



Illinois Valley Wellness Resources

Foods & Friends menu

unavailable at press time.

Will return next week.

OREGON LIFELINE

is a federal and state govern-
ment program that reduces
the monthly cost of phone
or broadband service for
qualifying low-income
households. You can
complete an Application at
www.oregon.lifeline.gov,
call 1-800-848-442 or
email puc.rsp@state.or.us

Call 541-955-8839

to volunteer or if you
need meals from
Food & Friends.

SENIOR SPOTLIGHT

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

FEED YOUR SKIN

Recent research shows that
not only what you eat affects
how you feel and function, it
also affects how you look.
“As you age, your skin natu-
rally loses youthful elasticity
and its ability to retain mois-
ture,” said Sari Greaves, RD, a
spokesperson for the American
Dietetic Association.
“So many women in their
30s, 40s, 50s and beyond turn
to expensive creams to com-
bat the lines and wrinkles that
begin to form. But it’s not only
what you put on your body that
makes a difference. What you
put in your body counts just as

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.healthyucenter.org.
*Sponsored by
I.V. Wellness Resources*

much.”

The traditional Mediterranean
diet- rich in fresh vegetables,
fish and olive oil, and low in
red meat- has long been touted
as heart healthy. Recent re-
search suggests that it is skin
healthy besides.
Sunny Greece has one of the
lowest rates of melanoma (skin
cancer) in the world. Adherence
to a Mediterranean diet, often
filled with nutrients that reduce
damage to the skin, decreases
the incidence of melanoma and
visible signs of aging, no mat-
ter where you live. Omega-3s
keep cell membranes fluid,
not stiff, so nutrients can pass
through easily.

HEATING ASSISTANCE

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

DISASTER REGISTRY

If you need special help in an
emergency please register online
at www.rvcog.org or call Senior
& Disability Services at 541-
664-6674 for more information.

MEDICARE 101

FREE: Medicare
Workshop, Friday,
Nov. 14 at 11 a.m.
I.V. Family Coalition,
535 E. River St., CJ

Lil Green Taxi Club

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

Community Bible Church

The Rajneesh and Homo noeticus
4 The wicked in his proud countenance does not seek God; God is in none of his thoughts. 5 His ways are always prospering; Your judgments are far above, out of his sight; As for all his enemies, he sneers at them. *Psalm 10:4-5* (NKJV)
I have been recounting a period of time that happened while I was in Madras. I got a fairly close-up view of a group called the Rajneesh. The leader was Shree Rajneesh and they called him Bhagwan, which we were told meant “sir god.” It was not a title that I and those I knew at the time felt we could use, so we usually referred to him as the Rajneesh.
One of the interesting things told those who were involved in the situation was that the Rajneesh’s followers believed they had a right to have their way because they were the next step in evolution. We were Homosapiens,

and they were Homo noeticus. This was not a change physically, but a spiritual, evolutionary step. I don’t know how much of the group believed this, but apparently some thought it should give them authority to do as they wanted.
One story, told to me by the man it happened to, occurred not long after the Rajneesh’s followers took over the town of Antelope. This man had farm ground that bordered the small town of Antelope, which was renamed Rajneesh after it had been taken over. One day he noticed a group of people in the field next to Antelope, so he went over to see what was going on. The Rajneesh’s followers were staking out an addition to the town – on his property. After watching them for a little while, he went up to his house and got his tractor and a disc. He drove the tractor over to where the stakes were set up and disked them into the ground. He laughed as he told me the story, so I think he must have enjoyed the confrontation.

The Rajneesh also tried to takeaway the church we used in Antelope, but failed at that also. It was an interesting time and event to have experienced. There is a plaque now set up in Antelope that says, “All it takes for evil to succeed is for good men to do nothing.” My quote may not be exact, but the intent is clear.
May God bless you as you seek Him. See you Sunday.
**In Christ,
Pastor Dave**

Ministry at CBC
Sunday
*Morning Worship 10:30 a.m.
*Evening Prayer & Praise 6 p.m.

Seventh-day Adventist

Picked by Jesus Mark 3:13-19
Jesus was preparing for something very special. He knew He and His disciples would need extra help from Father God for this special event. Our Savior knew the character of the men He had chosen. He also knew their weaknesses. He knew the hardships that they would have in the future and the responsibilities as well. Jesus knew where to go when He needed help and guidance.
So, on this particular evening, as His disciples were preparing for sleep, He climbed a mountain near the Sea of Galilee and poured out His heart to Father God, asking Him for His guidance and blessing on this important occasion. Jesus had picked eleven of these special

men to follow Him. They came from every walk of life. Some were fishermen and one was a tax collector. After His night of prayer Jesus came back to the foot of the mountain where His disciples were sleeping. In the time that they had already spent with Jesus, He had prepared them for their ordination. One by one Jesus asked his sleepy friends to come to Him. However, one of these twelve men he did not call. Now he urged his presence among them. Judas, a man who professed to follow Jesus, was the one he did not call. He now came forward asking for a place in the inner circle of disciples. Judas believed Jesus to be the Messiah and by joining the apostles hoped to secure a high position in the new kingdom. The disciples were anxious to in-

clude Judas in the group. He had a commanding appearance, a man of keen discernment, and they told Jesus he could assist Him in His work. They were surprised at how coldly Jesus received him. Jesus already knew about the covetous nature of Judas, so he said, “foxes have holes and the birds of the air have their nests; but the Son of man has nowhere to lay His head (Matt. 18:19, 20).” How tenderly our Savior dealt with him who was to be His betrayer. He read his heart like an open book.
Jesus knew that all of His disciples had serious faults. Wonderful Jesus did not withdraw from them because of their weaknesses and errors.
These disciples were very different in their

habits and dispositions, yet they were drawn together because of their mutual love for Jesus. Jesus spent time in instructing them. After teaching them He gathered the little band close about Him, and kneeling among them, He laid His hands on their heads. Then He offered a prayer dedicating them to their sacred work. This is how Jesus ordained His disciples for the gospel ministry.
The good news is that He who called the fishermen of Galilee is still picking imperfect people like us to share His story in the Illinois Valley. Why not say yes?

Good Shepherd Lutheran Church

Jesus Wept (John 11:32-44)
“Jesus began to weep.” Or as it says in the version that I grew up with, the King James Version, “Jesus wept.” It’s the shortest verse in the bible, but it contains some of the richest material for reflection.
It’s appropriate that this lesson shows up right before the election. Jesus wept. Not because his name wasn’t on the ballot, not because he feared that his preferred candidate was going to lose. Not because he was exhausted from the political ads, though if he’d been here, he probably would have been. But he might have wept because the political parties have coopted his impartial message into partisan-speak to split him into blue state Jesus and red state Jesus.
And maybe he would have wept because political party ads have become more important than treating people as human beings created in the image of God. Maybe Jesus would have wept because our political affiliations have become little gods that have supplant-

ed the throne of God.
Jesus wept, but why does Jesus, God-in-the-flesh, weep? Mary, repeating what Martha had already said, tells Jesus, “Lord, if you had been here, my brother would not have died.” They believe in Jesus as the source of life so much so that they blame him for the death of their brother, Lazarus. Mary is mourning so much that Jesus “saw her weeping and the Jews who came with her also weeping.”
Mary weeps, accompanied by others, perhaps even professional mourners, who also weep. And as if this wasn’t enough grief, we then hear that “Jesus began to weep.”
So why does Jesus weep? He weeps as an act of support and caring for those who grieve. It is a kind of weeping solidarity that shows us a God who enters the frailty and suffering of human life. This is weeping together in community. This is holy sorrow. Jesus wept to demonstrate that you and I aren’t alone in the middle of

hurt and tragedy and brokenness. God is here, with us, even in our weeping.
We’ve seen a lot of tragedy lately: earthquakes abroad, storms at home, and the violence we seem determined to inflict on one another. And it’s tempting to say, “Lord if you had been here, my brother, sister, mother, father, son, daughter, cousin, or friend, would have not died.”
But God is here, weeping right alongside us and everyone else, just as we’re called to weep with those who sorrow. We are called to be a community of modern-day saints who share the suffering of others in order to ease the load of sorrow they have to bear. God joins our suffering and opens himself to the wounds of the world. When Jesus weeps, God suffers and comforts a suffering world.
We have a God who became one of us; who took on our sorrows as well as our sins. We have a God who loves us deeply and completely. Jesus wept.

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.



- 5 Beers On Tap!-

New ~ Homemade Foods and BBQ!

Homemade specials all day every Friday

Nov. 9

Crunchy Fish Tacos

w/ Asian Slaw Tortilla Strips

Winter hours.

Weds thru Sat. 11:30 - 9:00.

Open Sundays at 10 - 6

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