

America’s 2nd most favorite drink:

by Glenn Mollette

I know I drank too many soft drinks as a kid and even as a young adult. My grandpa’s store was just across the road and I drank too many Pepsi Colas, Dr Peppers and various other soft drinks. As a young adult I drank plenty of diet drinks for a long time. I’m not totally soda pop free but I doubt that I drink one a month now. Summer is here with outings and picnics so I’ll probably have a couple but I’m trying to stay with water and even cut back on coffee.

Soda pop is a tough one to overcome. I’ve seen people in recent years hang to diet pop right until they were almost dead. Even with failing kidneys and dialysis some people just cannot bring themselves to drink

water. This is a serious mistake. Today’s adults must wake up to the dangers of drinking too much soda pop. You don’t need one every day. You would be better off to limit your soda to one or two a week. Unfortunately people almost live with a diet drink or even a sugary drink in their hands.

Drinking water every day is very important. My doctor told me to drink 50 to 64 ounces every day. This seems like a lot of water but a 20 ounce bottle doesn’t really take long to consume. The actual amount of water intake for everybody is a bit different depending on how much coffee, fruit and vegetables you are already taking in daily.

From everydayhealth.com I read that

our bodies use water in all cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because our bodies lose water through breathing, sweating, and digestion, it’s important to rehydrate by drinking fluids and eating foods that contain water. And then from webmd.com, “Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60 percent water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.”

Water is the second most popular beverage in the U.S. after soft drinks. This is a

scary stat, since sugary soda is a huge health hazard, upping the risk of obesity, stroke, and other heart problems. However, these dangers can be avoided if people choose to drink water. Consider today putting the sugary stuff to the side and make water the number one drink of choice. The benefits really are endless.

Dr. Glenn Mollette is the author of 12 books. His syndicated column is read in all 50 states.

Books By Glenn Mollette, Contact him at GMollette@aol.com. Learn more at www.glennmollette.com. Like his Facebook page at www.facebook.com/glennmollette.

Church News

Community Bible Church

If you don’t use it; you will lose it!

1b God be merciful to us and bless us, and cause His face to shine upon us. Selah 2 That Your way may be known on earth, Your salvation among all nations. 3 Let the peoples praise You, O God; Let all the peoples praise You. 4 Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, And govern the nations on earth. Selah 5 Let the peoples praise You, O God; Let all the peoples praise You. *Psalms 67:1-5 (NKJV)*

John Jay (1745-1829), the first Chief Justice of the United States Supreme Court and acknowledged as one of our nation’s founding fathers said, “Providence (God) has given to our people the choice of their rulers, and it is the duty as well as the privilege and interest of our Christian nation to select and prefer Christians for their rulers.”

We have a wonderful privilege in the USA, and that is participation in selecting our governmental leaders. We have many other freedoms and privileges, but they “hinge” upon the selection of our leaders.

Alexis de Tocqueville, a French political scientist, historian, and politician, wrote the following in his “Democracy in America, Vol. 2, 1840 Selected”. “I had noted in my stay in the United States that a democratic state of society similar to the American model could lay itself open to the establishment of

despotism with unusual ease ...Thus, the ruling power, having taken each citizen one by one into its powerful grasp ... spreads its arms over the whole of society, covering the surface of social life with a network of petty, complicated, detailed, and uniform rules. ... It does not break men’s wills but it does soften, bend, and control them. ... It constantly opposes what actions they perform. ... It inhibits, represses, drains, snuffs out, dulls so much effort that finally it reduces each nation to nothing more than a flock of timid and hardworking animals with the government as shepherd. ... a single, protective, and all-powerful government. ... Individual intervention ... is ... suppressed. ... It is ... in the details that we run the risk of enslaving men.”

“For my part, I would be tempted to believe that freedom in the big things of life is less important than in the slightest. ... Subjection in the minor things of life is obvious every day. ... It constantly irks them until they give up the exercise of their will ... and enfeebles their spirit. ... It will be useless to call upon those very citizens who have become so dependent upon central government to choose from time to time the representative of this government. ... Increasing despotism in the administrative sphere ... they reckon citizens are incompetent. ... It is ... difficult to imagine how men who have completely given up the habit of self-government could successfully choose those who should do it for them. ... The vices of those who govern and the

ineptitude of those governed would soon bring it to ruin and ... revert to its abasement to one single master.”

To participate in free, honest elections is a great gift, and if a free people don’t participate, it will be to their own demise. May God grant us the wisdom and the will to vote. See you Sunday.

**In Christ,
Pastor Dave**

Ministry at CBC
Morning Worship 10:30 a.m.
Praise and Prayer 6 p.m.

Wednesday
No A.W.A.N.A.

Community Christian Academy
Preschool – 12th grade

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

Seventh-day Adventist Church

Jesus’ first trip to Jerusalem

Twelve-year-old Jesus was excited. Since He was old enough, Mary and Joseph were taking Him to the Passover feast celebration in Jerusalem. Of all the feasts the Passover was the most attended. From every part of Palestine the worshipers flooded into Jerusalem.

The Passover celebrated the birth of the Hebrew nation. On the last night of their bondage in Egypt, God told His people to prepare for immediate release. Following God’s instructions each father had sprinkled the blood of the slain lamb on the door post of his home. When the angel saw the blood he would protect all of God’s obedient families. Because King Pharaoh had been so stubborn, and refused to let his slaves go free to worship God, all of the first born children of the Egyptians were slain. God had told him through Moses to let His people go, and if he didn’t he would lose his first born son. At midnight that happened. That’s when the king sent a message to Moses saying, “Get up, and get away from my people, and go and serve the Lord.” *Exodus 12:31* The Hebrews went out from Egypt that night as an independent nation. The Lord commanded that the Passover should be kept yearly to help His people remember the deliverance of Israel. The slain lamb represented

the coming Messiah, who would save all who believe in Him.

For the first time the child Jesus saw the temple. With the worshippers He bowed in Prayer. He saw the impressive rites of the Passover service. Every day He saw their meaning more clearly. Every act seemed connected with His life. The mystery of His mission was opening to our Savior. Caught up in thinking about the scenes He needed time to reflect on it all. When the Passover service had ended, He still lingered in the temple courts, and when the worshippers left Jerusalem He was left behind.

At that time there were rooms in the temple devoted to a sacred school for boys. Seating Himself at the feet of these learned men, He listened to their instruction. As a child wanting to learn, He asked questions of these teachers about the prophecies, and events then taking place that pointed to the coming Messiah. His questions were suggestive of deep truths which had long been hidden, yet were vital to the salvation of souls. Every question He asked placed truth in a new aspect. The rabbis spoke of the wonderful coming of the Messiah would bring to the Jewish nation. But Jesus presented the prophecies of Isaiah, and asked them the meaning of the scriptures that pointed to the suffering and death

of the Lamb of God. The doctors of the scripture law asked Him questions, and were amazed at His answers. Jesus answered with the humility of a child and repeated the words of scripture, giving them a depth of meaning that the wise men hadn’t thought of. The words of Jesus moved their hearts as had never been moved before. God was trying to give light to these religious leaders and He used the only way they could be reached. Unconsciously their minds were opened to the Word of God and the Holy Spirit to their hearts.

Meanwhile that evening Joseph and Mary discovered Jesus was missing from the large crowd of people they had been traveling with. They searched through their company in vain. With trembling they remembered how King Herod had tried to kill Him when He was a baby. Returning to Jerusalem they continued their search. Finally in the school of the rabbis they found Jesus. Happy as they were they could not forget their anxiety. Mary asked Him, “Son why have You dealt with us this way? Your father and I have searched for you sorrowing.” Then came Jesus’ calm answer, “How is it that you were looking for me, didn’t you know that I must be doing my Father’s business?” When He pointed up His face lit up.

As Joseph and Mary returned home alone

with Jesus, He hoped to direct their minds to the prophecies of the suffering Savior.

By one day’s neglect they lost sight of Jesus, but it took three days of anxious search to find Him. So with us; by careless talk, or neglect of prayer, we may lose the Savior’s presence, and it may take many days of searching to find Him, and regain the peace we have lost. If we are with Jesus, our sweetest thoughts will be of Him, and as we speak to each other of His love, our hearts will be softened by His Holy Spirit.



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.bridgeviewccc.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.ipvpraisecenter.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.
Sunday 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
329 Caves Hwy.
Pastor Brent Smith
Sunday School 9:30 a.m
(for all ages)
Sunday Worship 10:30 AM
Wednesday Bible Study, 7 PM
Come be with us!

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.

Coffee

MONDAY - SUNDAY: 6 AM - 6 PM

ROGUE STUMP GRINDING

Any Size

Contact Terry **541-660-9880**

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BINGO FOR AGES 8 & UP

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