

Poets' Portion

bear speaks by Michael Spring

when you need me
I'll rush toward you
the way a mountain would
all grace in tumble, rumbling
like a newly formed planet
my head made up
of a thousand other heads
my eyes filled
with the light of star (a star made up
of a thousand other stars)

my body will surge forward
all earth-tones roiling towards black
and void
and fringed with sylvan light

I'll leap from constellation into you

I'll take you into the heart
of the mountain



Church News

Seventh-day Adventist Church

How the Depression Recovery Program helped me

A dear lady came to class in tears and said, "I have been using prescription medicine for depression and anxiety over 10 years. Dr. Nedley's Depression Recovery Program gave me many new tools to combat depression. Things that had never been suggested by the many health care professionals I have consulted.

"Besides the visual lectures given by the doctor, his textbook and workbook were helpful to me.

"A little shy at first I began to think of

the weekly class as enjoyable. The atmosphere throughout the program was friendly, supportive and upbeat. I met new people and formed meaningful friendships. I feel I gained a great deal from this program. I am more optimistic and less depressed. My diet has improved and I am more active and have lost weight. I have learned to enjoy sharing ideas and friendships at class. I am healthier and happier because of this seminar."

The second experience is written by a professional man going through a very painful experience:

"Divorce is hard and it's depressing! I

didn't handle it well, and attempted to drown my depression in wine. Soon I was drinking two bottles a day. Stumbling through town, I came to a notice on the Shop Smart bulletin board. It read 'Depression.' "Why, yes," I thought to myself. In shaky handwriting I wrote down the time and place of the meeting. The next day I summoned the courage to attend. The seminar I signed up for turned the down spiraling trajectory of my life around; the Nedley program of healthy diet and an easy regime of exercise to improve the biological working of mind.

"Also, I discovered mental exercises that

focus my attention away from the negative and toward positive thoughts. A support group that guided me away from alcohol and forward to a better future. The program led me to the happier life I live today. Do it!"

If you or someone you care about have symptoms of depression, you are not alone. Help is on the way. It is not too late to find help and healing. Call Kathy at 541-291-7016 to save your place in this class and take your life back at the Depression and Anxiety Recovery Program. (This eight-week program starts Monday, March 13 at 5:30.)

Community Bible Church

The Gospel

Romans 1:16 (NKJV) For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.

Gospel, is it just another one of those unusual "Bible" words or does it have a real significance in our day? The word gospel comes from the Greek word "euangellion". The Greek prefix "eu" translates to English as good, and "angellion" translates as message or messenger. This came into our Anglo-Saxon language as "god-spel" with the meaning "God-Story". Ultimately the word "gospel" means good message or good news. The Bible uses the word "gospel" many times and the first four books of the New Testament have come to be known as the Gospels, and they are truly good news. Our verse above declares it well, "the gospel of Christ – is the power of God to salvation for everyone who believes." The 15th chapter of the book of I Corinthians in the Bible begins like this (*I Corinthians 15:1-2 – NIV*): "Now brothers I want to remind you of the gospel which I preached to you, which you received, and on

which you have taken your stand. By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise you have believed in vain." In the next verse in this passage (*15:3a*), Paul clearly defines that good news, that gospel. "For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that He was buried, that He was raised on the third day according to the Scripture," Jesus died to pay the penalty for our sin. He was buried and put in a tomb as proof of death, but He rose from the dead to show He had conquered death – and it was for everyone who in repentance believes. It is truly good news – to know that we can have an eternal relationship with God by faith in Jesus. *Ephesians 2:8-9* (NKJV) says, "For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast." Have you trusted Jesus for your eternal salvation?

See you Sunday.

**In Christ,
Pastor Dave**

Ministry at CBC	
Sunday	Morning Worship 10:30 am 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

Today in History: by The Associated Press

Today is Wednesday, March 8, the 67th day of 2017. There are 298 days left in the year.

Today's Highlights in History:

On March 8, 1917, Russia's "February Revolution" (referring to the Old Style calendar) began in Petrograd; the result was the abdication of the Russian monarchy in favor of a provisional government that was overthrown later the same year by the Bolsheviks. Count Ferdinand von Zeppelin, 78, creator of the rigid airships bearing his name, died in Berlin. The U.S. Senate voted to limit filibusters by adopting the cloture rule.

On this date:

In 1702, England's Queen Anne acceded to the throne upon the death of King William III.

In 1817, the New York Stock & Exchange Board, which had its beginnings in 1792, was formally organized; it later became known as

the New York Stock Exchange.

In 1854, U.S. Commodore Matthew C. Perry made his second landing in Japan; within a month, he concluded a treaty with the Japanese.

In 1874, the 13th president of the United States, Millard Fillmore, died in Buffalo, New York, at age 74.

In 1930, the 27th president of the United States, William Howard Taft, died in Washington at age 72.

In 1942, Imperial Japanese forces occupied Rangoon (Yangon) during World War II.

In 1965, the United States landed its first combat troops in South Vietnam as 3,500 Marines arrived to defend the U.S. air base at Da Nang.

In 1966, Nelson's Pillar, a 120-foot-high column in Dublin honoring British naval hero Horatio Nelson, was bombed by the Irish Republican Army.

In 1979, technology firm

Philips demonstrated a prototype compact disc player during a press conference in Eindhoven, the Netherlands.

In 1983, in a speech to the National Association of Evangelicals convention in Orlando, Florida, President Ronald Reagan referred to the Soviet Union as an "evil empire."

In 1999, baseball Hall of Famer Joe DiMaggio died in Hollywood, Florida, at age 84.

In 2014, Malaysia Airlines Flight MH370, a Boeing 777 with 239 people on board, vanished during a flight from Kuala Lumpur to Beijing, setting off a massive search. (To date, the fate of the jetliner and its occupants has yet to be determined.)

Ten years ago: President George W. Bush arrived in Sao Paulo, Brazil, as he began a 6-day tour of Latin America. House Democrats unveiled legislation

to require the withdrawal of U.S. combat troops from Iraq by the fall of 2008; the White House said President Bush would veto it. In his first news conference since taking over command of U.S. forces in Iraq, Gen. David Petraeus said insurgents were seeking to intensify attacks and that it was "very likely" additional U.S. forces would be sent to areas outside Baghdad where militant groups were regrouping.

Five years ago: Syria's deputy oil minister (Abdo Husameddine) announced in a video that he had defected from President Bashar Assad's regime. Jesse Owens was posthumously made an inaugural member of the IAAF Hall of Fame more than 75 years after he won four gold medals at the 1936 Berlin Olympics. (Owens, Carl Lewis, Jackie Joyner-Kersey and nine others were the first athletes to be honored by the IAAF in its newly

created Hall of Fame.) James T. "Jimmy" Ellis, 74, the frontman for The Trammis who released "Disco Inferno," died in Rock Hill, South Carolina.

One year ago: Democrat Bernie Sanders breathed new life into his longshot White House bid with a crucial win in Michigan's primary while Hillary Clinton breezed to an easy victory in Mississippi; Republican Donald Trump swept to victory in Michigan, Mississippi and Hawaii, while Ted Cruz carried Idaho. Sir George Martin, the Beatles' urbane producer who guided the band's swift, historic transformation from rowdy club act to musical and cultural revolutionaries, died at age 90.

Thought for Today:
"Contemplation seems to be about the only luxury that costs nothing."
— Dodie Smith, English playwright (1896-1990).

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 Thursdays - 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



BINGO FOR ALL AGES WEDNESDAYS
EARLY BIRD 6 - 6:30PM
17 GAMES 6:30 - 9:30PM
HAMBURGERS FOR SALE
520 E. RIVER STREET, CJ
IV SENIOR CENTER
OPEN TO THE PUBLIC

STUMP GRINDING
Any Size
Terry 541-660-9880
LICENSED and INSURED

Senior Breakfast
1st Saturday of every month
8 am to 11 am
ALL YOU CAN EAT!
Open to the public
\$6 - adults
\$3 - 12 & under
IV Senior Center
520 E River St Cave Junction