



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – JULY 20

ROAST PORT W/ GRAVY

MONDAY – JULY 23

HAM & SCALLOPED POTATOES

WEDNESDAY- JULY 25

TUNA SALAD SANDWICH

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

Antibiotic-Resistance

Individuals working to control the threat of infectious diseases are concerned by the growing threat of infections caused by antibiotic-resistant bacteria.

Antibiotic-resistance is the ability of microbes to resist the effects of drugs – that is, the germs are not killed, and their growth is not stopped. Microbes are organisms too small for the eye to see and are found everywhere on earth. There are many types of microbes: bacteria, viruses, fungi, and parasites. While most microbes are harmless and even beneficial to living organisms, some can cause disease among humans, other animals and plants. These disease-causing microbes are called pathogens; sometimes they are referred to as “germs” or “bugs.” All types of microbes have the ability to develop resistance to the drugs created to destroy them.

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

ALZHEIMER’S SUPPORT GROUP

Last Thursday of the month 2-3:30 PM at Oaklane Retirement, 727 SW Rogue River Ave, Grants Pass. Call 541-772-2230 for more info.

Lil Green Taxi Club

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

nated water.

Other routes of transmission include: Improper handling or consuming inadequately cooked contaminated meat, contact with infected farm workers or meat processors, drinking contaminated surface or ground water and eating contaminated crops or breathing air vented from concentrated animal housing or is released during animal transport.

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.

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



Illinois Valley Wellness Resources

541-592-9781

Church News

Seventh-day Adventist

In His Temple

God had instructed His people to bring a lamb (representing the lamb of God) who would someday be offered for the sins of the world. Many people who lived far away were unable to bring a lamb. This was the reason animals were bought and sold in the outer court of the temple. Every Jew was required to pay yearly a half shekel as a ransom for his soul. It was required that all foreign coins be exchanged for the temple shekel. The changing of the money gave the opportunity for fraud. This was a source of revenue for the priests. The temple sounded like a noisy cattle market rather than the house of God.

There was so much confusion as the people were buying and selling animals to be sacrificed. It was so very noisy that even the words spoken to the Most High God were drowned out in the noisy uproar that had invaded the temple. The priests and people didn’t realize how far they had wandered from the original purpose of the service that God had ordained years ago. True spiritual worship was disappearing.

When Jesus came to the temple His searching glance took in all that was going on. As He took in the whole situation indignation, authority and power were expressed in His look. Suddenly all was quiet in the temple and the confusion was hushed. Those who were creating unholy traffic were transfixed as they gazed at His face. It seemed to them that Jesus was reading their minds. He seemed to rise above them in commanding dignity. “Take these things away and make not my Father’s house a house of merchandise.”

Slowly He walked down the stairs holding a cord. With zeal and severity that seemed out of character to Him, He overturned the tables of the money changers and the falling coins echoed in the stillness. He told them to leave the temple. Even though he never hit anyone with the cord, no one questioned His authority.

Now the temple court was free from the traffic and a deep silence reigned in the temple. Now the sick people and the children came to Him for help. Jesus healed their sickness and the glad songs of the children brought Him joy. In cleansing the temple Jesus was announcing His mission as the Messiah and entering upon His work. When He drove the buyers and sellers out, He was showing how He wanted to cleanse their hearts from the defilement of sin, selfishness and evil habits that destroy our happiness and our body temples. You can ask Him to cleanse your life if you want to. He would love to help you if you would only ask Him.

Community Bible Church

Vacation Time

24 And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching. *Hebrews 10:24-25*

Isn’t it nice to get away – to be able to see new places or even visit old places you haven’t been to for awhile? It’s great just to get away from the routine of daily tasks and do something different for a little while. Even if you enjoy your work and enjoy where you live, it’s good to have a change of pace.

We are fortunate here in that we are just a little over an hour from the coast, and it’s not too difficult to head to the ocean – even if just for the day. To walk on the beach and enjoy the ocean breezes is refreshing and pleasant.

Ministry at CBC

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

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

Community Christian Academy
Preschool – 12th grade
Now accepting applications for the 2018-2019 school year.

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)

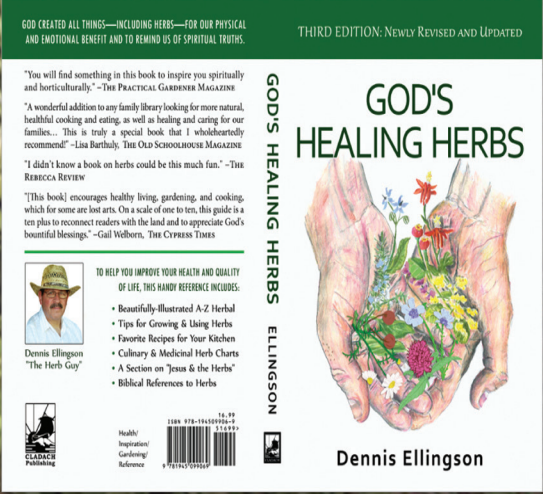
Sunday Worship 10:30 AM
Wednesday Bible Study, 7 PM
Come be with us!

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.

Dennis Ellingson's Book

“God's Healing Herbs”

Re-Released Updated Version!



Now Available through Cladach Publishing, Books N More, The Bookmark, Amazon, Barnes and Noble, and the offices of the Upper Rogue Independent and The IV News!