

America needs mentors and life coaches: by Dr. Glenn Mollette

A growing career industry across the country is life coaching. People are actually going into private practice opening offices and spending hours every week giving direction to people and a listening ear. We have had psychiatrists and other mental health workers for years but now people are training to help others with just the most basic types of problems and questions.

We live in an age where people are more desperate than ever for somebody to talk to. People have problems from spiritual, financial, to making daily decisions. People wonder about what to do with their lives. They don't know how to get a job or what opportunities might exist for them. Millions of American kids pass through 12 grades of school and graduate clueless about what to do next.

More than ever people need to know that their lives are not in vain. They do not exist to just create social media postings in hopes that a few people will "like" them. They need to know that if they do not make a television reality show that they are still OK because every

day they exist in their own reality show. The reality is that each American has an opportunity to have a real life. Life is never free from hurdles, work, challenges and usually grit and grind. However, there are ways to navigate the maze of living life.

Bad things happen to people. People are brought up in broken homes, by single parents, in poverty and surrounded by domestic violence. The scenarios are endless. This is why more than ever we need everyday life coaches who can help people with the simplest of life's quests.

Young adults up to old age seniors need guidance. You can find a lot of answers on Google but often people don't know the right questions to ask.

How do I write a resume? What do I put on a resume? How do I dress for a certain job interview? Where do I start to find a job? What are my career choices? How do I choose a career? How do I know what I am good at doing? How do I save money? How can I make my life better? How can I avoid trouble? How

do I start a business? How do I obtain financial aid for college? What do I have to do to be a schoolteacher, a lawyer, a doctor an engineer or other professional? My life is bad how can I change my life? I am unhappy with my physical condition what can I do to be a healthier person?

I understand that not every counselor has an immediate answer to every person's questions. However, answers are available and often a steady mind with a listening ear can help someone find an answer.

Some people need help from a medical professional. Some need help from licensed clinical counselors. Many today just need some basic common sense direction.

Churches today are utilizing life coaches. Sometimes it's a trained minister but other occasions exist where there is a trained life coach connected to the church whose job is to help those in the community to find direction and guidance.

Chicago, Baltimore, Milwaukee, Memphis and every city in America struggling with

violence would be well served to plant guidance coaches, mentors or life coaches throughout these troubled communities.

In reality, it's the job every parent should do. Unfortunately parents have either dropped the ball, flown the coup or just cannot pull their own lives together. Sadly in America we have so many dysfunctional families that life coaches are needed to help mom and dad as much as the young teens struggling in these scenarios.

More law enforcement, more police dogs and more curfews are not going to solve the hurt being felt by so many lost young adults in America. More than ever these young men and women need community leaders, mentors and coaches with a listening ear and commonsense advice for living and achieving a better life.

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

Church News

Community Bible Church

Discipline is not a four letter word

Proverbs 13:18 (NIV) He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored.

The word discipline has gotten a bad rap. Some people act like you are committing a crime if you try to develop a little self-discipline in a child. Every one of us should endeavor to exert some self-discipline in our lives. Almost any endeavor in this life takes some disciplining of ourselves even if it is simply getting out of bed in the morning. People exert self-discipline when they go to work, and when they work hard – even if they don't feel like it. People demonstrate discipline when they clean their homes, use care in what and how much they eat, when they exercise, when they determine to read something rather than just watch television, or when they study to learn something new – maybe some history or a new language. Personal discipline is necessary for people to save money or to say "no" to buying something they want but don't need and can't afford.

It takes discipline to respond with control and reason when people around you are doing crazy, out of control things. It takes self-discipline to raise children, to care for a spouse, or even to care for a pet. Discipline can be contagious, learned by example. I knew a pastor that often said that "More is caught than taught." He used this in relation to child raising, but it is true in every circumstance or relationship.

Some people lament that they just don't have any discipline and that's sad, because I believe a disciplined life can be gained by starting in one area to discipline yourself and then expanding from there. Maybe it's time to discipline yourself to go to church and learn about the Lord. I'm sure you would find yourself greatly encouraged as you would see a growing, disciplined life.

See you Sunday. (Discipline yourself to be there!)

**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

I only have eyes for you

Have you ever noticed how the deepest emotional encounters, the deepest instances of sharing love between one person and another usually occur when we're standing face to face? In that moment, we see no one except each other. There is nothing else; that moment holds everything.

Whether that moment comes between parent and child, husband and wife, or redeemer and redeemed, we become a part of something much bigger than ourselves. There's more going on than what physical eyes can see or understand. We have entered a mystery that can neither be defined nor discussed; only experienced.

That's what happened to Peter, James, and John in *Matthew 17:1-19*. They "looked

up and saw Jesus himself alone." They didn't see Moses or Elijah, each other, the cloud, or the mountain. Everything and everyone was present in Jesus himself alone. This was as much their transfiguration as it was his. They didn't just see the light, they became the light; all humanity illumined with and by divinity.

It's important to remember that Jesus didn't change into something that he hadn't been before that night on the mountain. He was always filled with the glory of God: radiating the divine light. He didn't become something new, but the disciples did. Their sight was healed, their vision corrected, and their blindness removed.

Every time we experience a transfiguring event our vision is healed and we see in a

new a different way. We see with God's eyes. Transfiguration is not so much about *what* we see as *how* we see. It's the difference between seeing with physical eyes and seeing with heavenly eyes.

There are moments like that in every life. Lovers gazing at each other see more than just another person; they see the mystery of love. Or the first time you saw your child or grandchild; you were seeing more than a baby; you were face to face with the mystery of life. And what about the last time you made a confession, and experienced forgiveness. You came face to face with the mystery of grace amidst brokenness. Or what about the days and nights spent at the bedside of a loved one; watching and waiting for them to be raised up and carried into new life. We sit

there, quietly, face to face with the mystery of death.

These are the moments of transfiguration. Each one of them is distinct, unique, and unrepeatable. Yet somehow, they are the same. Each one is so authentic, so real, they glow with the light of God's presence. They are moments of pure grace. We can't make them happen. We can only be there to experience them when they do happen. In that moment, everything around us seems to fall away. There are no distractions. It is a moment of complete presence, attention, and union. It's a moment when we come face to face with another person, with ourselves, and ultimately with God. In that moment, we can truthfully say, "I only have eyes for you."

Seventh-day Adventist Church

Depression Test

Take this depression test by rating yourself with the following scores after each question: **3 for nearly every day, 2 for about half the days, 1 for less than 1/4 of the time and 0 for not at all.**

In the last two weeks have you been bothered by any of the following problems? (Write your score after each problem.)

1. Sadness or of emptiness; or feeling down, depressed or hopeless.
2. Decrease interest or pleasure in doing things.

3. Unhealthy decrease in appetite; or unusual or unwanted loss or gain in weight.
4. Trouble falling or staying asleep or sleeping too much.
5. Experiencing fatigue; feeling tired or having little energy.
6. Thoughts that you would be better dead or ... considering harming yourself or others in some way or being pre-occupied with death or symbols of death.
7. Feeling bad about yourself; feeling like you are a failure or that you have let yourself or your family down.
8. Decrease in your ability to think or concentrate on common tasks such as reading or learning and/or making difficulty making good decisions.

9. Others (or you) have noticed physical movements or speech have been slower than normal; or instead that you have more agitation, restlessness, or irritation with yourself or others.

Add up your scores. This is what category you fall into based on your score: **0-6 is none, 7-10 is mild, 11-19 is moderate and 20-27 is severe.** For more information about our depression and anxiety recovery program call Kathy at 541-291-7016.

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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