

Healthy U News: by Nicole Rensenbrink

Moods and Seasons

We might all feel a lot more contentment if we equated our moods with seasons. We seem to think upbeat equals good and just about everything else equals bad. As there's so much more to life than that which breeds happiness, this is a set up for a lot of disappointment and senses of failure.

Happiness, hopefulness and impulsiveness are like spring. Spring brings all sorts of new possibilities. We get a break from the chill and get to dress down and thereby lighten our loads for the first times of the new year. Growth is like spring: the development of new relationships, births and different things to try. And, it is home to spring fever: the classic,

poor impulse control energy that has countless young (and not-so-young) people rushing into often regrettable choices.

Contentment, engagement, laziness and boredom are akin to summer. Summer's when we hang with good friends. Days seem double winter's length and we ease into them slowly. Kids are home and families spend a lot of time together. We lounge at the river. We take vacation together. We sit and sweat. By mid-August, we're bored stiff.

Energy, anticipation, productivity and anxiety are like fall. Then, we're prepping to hunker down for the coming cold, hoping we've got the money and basic needs covered so we can make it through relatively pain-free.

We're harvesting our gardens, canning tomatoes, smoking venison jerky. It's when students go to school, wondering if their work load will be doable, if their friends will be in their classes, and if their teachers will be nice or mean-spirited.

Last, winter is home to comfort, love, indulgence, loss and depression. Winter's when it's best to cuddle on the couch with your sweetheart (intimate partner, child or pet), a hot cup of tea and the remote. It's the home of major holidays, when we embrace our loved ones and pine painfully for those we've lost. Winter's a time to be housebound and the presence or absence of who's there with us acutely felt. Winter's cold and fog hangs over

our consciousness in a similar way, often trapping us in light deprived states of depression. Winter's when we want to be like bears, pig out on feasts and goodies, and indulge away our shivers and dark moods.

We can't make ourselves feel differently than we feel. But, we can accept whatever state we're in with either gratitude or compassion, and give ourselves the space and permission to go through it. Though sometimes we might find we need support to help us along the way, whatever we're feeling, we can count on those feelings passing. Just like the seasons.

Community Bible Church

Some stories just need to be heard again

Luke 2:1-20 (NKJV)

1 And it came to pass in those days that a decree went out from Caesar Augustus that all the world should be registered. 2 This census first took place while Quirinius was governing Syria. 3 So all went to be registered, everyone to his own city. 4 Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, 5 to be registered with Mary, his betrothed wife, who was with child. 6 So it was, that while they were there, the days were completed for her to be delivered. 7 And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn. 8 Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. 9 And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid. 10 Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. 11 For there is born to you this day in the city of David a Savior, who is Christ the Lord. 12 And this will be the sign to you: You will find a Babe wrapped in swaddling cloths, lying in a manger." 13 And suddenly there was with the angel a multitude of the

heavenly host praising God and saying: 14 "Glory to God in the highest, And on earth peace, goodwill toward men!" 15 So it was, when the angels had gone away from them into heaven, that the shepherds said to one another, "Let us now go to Bethlehem and see this thing that has come to pass, which the Lord has made known to us." 16 And they came with haste and found Mary and Joseph, and the Babe lying in a manger. 17 Now when they had seen Him, they made widely known the saying which was told them concerning this Child. 18 And all those who heard it marveled at those things which were told them by the shepherds. 19 But Mary kept all these things and pondered them in her heart. 20 Then the shepherds returned, glorifying and praising God for all the things that they had heard and seen, as it was told them.

After 2000+ years the account of Jesus' birth still resounds throughout much of the world. It was foretold in Scripture (*Micah 5:2, Isaiah 7:14, Isaiah 11:1-2, and Jeremiah 23:5*). Jesus' life was historically recorded, and millions upon millions still follow Him and worship Him today. May the true reason for Christmas bless your lives this Christmas season!

See you Sunday.

In Christ,
Pastor Dave

Ministry at CBC

*Sunday, Dec. 24
Morning Worship 10:30 a.m.
Cantata and Candlelight Service
6 p.m.

*Wednesday, Prayer 11 a.m.
No AWANA

*Community Christian
Academy
Preschool – High School

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

Most of the mythology accepts reincarnation. The Bible may also in *1 Corinthians 15 verse 45*. Accepting reincarnation is part of the story. The chanter in the old days was always willing to move the actors from one play to the next scene. Building the story is the best part. We easily can accept the Savior as part of the Triune Godhead. We need to have a Holy Ghost. Christ says in *John 14 verse 16 & 26* again *John 15 verse 26*, again *John 16 verse 7*. These following passages will recognize John the Baptist to fulfill the role as the Comforter, given to you from the Supreme Commander. The passages are as follows:

HOLY GHOST: *MARK 1 V 8--Math 3-11--LUKE V 16-- LUKE 1 V 15 & 41*

Muezzin: *Luke 3 v 4--John 1 verses 7- 15-23*

Power: *Luke 1 verses 15-16--Mark 1 v 9--Math 11 vs 11,12,13,14.*

Jesus praises John: *Math 11 vs 7 to 15 & 18-- Luke 7 v 28 & 33*

John 1 v 33, exclaims that the Baptist was sent from the Father

Old Testament connections: *Mark 1 v 6--Math 3 v 4*

The Baptist's self imposed lowly position: *Math 3 v 11--Mark 1 v 7--Luke 3 v 16--John 1 v 27* is overridden by Christ: *Math 11 v 11-- Math 21 v 32-- John 6 vs 33,34,35*. Review the three faces of the Triune

God	God	God
Son	Redeemer Savior	Voice within Comforter
Grandson	Jesus	Baptist

PAID ADVERTISEMENT



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 - 10:15 a.m.
Saturday Worship 9 a.m.
Bible Study 11:15
Pastor Charles Byrd
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: cbcca@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.

ST. PATRICK
OF THE FOREST
MASS SCHEDULE

CHRISTMAS DAY -
MONDAY DEC. 25
9 AM AND 11 AM

MARY MOTHER OF GOD
MONDAY JAN. 1-9 AM



Candle-light Service

Come Worship the
Birth of our Savior

6 p.m.
Christmas Eve
Sunday,
Dec. 24,
Refreshments
following



Valley Evangelical Free Church
498 Laurel Rd., Cave Junction