

Church News

Good Shepherd Lutheran Church

The Doubter

We call the Apostle Thomas “Doubting Thomas”, but does the name really fit his character? Was he really a doubter, or was it just a case of “inquiring minds want to know”? Perhaps he needed to see the truth for himself. He certainly seemed willing enough to believe once he saw the truth. So maybe, like a lot of us, he just had questions and needed them answered.

The passage that gives him his nickname is the third time we meet him in the gospel of John. He had been missing on Easter Sunday. He was also missing when Jesus appeared to the rest of the disciples. Where was he? We're not told, but we don't need to be told, do we?

He was just too overcome with grief to be with other people.

When Lazarus fell ill, Thomas had said: “Let us go with Jesus to Jerusalem, so that we may die with him,” because once Jesus was dead, there would be no point in staying alive. And now, as far as Thomas knows, Jesus is dead. So, when he does finally return to the other disciples, and they tell him that Jesus is somehow alive again and that they've seen him, he's afraid to listen.

Always extreme in his comments, he says: “Look, unless I see in his hands the print of the nails, AND place my finger in the mark of the nails, AND place my hand in his side, I WILL NOT believe.” For him to risk believing

in the one thing he wanted more than anything else, and to risk being disappointed yet again, was just more than he could bear.

But then, materializing through the closed doors, Jesus appears again. And turns straight to Thomas and says, “Here. Put your finger here, and see my hands; and put out your hand and place it in my side; stop doubting and believe.”

I can just imagine what Thomas's face looked like after hearing that. He could see for himself the reality of Jesus now, without the need to touch. And the very words that Jesus had spoken showed Thomas that he'd been there listening as Thomas had laid down his conditions for faith. He'd heard every single

“unless” that Thomas had spoken. So instead of prodding Jesus in the side, he drops to Jesus' feet and utters that ultimate declaration of faith: “My Lord and my God.”

Thomas had been afraid of disappointment, but he hadn't lost faith. It was a huge act of faith for him to even be there with the disciples when Jesus appeared that second time. But he had needed to see for himself.

Thomas had needed his faith to be founded on fact, and there is nothing wrong with that. Faith with no basis in fact is merely superstition. But Thomas' faith was made of stronger stuff, and it became even stronger because he had first doubted. There is a lesson there for all of us.

Community Bible Church

When No One Else is Around

I hear a lot of talk about right and wrong these days. There is a line of thinking that says there really is no right or wrong – it's just whatever you think or sometimes what you feel. Everything is relative, because there are no absolute standards. But if there are absolute standards – who is the one who sets them?

How about the government? If the government says it's OK, then that's the standard. Let's see, how well did that work in Nazi Germany when the government declared the superiority of the Aryan race and used it as an excuse to kill millions? How about the culture? We can follow what culture says is the right standard, unless of course instead of loving their neighbor, that culture eats their neighbor.

In *Romans 12:9* the Bible says, “Abhor what is evil. Cling to what is good.” And it assumes a standard, God's

standard. It is an absolute standard. God set up a thumbnail sketch in the Old Testament called the Ten Commandments (*Exodus 20:1-17*). Don't steal, don't murder, don't covet, and don't lie to name a few. In the New Testament, Jesus stated an absolute standard on a more general basis: “Love your neighbor as yourself.” It would transform our lives and even our country if we simply followed that one command.

If there is an absolute standard, there must be a standard-giver, and one who will judge by that standard. Jesus declared of Himself, “I am the way, the truth, and the life. No one comes to the Father but by me.” There is our standard!

This would be a good Sunday to start going to church!

**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.
Age 3-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

Depression and the frontal lobe of our Brain - part two

Last week we were considering some of the things that injure the frontal lobe of our brain.

The drug of Nicotine has a stimulant effect on the nervous system similar to caffeine and should be avoided. Quality of sleep, performance of tasks and even stress control, suffer from the use of Nicotine. Compared to non smokers, smokers significantly increase their risk of brain damaging strokes. Smoking is a leading cause of lost mental function.

Nicotine used by pregnant women impairs the brain function of their unborn chil-

dren. One study made a comparison of mental function between 3-year-old children who had smoking and nonsmoking mothers. Children of those who kicked the habit tested significantly better.

Nicotine is clearly linked to depression. Studies indicate that smokers have an increased risk of depression. The more they smoke the greater the risk. Nicotine decreases the cerebral blood flow.

Beware of meat, cheese and wine because they can have a harmful effect on the frontal lobe. This sometimes occurs under prolonged refrigeration. Hypnosis is sometimes used by therapists in dealing with bad habits or childhood trauma. One effect of this popular

therapy is frontal lobe impairment. While a person who has this therapy is in danger because their reasoning powers are bypassed. Their frontal lobe has been short circuited. He has no reasoning power, and has depressive tendencies, and his mind is under the control of the therapist.

One of the other dangers that affect the frontal lobe of our brain is TV. Aside from the danger of the content view is the harmful effect of scene switching that occurs. “Rapidly changing scene of reference,” Dr. Morris says that this contributes to a hypnotic type of effect. Researchers found that people who were watching this kind of TV were “not reacting, not focusing, just spaced out.”

On the other hand something that benefits us is message therapy. It decreases anxiety symptoms, increases alertness, increases math computation speed and accuracy, helps in treating depression.

Cultivating happy thoughts is another benefit to the brain, as is avoiding the negative thoughts.

Getting physical exercise is another way to maintain a healthy emotional balance.

Large amounts of sugar have been shown to impair frontal lobe functions, while a diet high in carbohydrates and low in protein fosters peak mental efficiency.

These are only a few ways you can harm or enhance your brain.

National Day of Prayer

Thursday, May 4
12 – 2 p.m.

All are welcome to join us in prayer for our country, our president and government.

The House of Prayer next to New Beginnings Church and across from Perfect Pizza in the little plaza, 210 Redwood Hwy.

Come and go as you are led or need to. It is not required to stay the whole 2 hours. Hope to have you there! Please answer the call wherever you are! Let us be known by our love.

Illinois Valley



Caring Community

Learn more at:
www.Facebook.com/CJCaringCommunity

DID YOU KNOW...

Gardening is good for older people:

A study of almost 4,000 people shows regular gardening can prolong life by as much as 30% in people 60 years and older.

Tip: Using raised beds can save the joints.

<http://learn.eartheasy.com/2014/09/6-unexpected-health-benefits-of-gardening/>

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

Wonder Bible Chapel
11911 Redwood Hwy.
Wonder, Ore.
Sunday worship 10 a.m.
Non-denominational Bible believing Church
Sunday School Nursery
Youth group meets
Sunday 6:30 p.m.



Senior Breakfast

1st Saturday of every month
8 am to 11 am

\$6 - adults
\$3 - 12 & under

ALL YOU CAN EAT!
Open to the public

IV Senior Center
520 E River St Cave Junction

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
Contact Terry 541-660-9880
LICENSED and INSURED