



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – JUNE 1
VEGETABLE STRATA

MONDAY – JUNE 4
SALISBURY STEAK W/ GRAVY

WEDNESDAY- JUNE 6
MEATLOAF W/ GRAVY

Call 541-955-8839 to volunteer or if you need meals.

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources 541-592-9781

Tactics to get rid of BUGS!

Now that the warm weather is truly upon us, what can we do about the bugs that come with it? This is a reprint of an article from the *AARP Bulletin* from April, 2016:

Mosquitoes. The CDC says oil of lemon eucalyptus is an effective, natural mosquito repellent. Products containing the oil are widely available online and at discount retailers like Target and Walmart.

Dog ticks. Prevention is the trick. Put one drop of rose geranium oil between your dog’s shoulder blades and one at the top of the base of the tail, or two drops directly on the collar.

Pantry Moths. Wipe food containers and shelves with white vinegar and

then place bay leaves inside the canisters and cupboards.

Ants. Vinegar deters ants from entering your home by overpowering the scent they would use to follow other ant’s footsteps. Mix a 50/50 solutions of vinegar and water in a spray bottle and squirt in places that are likely to attract ants, such as the area around pet food bowls and other food sources.

Bees. Listen to the experts: Do not attempt to remove a bee swarm yourself, says the American Beekeeping Federation. Do an internet search for your local area or state’s beekeeping association to find a beekeeper who can remove the bees without killing them.

Camel crickets. These giant jumping crickets- which don’t bite, by the

way- may make a home in your basement. Use glue traps to dispatch them.

To contact I.V. Wellness Resources you can call 541-592-9781 or email www.ivwellnessresources@gmail.com and like our Facebook page@ivwellnessresources.

VOLUNTEER OPPORTUNITIES

****Senior Companions**

****Caring Callers**

Please call I.V. Wellness Resources, program coordinator Laura Mancuso for more information at 541-592-9781.

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home

Caregivers – Handyman

Yard work – Firewood

Housekeepers –

Please call

I. V. Wellness Resources



541-592-9781

FAMILY & FRIENDS CAREGIVING CONFERENCE

Friday, June 1

Asante Smullin Education Center, Medford

Call 541-618-7572 to register

SPAY AND NEUTER FUND

Josephine County

www.jocospayneuter.org

541-244-0685

Help for cats & dogs!

CHAIR FITNESS

FREE at Healthy U,

Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., Cave Junction

Call 541-592-4888 or visit www.healthyucenter.org.

Sponsored by I.V. Wellness Resources

JOCO SHERIFF’S OFFICE

To report a NON-emergent crime go to www.co.josephine.or.us/report or call 541-474-5123 option #3

Lil Green Taxi Club

541-415-0535

Daytime, \$1 mile

Licensed & insured

Background check completed.

Check Facebook@lilgreentaxi

Community Bible Church

The Old Road

Jeremiah 6:16 (NKJV) 16 Thus says the LORD: “Stand in the ways and see, and ask for the old paths, where the good way is, and walk in it; then you will find rest for your souls.”

On my uncle’s dairy farm, there was a lot of history. My uncle’s grandfather homesteaded on the rim of Silver Falls Canyon in the 1860s. In the back woods there had been a small saw mill which had been destroyed or torn down. As youngsters my cousins and I used to go back there and find odds and ends of things left behind. There was an old road that ran in back of the pasture area. One time my uncle and I – in search of an errant bull – headed down that old road as an easy means of getting to where we believed that bull might be. As we walked down that road, my uncle began to talk about the people who had lived there in the days of his youth. I remember one place that was only a pile of rock – maybe a chimney or foundation – and my uncle began to tell me about the family who lived there. He talked of riding in wagons and on horses

as they went to town or to the school for a gathering of one sort or another. As he talked, my mind began to envision a whole-some, simpler time (if not more difficult) and neighbors who shared their lives, their experiences, even their needs with one another. We never found that bull that day (if I remember right he came home on his own), but I remember the walk we took along that old road to this day – 40+ years later.

Maybe we all need to remember those old paths. Maybe you older ones need to talk to the younger generation who really need to hear about a simpler, more person-to-person time. A time when parents, teachers, and law enforcement officials were respected, and neighbors helped keep track of their neighbor’s children and needs. Oh, by the way, I believe that God was also revered and honored by most everyone.

God help us to remember those old paths. Hope to see you Sunday.

**In Christ,
Pastor Dave**

Ministry at CBC

Sunday
Morning Worship 10:30 a.m.
Praise and Prayer 6 p.m.

Community Christian Academy
Preschool & Kindergarten Roundup
Friday, June 1, 9 a.m.
Awards Night, June 6, 7 p.m.

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

VBS is coming!
June 25-29

Seventh-day Adventist Church

A Voice in the Wilderness

There were faithful people in Israel who were waiting for the coming of the promised Messiah Savior. Two shining lights were Zacharias and his wife Elizabeth. They were elderly people whose quiet lives were like a star of faith shining amid the darkness of those evil days.

Zacharias was a priest living in the Judean hills. As a priest he took his turn serving at the temple in Jerusalem for a week, twice a year. Now it happened it was his turn to prayerfully burn the incense before the Lord. As he watched the incense going up like the prayers of God’s people outside the temple, he saw more than smoke, suddenly he was aware of another’s presence in the holy place. Amazingly he saw an angel of the Lord standing on the right side of the altar. *Luke 1:11.* The angel came with a message for him.

“Don’t be afraid Zacharias, for your prayers have been heard. Your wife Elizabeth will bear you a son, and he shall be great in the sight of the Lord ... and many of the chil-

dren of Israel shall he turn to the Lord ... and he shall go before the promised One in the Spirit and power of Elijah ... to make ready a people for the Lord.”

Much to his and Elizabeth’s joy everything the angel told them came true. They named their baby, “John” as the angel had instructed them.

Years later as John was preparing himself for his mission, he went to the wilderness for his school and sanctuary. With awe and joy he searched the prophetic Bible scrolls for the revelation of the soon coming Messiah. Isaiah’s prophecies gave him great joy as he studied about the coming Messiah. As he looked upon the King in His beauty, self was forgotten. He was ready to go on his mission as heaven’s messenger; he had been awed by the human because he had looked on the Divine.

As John entered his ministry, the nation was in a state of excitement and discontent. The tyranny of the Roman governors, and their determined effort to introduce heathen

symbols and customs only created hatred against Rome and made the people long to be freed from her power. So it was amid this discord that a voice was heard from the wilderness, a voice startling and stern, yet full of hope. “Repent ye for the kingdom of heaven is at hand.” With the Spirit and power of Elijah he denounced national corruption and rebuked prevailing sins. His clothes were plain, and his words were pointed and convincing. Many believed he was one of the prophets risen from the dead. The whole nation was stirred and multitudes flocked to the wilderness to hear him.

John preached the coming of the Messiah, and called the people to repentance. As a symbol of cleansing from sin, he baptized them in the waters of the Jordan River. John preached that their standing before God was to be decided by their character and life. Their profession was worthless. If their life and character was not in harmony with God’s law, they were not His people. He maintained that all who became subjects for heaven

would give evidence of their faith and repentance. Kindness and honesty would be seen in their lives. They would help the needy and bring offerings to God. In their daily lives justice, mercy and the love of God would be seen.

In this way, the Baptist gave God’s message to the people. Many followed his instruction. They sacrificed everything to obey. Multitudes followed him from place to place; some hoped that he would be the Messiah. But as John saw the people turning to him, he took every opportunity of directing their faith to Him who was to come.

The Spiritual principles he taught the people as they were preparing for the coming Messiah are still in effect today, as we are waiting for the soon return of Jesus. When we accept Jesus as our Lord and Savior and with His help put these principles into action in our lives, we will be ready to meet Jesus with joy.

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: 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
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.



Professional Arborist

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Shaping and Health Restoration

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Call Sam

541-660-5963

www.beelerstreeservice.com

2018 - 2019

Preschool and Kindergarten Round-up!

At Community Christian Academy

Join us Friday June 1 from 9-10

Come and visit our

Preschool and Kindergarten Classes.

Meet our Teachers, Look at our curriculum and experience our classes in action.

We are located at 113 S Caves Ave

For more information call 541-592-3896

Registration forms for the 2018-2019 School year will be available