



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – OCT 12

SLICED ROASTED TURKEY W/ GRAVY

MONDAY – OCT 15

MACARONI & CHEESE

WEDNESDAY- OCT 17

TURKEY DIVAN CASSEROLE

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

SENIOR SPOTLIGHT

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

Fall Prevention (Part Two)

Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age. The following are some fall prevention strategies:

- *Increase lighting throughout the house, especially at the top and bottom of stairs. Make sure lighting is readily available when getting up at night. Light up your living space to avoid tripping on objects that are hard to see. Place night lights in your bedroom, bathroom and hallways. Place a lamp within reach of your bed for middle-of-the-night needs. Make clear paths to light switches Consider trading traditional switches for glow-in-the-dark or illuminated switches. Turn on the lights before going up or down stairs. Store flashlights in easy-to-find places in case of power outages.
- *Check that both rails are secure on stairways.
- *Install grab bars in the tub/shower and near the toilet where you will actually use them.
- *Use nonslip mats in your bathtub or shower. Consider using a shower chair and hand-held shower.
- *Remove boxes, newspapers, electrical cords and phone cords from walkways.
- *Move coffee tables, magazine racks and plant stands from high-traffic areas.
- *Secure loose rugs with double-faced tape, tacks or a slip-resistant backing, or remove loose rugs from your home.

CHAIR FITNESS

FREE at Healthy U, Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., CJ, Call 541-592-4888 or visit www.healthycenter.org.

Sponsored by I.V. Wellness Resources

HEATING ASSISTANCE

For financial assistance with heating your home - electric or wood - call UCAN at 541-956-4050

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.

MEDICARE 101

FREE: Medicare Workshop, Friday, Oct. 19 at 11 a.m. I.V. Family Coalition, 535 E. River St., CJ

MEDICAL EQUIPMENT

I.V. Lions loans out medical equip for those that need it: W/C, walkers, canes, portable toilets, shower stools & more. Call 541-592-4262

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

Community Bible Church

Rajneesh
15 Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world--the lust of the flesh, the lust of the eyes, and the pride of life--is not of the Father but is of the world. 17 And the world is passing away, and the lust of it; but he who does the will of God abides forever. 1 John 2:15-17

In the late 1980s, I worked in the building trades and as an Intern Pastor/custodian in Madras, Oregon. There was a group with its origins in India called the Rajneesh that moved onto a ranch near Antelope, Oregon, called the Big Muddy, and they tried to set up their own city there. One of the things that soon became evident is that they were happy only as long as they got their own way. The other clear characteristic of the group was that they would do

almost anything to get what they wanted.

The church I was working at became an impediment to the group. It began when one of the Pastors at the church decided to give the Rajneesh leader a Bible. On certain days around noon the leader would come to Madras and park at the weigh station opposite the church where it was believed he was meditating on the city of Madras. The aforementioned Pastor decided it would be a mind broadening experience for the Rajneesh leader to have a Bible, so he rode his old, single-speed bicycle over to where the leader was sitting in his Rolls Royce and attempted to give him the Bible. The offer was rebuffed, but the Pastor continued to make the same offer each time the Rajneesh would come to town, until the Rajneesh leader began to bring his followers with him to surround his car and keep the Pastor away. Soon others from the community joined

the Pastor, and a large group gathered at noon and it made quite a ruckus. Finally a meeting was arranged between Sheila Silverman, for the Rajneesh, and Pastor Bob and the Pastor trying to give him the Bible. Silverman said that she believed the church was planning to kill the Rajneesh leader, and that she would see that both Pastors were killed in the event anything happened to the Rajneesh leader. Somehow she couldn't believe that the whole goal was to simply give the man a Bible.

Another time the Rajneesh's followers poisoned some salad bars in restaurants in The Dallas, Oregon, to try to affect the results of an upcoming election. There were many other things that the Rajneesh organization did to help them get their way. They didn't care about much else but getting their way. I believe the Bible verse above describes them well.

See you Sunday.
**In Christ,
Pastor Dave**

Ministry at CBC

Sunday

*Morning Worship 10:30 a.m.

*Evening Prayer and Praise 6 p.m.

Wednesday

AWANA 6:15-8 p.m.

Age 3 to grade 6

Community Christian Academy

Preschool to High School

*Senior Exercise Class

Monday, Wednesday, & Friday

9-10 a.m. in Dining Room

Good Shepherd Lutheran Church

Come Like a Little Child
Mark 10:13-16

I read about a couple that was visiting a church back in Kansas. They felt they were being fed on the Word, and they really enjoyed the church, but they said, "We aren't lawyers or doctors, and there seems to be a rule here that you have to be a professional to join this church."

After reading that, I asked myself, do we do anything in our church that would suggest that there are unwritten rules about who belongs and who doesn't? Is there some kind of suggestion, direct or otherwise, that the salesman or the retiree can understand the gospel, but the street person or this lost teenager can't?

This is what this lesson in Mark is all about. We don't get to make the rules about who comes to Jesus.

Jesus makes the rules about who comes to Jesus. We're just here to facilitate. That means facilitating anyone and everyone who wants to join the community of broken people who want the healing touch of Jesus in their lives. We especially need to get out of the way of children knowing the love of Christ.

Jesus loves the little children and counts them among His disciples. But big disciples can create obstacles that keep little ones away. Too often we hinder children by our attitudes, inconsistencies, and hypocritical living. They see us trying to sell them a bill of goods about a life in Christ that we aren't living ourselves.

The children give us a model of how we find salvation in Christ. It's not just their honesty and goodness, or even their openness and trust that we need to imitate. It's

their total dependence. It's the way they give over their lives, without reservation, to the one who cares for them.

Jesus said that we have to be born again in order to get into the kingdom. You can't earn your way to eternal life with what you have to offer God. You have to come as helpless and dependent as a baby and say, "It's only through you, Jesus, through your righteousness and blood that I can be made right with God. Will you forgive me? Will you claim me as your child?"

God is inviting us to climb into his lap. To be welcomed as his precious child. You know that's what you long for, too – for Jesus to hold you in his arms forever. He will, if come to Him like a little child.

Seventh-day Adventist

Worship Service Disrupted, Mark 1:21-28

The city of Capernaum was on the Sea of Galilee. In the days of Christ the palm and olive trees flourished there. Fishing boats covered the lake and everywhere there was the stir of active life. This busy highway from Damascus to Jerusalem, Egypt and on to the Mediterranean Sea was well-adapted to be the center of the Savior's work. People from many lands passed through this city. Here Jesus could meet people from many nations, rich and poor, and His lessons would be carried to other countries and homes.

It was our Savior's work to present the truth. His words shed new light upon the

scriptures and came as a new revelation to His listeners. Never before had His hearers seen such a depth of meaning in the word of God. Jesus taught the scriptures with authority and His presentations were with a power that no one could controvert. Yet His tender compassion fell with a healing touch on weary and troubled hearts. It was His sweet sympathetic spirit that shone in every look and word that attracted the people to Him.

One Sabbath, while Jesus was in the synagogue, He spoke about the kingdom He had come to establish and His mission to set free the captives of Satan. Suddenly He was interrupted with a shriek of terror. A mad man rushed

forward, crying "let us alone, what have we to do with You, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." All was confusion and alarm. The attention of the worshippers was diverted from Christ. This was Satan's purpose in leading his victim into the synagogue. But Jesus rebuked the demon saying, "be quiet and come out of him and don't hurt him." The poor man's mind had been clouded by Satan but in the Savior's presence a ray of light pierced his gloom. He longed to be free from Satan's control. He realized he was in the presence of One who could set him free. However, when he tried to ask Jesus for help, the evil spirit put words in his mouth. The

conflict between the power of Satan and his own desire for freedom was terrible. However, when the Savior spoke with authority the captive was set free. The man praised God for his deliverance. The eyes that had lately glared with the fire of insanity now beamed with intelligence and overflowed with tears of gratitude. The people were amazed. They asked, "What is this new teaching? With authority He commands even the unclean spirits and they obey Him."

The good news is that all who enter into a relationship with God are not left to the power of Satan. May we each take the time to do that every day.

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

Terry Vance Sr.

707-954-1273

541-592-4418

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.



Kate's REDWOOD BAR & GRILL

- 5 Beers On Tap!

New ~ Homemade Foods and BBQ!

Halloween is near!

Mark your calendar for our party

BBQ specials every Wednesday

Homemade specials all day every Friday

12235 Redwood Hwy - Wonder, OR 541-476-8990