



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – NOV 23
CLOSED FOR HOLIDAY

MONDAY – NOV 26
ROAST PORK W/ GRAVY

WEDNESDAY- NOV 28
BEEF TAMALE PIE

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

Flashes and Floaters

Imagine you’re up late watching TV and you notice your peripheral vision is a little darker than usual and things are a little blurry. You’re thinking it’s time to go to bed. But you may be experiencing a retinal detachment.

In a recent article in *Oregon Healthy Living*, July 2017, physicians from the Oregon Retina Center offer the following information. The retina is the tissue in the back of the eye that receives images and translates them into information for the brain to process. When the retina is separated from the surrounding tissue, blood flow is blocked to the area and the retinal cells are starved of oxygen and nourishment. A per-

son may experience small dots floating in their line of vision (floaters), flashes, and vision loss.

The condition is painless. A person may wake up one day with the condition or it may occur over weeks or months.

A detached retina is a serious medical condition that needs immediate attention. Permanent vision loss is a real risk, so don’t delay getting assessed. Call your eye doctor and share why you are calling in order to move things along. Many eye doctors will refer directly to a retinal specialist.

Emergency rooms are not equipped to deal with detached retinas. If you must wait 12-24 hours to see a specialist, no TV, reading or

computer work. Anyone can develop retinal detachment, however certain populations are more at risk, including being male, a history of previous cataract surgery, being over 40 years of age, existing vision and eye health conditions, such as nearsightedness, glaucoma, or previous eye trauma. The key with any treatment is to seek help ASAP. “Time is vision.”

You can reach I.V. Wellness Resources by calling 541-592-9781 or by contacting us on Facebook at facebook.com/iwellnessresources.

FREE FREE FREE

Four wheelchair ramps (four platforms with handrails) for disabled veterans. Call De @ 541-415-1380.

VOLUNTEER OPPORTUNITIES

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



Illinois Valley Wellness Resources

541-592-9781

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

HEATING ASSISTANCE

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

CARING CALLER

Are you isolated in your home and need a phone friend to call you with daily or weekly phone calls? Call Laura 541-592-9781 to sign up.

MEDICARE 101

FREE: Medicare Workshop, Wed, Dec. 5 at 11 a.m. I.V. Family Coalition, 535 E. River St., CJ

Good Shepherd Lutheran Church

My Thanksgiving List

I’m convinced that the biggest killer of Thanksgiving thankfulness is Black Friday. In just 24 hours our thoughts turn from being grateful for all the things we have, to thinking of all the things we want. And there can be lots of things I want, especially after watching and listening to all those commercials telling me about things I just have to have, or at least have to buy for friends and family if I have any real feelings for them and any holiday spirit.

The truth is, I’m pretty satisfied with my life. I have two vehicles, which is more than most folks; even if one of them seems to spend more time in the shop than out of it. But sometimes those commercials with the shiny bright cars topped with beautiful bows makes me think about getting a new one. Just a little, anyway.

The fact is, I’m lucky to be part of the world’s rich, relatively anyway. If you make more than \$2,138.00 a year, you’re rich, too. Even America’s poor, the bottom 5% of Americans, are richer than 68% of the world’s population. But we still don’t seem to be happy

or satisfied.

I think that’s because we’re looking at what we have in the wrong way. So, here’s my unconventional list of things I’m thankful for.

I’m thankful for the taxes I pay, sort of, because that means I have an income to pay taxes on.

I’m thankful for a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means that I have a decent home with a roof over my head, making me better off than 1.6 billion people in the world.

I’m thankful for my huge heating bill, at least until I have to pay it, because it means that I’m warm.

I’m thankful for all the complaining I hear about our government because it means we have freedom of speech.

I’m thankful for the clothes that fit a little too snug, because it means I have enough to eat.

I’m thankful for the spot I find at the far end of the parking lot

because it means I’m capable of walking and, by the grace of God, don’t need that little blue placard yet.

I’m thankful for that lady in church who occasionally sings off key because it means I can hear.

I’m thankful for that annoying alarm that goes off early in the morning because it means that God has blessed me with one more day on earth.

And I’m thankful for weariness and aching muscles at the end of the day because it means I’ve been able to be active and productive.

This list may not be made up of the things we think of sharing when telling “What I’m Thankful For” around the holiday table, but I’m thankful for each and every one of them anyway. I hope you are, too.

May you have a happy and blessed Thanksgiving.

Seventh-day Adventist

Who are my brothers? Matthew 12:25-50

One of the things that cast a shadow over Jesus’ life and ministry was the fact that His step-brothers didn’t understand and support Him in His ministry. The sons of Joseph had heard that sometimes Jesus spent whole nights in prayer, and that He was so busy that He didn’t even have time to eat. They had heard that at times He denounced the scribes and Pharisees and this alarmed them. So they talked Mary into going with them to approach Jesus, hoping that His love for her would prevail in helping Him tone down His attitude and words against the spiritual leaders of the nation.

Just prior to this Jesus had, for the second time, performed a miracle of healing a man who was possessed, blind and dumb. Jesus’ enemies tried to discredit Jesus by charging, “He casts out devils through the prince of devils.” Then Jesus told them plainly that when they said this miracle was the work of Satan, instead of the Holy Spirit, they were cutting themselves off from the fountain of blessing. It is by His Spirit that God works on our hearts. When the Spirit is finally rejected God can do no more for that person.

While Jesus was still teaching the people, His disciples brought the message that His mother and brothers were outside and wanted to

see Him. He knew what was in their hearts and answered, “who is my mother and who are my brothers?” He stretched out His hand toward His disciples and said, “look, my mother and my brothers, for whoever does the will of My Father in heaven, the same is My brother, sister and mother.”

All who receive Christ by faith are united with Him by a tie closer than human relationships. As a believer and doer of His word, His mother more closely related to Him than through her natural relationship. His brothers would receive no benefit from their connection with Him unless they accepted Him as their personal

Savior. What a support Christ would have found in His earthly relatives if they had believed He was from heaven. It would have helped Him in doing the work from God!

Those who accept Christ as their personal Savior are not left as orphans to bear the trials of life alone. We can’t understand but we can know it is true from our own experience. If we ask Him Jesus will help us treat our brothers and sisters with loving kindness. What a privilege to be adopted into the family of God. We are children of our loving Heavenly Father!

Community Bible Church

Give Thanks with a Grateful Heart

/ Oh, give thanks to the LORD! Call upon His name; Make known His deeds among the peoples! 2 Sing to Him, sing Psalms to Him; Talk of all His wondrous works! 3 Glory in His holy name; Let the hearts of those rejoice who seek the LORD! *Psalms 105:1-3* (NKJV)

There have been many times of giving thanks to the Lord in this country’s history. In 1621, after a most difficult previous winter in which a large part of the colony had died, the residents of the Plymouth Colony experienced a good harvest with the help of some Wampanoag Indians. So they set aside a day of Thanksgiving to God for His provision. In 1777, after defeating the British at the Battle of Saratoga, the Continental Congress declared a national day of thanksgiving.

In 1789, the 13 original states ratified the Constitution of the United States, and President George Washington declared a day of thanksgiving. The following is the proclamation he made: “Whereas it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and

humbly implore His protection, aid, and favors...Now therefore, I do recommend and assign Thursday the 26th of November next, to be devoted by the people of these states to the service of that great and glorious Being, who is the Beneficent Author of all the good that was, that is, or that will be, that we may then all write in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country, and for all the great and various favors which He has been pleased to confer upon us.” ~George Washington

There have been other times in our nation’s history where times of thanksgiving have been declared. We in the United States should be grateful for the tremendous blessings that surround us on every side: freedom of speech, freedom to live where we want, freedom to work where we want, freedom to do what we want with our lives, and how about paved roads and hot water! But for myself, I am grateful to be able to worship God freely. In many countries today a person wouldn’t have these choices, because the government tries to force them to worship according to governmental dictates. Are you

thankful? You should be. It might be good to spend some time during your Thanksgiving celebration to give thanks to the One who our nation’s first President called, “the Beneficent Author of all the good that was, that is, or that will be...” God bless you. See you Sunday.

In Christ,
Pastor Dave

Ministry at CBC
Wednesday
No A.W.A.N.A.

Happy Thanksgiving

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

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 Kevin Wood
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
evfree@frontiernet.net
(541)415-4189

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.



STOMPING OUT
CANCER



in the IV

Fundraiser
Meal and Auction

Sunday, December 2
2-6 pm
at Sportsman Tavern



Illinois Valley Wellness Resources

Food served by
donation only for dine in
Please Call
I.V. Wellness Resources
for more information
541-592-9781