “Greater love has no one than this, than to lay down one’s life for his friends.”

May you find the love of God at work in your lives. 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

Seventh-day Adventist Church

Risk Factors for Depression

Tanya was tired of being tired. When some symptoms eventually demanded her attention she would find a doctor who would take her immediately. She had seen several doctors in the last 2 years.

Finally she showed up at Dr. Nedley’s office clearly in abdominal pain, she bent forward guarding the middle of her body with both arms. After an exam and tests she was diagnosed with depression.

The truth about Tanya’s case is encouraging – no one is doomed to perpetual depression. She discovered the risk factors for depression are genetics, age, gender, ethnic differences, history of depression as a teen,

and family history of depression.

Tanya found a more permanent solution than prescribed drugs. She believes it is better to choose a healthier lifestyle.

Depression is not an adult’s only illness. Up to 20 percent of teens and adults have depression. The scary thing is that 14 percent of youth have attempted suicide by age 15.

We must get the word out that the youth of this country are at high risk of becoming depressed and the consequences of their depression are very serious.

Adolescents who are depressed are particularly vulnerable to what is probably depression’s most tragic outcome – suicide.

Teens and young adult women are at higher risk than men.

In another study students of African American and Hispanic ethnicity reported significantly more depression than did white students.

Also the risk of depression is increased when there is a family history of depression in parents or siblings. A study showed that children whose parents suffered from major depression were nine times more likely to be affected than children from unaffected families.

For those of you who have been feeling down lately, take courage – help is on the way!

There will be a depression recovery program right here in the Illinois Valley in the near future. You can find out when and where this program will be offered at the free orientation program and by seeing our continuing ads in this paper.

So take the first step toward finding health and healing by coming to the free orientation site that works best for you. The sights are listed in our ad in this paper.

Also Better Life TV has begun showing our ad on channel 30.1 Come and find the help you need.

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 Tuesday - 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



The Origin and Development
of the
Christian Religion
by
Dr. Carroll R Bierbower



Something to think about

The booklet will be sent free to those requesting it. Just send your request with your mailing address to drcrb@icloud.com or to PO Box 1244 Cave Junction, Or. 97523-1944