



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – JULY 13
SLICED HAM
W/ PINAPPLE SLICES

MONDAY – JULY 16
CHICKEN POT PIE

WEDNESDAY- JULY 18
CHICKEN & PENNE PASTA

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 Wal-Mart.

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.

You can contact I.V. Wellness Resources at 541-592-9781 or email ivwellnessresources@gmail.com and you can like the Facebook page at [facebook.com/ivwellnessresources](https://www.facebook.com/ivwellnessresources).

Seniors:
If you are trying to stock up on **wood for the winter**, we have some discounted hardwood for you. \$150 per cord and 1/2 cords available for you. Please call Ethan from I.V. Wellness Resource List at 541-592-3499.

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

REPORT FRAUD AND SCAMS
AARP Foundation
1-800-222-4444 option 2
Email: giving@aarp.org
Read Tips for Recognizing Senior Scams at www.aarp.org.

VOLUNTEER OPPORTUNITIES
****Senior Companions**
****Caring Callers**
Please call I.V. Wellness Resources for more information at 541-592-9781.

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

Lil Green Taxi Club
541-415-0535
Daytime, \$1 mile
Licensed & insured
Background check completed. Check Facebook@lilgreentaxi

WELLNESS CHECKS
If you know a senior that you are worried about and feel they need a wellness check - Please call Laura at I.V. Wellness Resources at 541-592-9781.

Seventh-day Adventist

Jesus’ first miracle

Jesus’ first miracle was not performed in front of the leaders of His nation, but at a home in Cana, a little Galilean village. There was to be a wedding there, and the family were relatives of Mary and Joseph. In fact, Mary had been asked to help with this event. So it was no surprise when Jesus and His disciples were invited to the wedding. Again Jesus saw His mother whom He had not seen for some time.

Since Mary had heard the angel’s announcement in her home in Nazareth she had treasured the evidence that Jesus was the Messiah sent from God. His sweet unselfish life assured her that He could be no other than the Special One sent from God. Death had separated her from Joseph, now there was no one she could share her hopes and fears with.

So Mary was glad to see Jesus again at the wedding feast. As the guests began to arrive there was one topic of absorbing interest and little groups talked in excited tones as they kept glancing at Mary’s son. They had heard how John the Baptist had introduced Jesus as the Messiah out at

the Jordan River.

In those days it was the custom for marriage festivities to continue for several days. Unfortunately they ran out of wine. The lack of wine would seem to be a lack of hospitality. When Mary became aware of the problem she took it to Jesus. “They have no wine,” she said. She hoped Jesus would supply the need. Lovingly Jesus answered in a respectful oriental fashion. “Woman, what have I to do with you? My hour has not yet come.”

At His boyhood visit to the temple in Jerusalem when she and Joseph had finally found Jesus in the temple asking and answering questions, He had told her, “don’t you know I must be about my Father’s business?” These words struck a keynote of His whole life and ministry. His whole focus was working to redeem all of the world’s people who He loved so much and came to save. His love for Mary was unchanged, but now He had to go about His Father, God’s, work, and He realized that no earthly attraction should turn His feet from the path He was to walk. When Jesus said, My hour has not yet come.” He was replying to her

hope that He would at this time take the throne of Israel. Even though Mary didn’t have the right idea of Jesus’ mission, she told the servants, “Whatever He says to you, do it.” In this way she prepared the way for Jesus to work.

Speaking to the servants, Jesus said, “Fill the large water pots with water.” After they had filled them with water He said to pour it out now and carry it to the ruler of the feast.” When the ruler of the feast had tasted the water that was made into wine he asked the groom about it, saying, “Everyone at the beginning of the feast sets out good wine and later when people are full, they bring out the inferior wine, but you have kept the good wine until now.”

The wine which Jesus provided for the wedding was the pure juice of the grape. The Prophet Isaiah referred to grape juice in this way: “the new wine in the cluster,” and said, “destroy it not, for a blessing is in it.” *Isaiah 65:8*. It was Christ who gave the warning to Israel, “wine is a mocker, strong drink is raging and whosoever is deceived thereby is not wise.” *Proverbs 20:1*.

As the guests remarked on the quality of the

wine, their questions drew from the servants an account of the miracle. The people were so amazed that by the time they looked for Jesus, He had so quietly withdrawn that even His disciples hadn’t noticed. Now the attention was turned on the friends of Jesus, and for the first time they had the opportunity to share their faith in Jesus.

Quickly the miracle story spread and even the priests and elders searched the prophecies pointing to the coming of the Messiah. There was a real desire to learn the mission of this new teacher who had appeared among them in such an unassuming manner.

It was to honor Mary’s trust and to strengthen the faith of His disciples that Jesus performed this miracle.

Jesus was interested in the everyday lives of people. He is interested in you, dear reader. He linked Himself with the interests of people everywhere. And His example needs to be followed by all who have received His grace. Let all who profess to have found Christ, minister as He did for the benefit of people. You can read about this miracle in John 2.

Community Bible Church

Freedom

Revelation 15:4 Who shall not fear You, O Lord, and glorify Your name? For You alone are holy. For all nations shall come and worship before You, for Your judgments have been manifested.”

Freedom is a much discussed topic in our country. Some feel it is threatened in our day, but I wonder if there is still the will to be free that once existed in our country. I have a picture firmly implanted in my mind. It came from 1989, in Beijing, China, at a place called Tianamen Square. At this time pro-democracy rallies were taking place in that square and in other cities also. Standing alone in the square is a young man. As a column of tanks approach him, he stands, hand slightly out-stretched, refusing to give ground to that which could easily crush out his life. The Chinese military eventually cracked down on the demonstrations, killing hundreds of unarmed civilians – people willing to give their lives to satisfy their hunger for freedom.

There is a cost to freedom. Our soldiers understand this, but it’s not just for them to pay – we all must

be willing to pay the price demanded of us. It may be as simple as voting, or it may cost you everything as it did many of our founding fathers during the Revolutionary War.

Our founding fathers believed that government stability is grounded in the morality of its citizens, and citizen morality is grounded in religion. John Adams, our second president, stated the following, “Statesmen ... may plan and speculate for liberty, but it is religion and morality alone, which can establish the principles upon which freedom can securely stand. The only foundation of a free constitution is pure virtue.” Thomas Jefferson, our third president, said, “And can the liberties of a nation be thought secure when we have removed their only firm basis, a conviction in the minds of the people that these liberties are a gift of God? That they are not to be violated but with His wrath? Indeed I tremble for my country when I reflect that God is just; that his justice cannot sleep forever.”

Long before our nation ever existed, there was another who proclaimed freedom – His name was Jesus of Nazareth. Jesus proclaimed a deeper, essential

freedom for all men – the freedom from the destructive bondage of sin. In *John 8:36*, Jesus said, “Therefore if the Son makes you free, you shall be free indeed.” Maybe today would be a good day to thank God for your national freedom and to look into the freedom that Jesus offers. 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 – High School
Now accepting applications
for the 2018-2019 school year.

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 - 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
10:30 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.

Ken and Patty Lewis

Memorial Scramble

Saturday, July 14

9:00 am - Shotgun

4 - Person Scramble

\$65/Person - Includes:
Golf, Cart, Food, and Prizes!



For More Info Contact:
Rex 707-834-4888
IVGA 541-592-3151