



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – MAY 15

BEEF CABBAGE BAKE

MONDAY – MAY 18

HUNGARIAN GOULASH

WEDNESDAY - MAY 20

CHICKEN DIVAN BAKE

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

OLDER DRIVER SAFETY

As we get older, we’re likely to notice physical changes that can make certain actions challenging— such as turning your head to look for oncoming traffic or braking safely. But it’s still possible to remain safe on the road.

*Staying physically active

improves strength and flexibility and can make it easier to turn the steering wheel, look over your shoulder, or make other movements while driving and parking. Physical activity such as stretching and strength training are helpful for older drivers.

*Hearing and vision

tend to decline with age. Impaired hearing can limit the ability to hear approaching emergency

24/7 Friendship Line

1-800-971-0016

Hotline from National Institute on Aging. Offers support through phone calls, up to 10 minutes one time a day

ADRC

(Aging and Disability Resource Connection)

Learn about resources and options available for seniors at 541-618-7522.

COVID-19 PANDEMIC HELP FOR SENIORS & DISABLED RESIDENTS

If you need a FREE MASK OR HAND SANITIZER call I.V. Wellness Resources 541-592-9781

NEW volunteers

Dear Seniors, Need a volunteer to help you get to the doctor or store? Call Laura at 541-592-9781.

CHAIR FITNESS

Due to COVID-19 concerns, chair fitness will have classes online. Go to Facebook.com/Healthy U Tuesday & Thursdays 1 - 1:45 p.m.

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

driving. While driving, don’t do anything that takes your focus from the road — even eating or adjusting the radio. Stash your cellphone and focus on the road. The National Safety Council also advises against any type of phone conversation or voice-to-text features while driving, including hands-free and Bluetooth devices.

*Consider taking a refresher

course for older drivers. Updating your driving skills might even earn you a discount on your car insurance! Mayo Clinic Housecall, June, 2017.

You can read more about I.V. Wellness Resources on Facebook or email at ivwellnessresources@gmail.com. or you can call 541-592-9781.

Seventh-day Adventist

How do we come back to Jesus?

There may be times through the years when we have drifted away from the Lord and our experience with Jesus. I know this has been my case sometimes. So I thought it would be helpful to talk about how to restore our relationship with Jesus. It is necessary sometimes to check to make sure that we are close to Jesus.

2 Corin. 13:5 “Examine yourselves, whether you are in the faith; Prove your selves. Know your self as to Jesus Christ is in you.”

How can we do this? 2 Chron.7:14 “If My people , which are called by my name, shall humble themselves and pray, and seek My face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and heal their land.” Jesus is a gentle man, He will never push His way

Good Shepherd Lutheran

Find Your Center - John 14:1-14

“Do not let your hearts be troubled.” That’s what it says in John 14:1. For many of us today, troubled hearts seem to be the norm, especially when nothing seems normal anymore. And what’s worse, it feels like maybe nothing will ever be normal again.

It used to be a lot easier. When I was upset as a kid, mom was always there to tell me, “Everything’s going to be alright.” She’d hold me in her arms, dry my tears, and – guess what? – they really were alright. Moms comfort us. And they’re good at it. And that’s one of about a million reasons we love them.

But our problems today need more than just a hug and a tissue. Moms can do a lot, but

in this COVID-19 world our problems are just too big for Mom to handle all on her own.

So, what troubles your heart today?

For me, it’s the people suffering in our communities: suffering from fear; suffering from disease; suffering from loss of a job and being afraid that they won’t be able to take care of their families. And it’s not just our local communities. People all around the world are suffering; they’re fearful and wondering where we’re going to go from here. Some days it seems like being troubled and afraid is all we do.

The good news is, Jesus recognizes our fear. He’s not warning us about some future condition. He knows the trouble has already

started. He can recognize it in us because he’s experienced it himself. But he also knows that we can’t let our troubles define us.

What if not letting our hearts be troubled begins with looking into our hearts and seeing and naming the things that trouble us? I know sometimes I don’t want to look at what’s troubling me. I don’t want to give it a name, because it’s too difficult and too painful. It’s like walking too close to the edge of the cliff and knowing that if you peek over that edge you’re going to free fall into a collapsing life and a collapsing world.

When Thomas says, “Lord, we do not know where you are going. How can we know the way?” he’s speaking for all of us. Where

do we go and what do we do when it seems like everything is collapsing around us?

When our hearts are troubled, we need to re-center ourselves in the Lord. That doesn’t mean our hearts will suddenly not be troubled. It doesn’t mean that it will necessarily fix the immediate problem. But it does mean that our lives are tethered to something greater than ourselves. It means that our hearts are held secure in God’s hands.

Whatever you face, whoever you are, that center is right there regardless of the troubles that surround you. Not because you’re the center, but because God is right there inside you.

Community Bible Church

God Bless the Moms

“When I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also.”2 Timothy 1:5 (NKJV)

Last Sunday was the Sunday we set aside to remember and acknowledge mothers in a special way. It is a very good thing to have a time set aside to do this, but it is good to remember our moms all the rest of the year also.

A survey that was taken a few years ago by a university found that twenty percent of moms felt that they were less “valued by society since they had become moms.” I have seen cultural shifts in my life that make it seem that you limit yourself if you become a mother, but I guess that depends on what you think has value.

I wonder if George Washington’s mom thought she had wasted her life becoming a mother – or Winston Churchill’s, or Billy Graham’s, or John Glenn’s, or many, many others whose children had world-changing impact. What about the mothers whose children were just good, ordinary people

who helped to build the nation we live in – people who faithfully and diligently did their work because moms taught them to be that way?

Yes, I know there are some children who don’t do right and don’t follow anyone’s good teaching – and that is truly sad, but that should only encourage moms and dads to work all the harder to point their children in a positive direction. To raise good kids is hard work, and it takes courage, determination, diligence, planning and sacrifice.

A pastor I know has a saying: “More is caught than taught.” What kind of example do your children see in you – what will be your legacy left to them? It’s not too late to begin, and you may have to start by saying, “I’m sorry I haven’t done what I should.” You need to make sure your children realize it is not just you who wants their best. God wants them to have a full, joy-filled life.

God bless you, moms. Invest in your children. Hope to see you in church.

In Christ,
Pastor Dave

Places of Worship

BRIDGEVIEW COMMUNITY CHURCH

5181 Holland Loop Rd., CJ

541-592-3923

“Come join the community in fellowship!”

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

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.

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.

Spanish speaking service 8:30 a.m.

evfree@frontiernet.net

www.ivefc.org

(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.

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

Sunday School 9:45 a.m.

Main service 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

Illinois Valley Baptist Church

541-592-6149

329 Caves Hwy.

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.

ROGUE STUMP GRINDING

Any Size



Contact Terry 541-660-9880

LICENSED and INSURED

CCB # 219409

ALL YOU CAN EAT BREAKFAST OR ORDER OFF THE MENU AT THE IV GRANGE



FIRST THREE SUNDAYS OF THE MONTH: 8 AM - 12 PM

3763 Holland Loop

541-659-3781 or 541-415-1819