

How to have a good day: by Dr. Glenn Mollette

Everybody needs a good day every now and then!

Think of something or someone for which you are grateful. Maybe this is easy? Hopefully you have one or maybe dozens of people that are meaningful to you. We all have someone that aggravates us or maybe worse. We're not going to emphasize that group in this column. They get enough glory. Today just think about those people you enjoy seeing or hearing from.

Have something to do every day. It is better if you have three or more things to do. If you are going to work every day you have plenty to do. If you are raising kids or caring for family you have plenty to do. Don't run out of things to do. Clean your house, work in your yard or find a part time job but have something that requires you to put out some effort.

Do something to take care of your health every day. Walking, bike riding, fervent exercise along with focusing more on healthy eating all have positive effects on our mental well being.

Try to reduce negativity in your life. Don't watch negative cable television four or five hours a day. They are saying the same things over and over. I suspect you could start talking before you turn on the channel and verbalize almost verbatim what is being said depending on the channel. Also, reduce the negative people time in your life. That may be hard if you live with a negative person or have lots of negative family. Try to be the upbeat person and try to create happier conversations.

This brings us to laughter. Laughter is good medicine for any mind and body. Families that laugh will be happier growing old

together. Social groups that interact and laugh can't wait to gather again. Happy churches that are laughing together will stay together and even grow. Children need to hear their parents laughing and laughing with them.

Don't make age the deciding factor. A friend of mine had been on the sideline of life for a long time and got another chance. Some tough things happened to him in life. He went through a divorce. After this life altering event he got in trouble and had to go to prison. That was a very dark period in his life. However, in time he got back on his feet. He went forward, tried to stay upbeat and at the age of 77 was called to serve a very vibrant church as their senior pastor. For the last three years he has done a tremendous job. He didn't let his age along with his past failures cripple him for the rest of his life.

Gain strength each day from outside of you. Look to God, a loving spouse, family, friends and good mentors. We all need time to be alone but we also all have times when we need support from outside of ourselves.

We've all had a few bad days along the way. Here is to a good day for you and hopefully many of them.

Glenn Mollette is a syndicated columnist and author of 12 books. He is read in all 50 states. Read his new book "Uncommon Sense."

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Church News

Good Shepherd Lutheran Church

Thankful

As I gave my sermon today, I did some thinking about being thankful. The sermon was on the parable of the talents, and it focuses on the opposite of thankfulness. The less-talented servant, the one who only got one talent to steward, was ungrateful. His pride was hurt and rather than looking at what he was given all he could see was that the other servants had been given more. That can seem pretty unfair to a proud heart.

That struck home because I know how my own pride responds to more talented servants. That's been

brought home to me lately, especially now that I've gone back to school. It seems like I'm surrounded by people who have received more talents from the Master than he's given to me.

They read faster, write faster, write better, have brighter intellects, have better memories, get more done, are more efficient, more creative, more effective, and on and on. I am regularly tempted to covet the talents others have and wonder why my Master didn't give me more.

I don't always recognize this as coveting, though. The way it typically manifests in me is discouragement

and self-pity. It makes me feel like a loser. And, to be honest, there are times I fantasize about moving to a quiet cabin in the north woods to get away from it all.

But you know what that is? It's a sinful, talent-burying fantasy. It's a common temptation for us servants who see themselves as less talented, but we just need to get past it.

1 Corinthians 10:13 says: "No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way

out so that you may be able to endure it."

All that angst I feel? It's all fueled by pride. All that feeling bad about myself? It's about me. It's a form of self-worship. Gone is the love for my Master. Gone is the love for anyone else. Gone is the wonder over the God-given grace that I should have received anything from the Master at all. Gone is the realization that even one talent is a huge amount and way more than I deserve to steward. It only looks small compared to multiple talents that others have.

Pride infects all of us, no matter

how many or how few talents we have. More talented servants have their own temptations to deal with, but we less talented servants are warned to beware of the way pride can dangerously warp our perspective.

The fact is, we have all been richly blessed with the talents God has given us. We have been born into one of the richest societies in history; one with greater wealth and more free time for its citizens than any people have ever been blessed with before. We have a lot to be thankful for. We need to appreciate it.

Seventh-day Adventist Church

Did Jesus notice thankfulness?

During the time of Jesus one of the most feared diseases was leprosy. The priests were the only ones who could diagnose and pronounce a healed leper. If someone was diagnosed with as having leprosy that unfortunate person had to leave his family and live outside the city proclaiming loudly to anyone who came near Unclean, Unclean! ... and the people would scatter for fear of being contaminated with the dread disease. The lepers themselves were a sad looking lot because the disease had eaten off their noses or deformed them in other ways as well. The law required

that lepers were not permitted to get close to other people, even on the roads. It was a miserable life at best.

Now it happened one day as Jesus was on the road to Jerusalem and as He passes through the midst of Samaria and Galilee that He encountered some lepers as he entered a village, He was met by 10 lepers who were standing afar off. They had no doubt heard the story of how Jesus had healed another leper, and they must have realized that Jesus was their only hope for healing. The doctors could do nothing to heal them. So in their desperation they called out to Jesus for help, "Jesus, Master,

have mercy on us!"

Jesus heart of love went out to them and His reply was quick, "Go show yourselves to the priest." Jesus knew they couldn't move back into the city and live with their families again until the priest pronounced them clean of leprosy. And so it went that as they obeyed Jesus and started running to the priest that they were healed. And one of the men, a Samaritan, when he saw that he was cleansed and healed of the leprosy, he returned and with a loud voice fell down on his face at Jesus' feet, giving Him thanks. Jesus' loving spirit responded to the thanksgiving of this man. "Were there

not 10 cleansed, but where are the nine? Were there not any found who returned to give glory to God except this foreigner?" Jesus continued, "Arise, go your way, your faith has made you well."

How it must have warmed the heart of our Savior to see and hear one man who thanked Him out of a grateful heart. At this Thanksgiving season let's remember how much it means to our Creator and Savior to hear us thank Him for the many blessings He has given us.

Community Bible Church

Gratefulness

"In everything give thanks, for this is the will of God in Christ Jesus concerning you." *1 Thessalonians 5:18* (NKJV)

There is a story about a pastor who was visiting a psychiatric hospital. He was approached by one of the patients there. "Sir," asked the patient, "have you ever thanked God for your reason?" The preacher had never done so, but he vowed that he would be unthankful no longer.

Several years ago, I developed some physical problems. One of the struggles was very little saliva. Now, all of my life I took my saliva for granted until it was no longer readily available. It affected my sleep in a major fashion. Every thirty minutes to an hour I would wake up and have to consume water because my mouth was so dry. I had special toothpaste and moisturizing solutions for my mouth. There were other unpleasant effects from my lack of saliva that I

will long remember. When I regained having saliva, boy was I thankful! I still thank God for having saliva (I did today!). We have so much we take for granted. We just think that it will always be there – until it's not!

We often take the people around us for granted – thinking they will always be there. This life is fragile and we should not think that family and friends will remain forever. The point is that we should be thankful, and that should affect how we treat those around us. Even more, we should be grateful for all we have in every realm; it may not always be there. For me, I believe God is the giver of every good gift; to whom are you thankful? You need to remember that there is someone to be thankful 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
NO AWANA due to Thanksgiving Holiday!

Community Christian Academy
Preschool – 12th grade

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

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
Located in the old Chapel on Lister St.
(between Caves Ave & Junction Ave)
Sunday Worship 10:30 AM
Wednesday Bible Study, Prayer & Youth Program 7:00 PM
Ladies Bible Study
Call for info

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.

The passage *1 Timothy 2 verse 15* makes a point for the woman to be estimable above the man. The rule is for her not to flaunt this position above man. The plan of God is for the woman to produce children, and hopefully they will be raised in the nurture and admiration of the Almighty. Early faith will hopefully bring them back to heaven and again be one of God's chosen.

1 Peter 3 verse 1 - Colossians 3 verse 18 - Ephesians 5 verse 22, these passage provide evidence wives, having more attributes from creation, than the Almighty gave the lowly Adam. As the vehicle for producing offspring and keeping the population going is evidence that the Almighty is dependent on the woman. *Genesis 1 verse 3* depicts the serpent in the story as close to Eve.

1 John 3 verse 12, it is the evil one as the sire of Cain, not the serpent. The serpent is highly esteemed in *Numbers 21 verse 19*. The battle of good and evil is within ourselves. Fecundation is ordained by God, *Genesis 1 verse 28* and *Genesis 9 verse 1*.

Copulation *John 8 verse 11* she is charged for adultery, also the Samaritan woman at the well is reprimanded for promiscuity. There are no passages found that reprimand the woman for being female.

God needs the woman to have a desire to be fruitful and multiply.

To be continued in future editions.

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