



**Food & Friends Menu**

**FRIDAY - JULY 23**  
CHICKEN SPANISH RICE

**MONDAY - JULY 26**  
HOMESTYLE TURKEY  
W/ POULTRY GRAVY

**WEDNESDAY - JULY 28**  
SOUTHWEST OMELET  
BAKE

Volunteer Drivers and servers needed  
**CALL JIM AT 541-415-4218**

Call **541-955-8839** for  
VOLUNTEER INFORMATION or if  
you need meals.

# SENIOR SPOTLIGHT

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

**Cirrhosis** is a chronic disease of the liver characterized by an increased scarring of the fibrous connective tissue. In later stages it can interfere with function and circulation of blood to and from the liver.

A wide range of diseases and conditions can damage the liver and lead to cirrhosis including; Chronic alcohol abuse, hepatitis, fat accumulation in the liver, excessive iron or copper buildup in the body, cystic fibrosis, poorly formed or damaged bile ducts, genetic disorders, autoimmune conditions, medications and others.

Cirrhosis is usually found in patients 40- 60 years of age and most commonly found in men.

However, the incidence in women has increased by 30% since the pandemic started.

The disease is insidious in its development and has no symptoms until damage is extensive. When symptoms do occur, they may include: fatigue, easy bleeding or bruising, loss of appetite, nausea, swelling in your lower extremities and abdomen (ascites), jaundiced skin and eyes, and others. Each time your liver is injured it tries to repair itself and in the process, scar tissue forms.

As cirrhosis progresses, more and more scar tissue forms, making it difficult for the liver to function. The liver damage done by cirrhosis generally can't be undone. But if

liver cirrhosis is diagnosed early and the cause is treated, further damage can be limited and, rarely, reversed.

Complications can include: high blood pressure, swelling in the legs and abdomen, enlargement of the spleen (splenomegaly), bleeding, infections, malnutrition, buildup of toxins in the brain, bone disease increasing your risk of fractures and increased risk of liver cancer. Some people end up experiencing multi-organ failure.

Reduce your risk of cirrhosis by taking these steps: \*Do not drink alcohol if you have liver disease or cirrhosis. \*Eat a healthy diet. \*Choose a plant-based diet that's full of fruits and vegetables.

\*Select whole grains and lean sources of protein. \*Reduce the amount of fatty and fried foods you eat. \*Maintain a healthy weight. \*Reduce your risk of hepatitis. \*Ask your doctor about hepatitis vaccinations.

*Textbook Of Therapeutics, Mayo Clinic Housecalls and Taber's Cyclopedic Medical Dictionary*

Contact IVWR by calling 541-592-9781.

**Chair Fitness is Back!**

FREE  
at Healthy U,  
Tues/Thurs from 1 - 1:45 p.m.  
535 E. River St., CJ,  
Call 541-592-4888  
Sponsored by  
I.V. Wellness Resources

**MEDICAL EQUIPMENT**  
I.V. Lions loans out medical equip for those that need it: W/C, walkers, canes, portable toilets, shower stools & more. Call 541-592-4135.

**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.

**DISASTER REGISTRY**  
If you need special help in an emergency please register online at [www.rvcog.org](http://www.rvcog.org) or call Senior & Disability Services at **541-664-6674**

**SUNDAY SITS**  
for Peace and Love  
2-hour meditative partices  
**10 a.m. - noon, 1st Sunday of each month** \$10 - \$20 donation encouraged  
Call **Healthy U** for more info @ **592-4888**

**VOLUNTEER OPPORTUNITIES**  
\*Transportation assistance for Medical or Grocery Store  
Gas/food cards provided to volunteers.  
Call I.V. Wellness at 541-592-9781.

## CHURCH NEWS

### Seventh-day Adventist

**How to Prepare for Jesus return**

Last week we reviewed some of the signs of Christ coming. Before we address the subject of how to prepare for His return, I thought it would be good to talk briefly about the signs in the heavens that show us the end is near.

*Matthew 24:29* "Immediately after the Sibulation of lose days shall the sun be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the heavens shall be shaken." The exciting thing about these signs are what will happen following this verse.

*Matthew 24:30* "And then shall appear the sign of the Son of man in the heaven: and then shall the tribes of the earth moan, and they shall see the Son of man coming in the clouds of heaven with power and great glory."

What a wonderful day that will be when Jesus comes! Go ahead and read the rest of chapter 24 where Jesus gives more amazing details of what is ahead of us. Not everyone will be happy on that great day. Those who loved Jesus enough to prepare will be joyful on that awesome day.

The part that I am interested in is how to prepare for that great day.

Let's look at *John 1:9* "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

It is important to ask the Holy Spirit to search our hearts for any sin that is blocking our way to Jesus. Then we can ask Him to forgive and cleanse us. Here is His special promise to you.

He wants to help you in your walk with Him. Just ask Him and He will be glad to help you.

*Revelation 3:30* "Behold I stand at the door and knock: if any one hears my voice and opens the door I will come to them and will eat with them." Then He gives us this special promise "To Him (or her) who overcomes I will grant to sit with Me in my throne, even as I also over came and am set down with My Father in His throne." *Verse 21*

He will help all of us to overcome the road blocks that our enemy has put in our lives to keep us from Jesus.

Let's open the door to our lives and invite Jesus to come in and help us be an over comer. He will help us prepare for His soon return. No one loves you more than Jesus. He died to save us from our sins and wants to help us every step of our path to heaven.

May God bless us as we prepare for this exciting event.

### Good Shepherd Lutheran

**Mark 6:33-34, 53-56**

One of the things that amazes me about Jesus is his ability to draw a crowd. In these verses, we see Jesus gather an audience of over five thousand people in a very short period of time.

Now remember, back then they didn't have Twitter, or Facebook, or texting, or email, or even cell phones. Word about Jesus spread simply by one person telling another person, and in a very short time Jesus was able to gather large crowds of people to listen to his message.

That's because Jesus was

worth listening to. Now I've heard some pretty dynamic speakers in my day, but in all the speeches I've heard by all of the talented speakers, when the speech was over, it was over. We didn't try to second guess where their next stop would be and try to beat them there to get a good seat. But that's what people were doing after listening to Jesus. That's how transformative his message was.

I think the part that I find the most interesting here, though, is the part about his listeners themselves. Jesus describes them as sheep

without a shepherd.

Sheep, without a shepherd to lead them, just scatter. So, these people probably lacked direction in their lives. They were wandering aimlessly, without purpose or direction, not knowing what their next step should be.

I've seen people like that before, but not thousands all at once, or one place. But the scripture is clear that this conglomeration of different peoples heard something in Jesus' message that was compelling. So compelling, in fact, that they walked and ran, following him on foot, mile

after mile. And then they went ahead of him, so they could get close to him and hear his message one more time.

I love the image of how they're running on ahead, trying to guess where he's going next and trying to get there first. It seems like the more lost we are, and the less we know where we're supposed to be going, the faster we try to get there.

I think the response to Jesus' message says two things: It shows how dynamic and charismatic Jesus was, but even more important, it shows us how incredible his message

must have been. And probably the part of that message which impacts us the most today is its healing aspect. There's power in the name of Jesus, and part of that power is God's power to heal.

Sometimes we're like lost sheep, wandering without a shepherd. Then Jesus comes to us and gathers us up, loves us, and heals us. And when he does that, we're no longer lost.

When we were lost, Jesus made us found. And that's worth running ahead for.

## 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](http://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 Tanner Martin  
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: [cbcca@gmail.com](mailto:cbcca@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  
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](http://www.goodshepherdlutheraniv.net)

**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.

**VALLEY EVANGELICAL FREE CHURCH**  
Come join a warn and loving congregation  
498 Laurel Road, CJ  
P.O. Box 1248  
Pastor Kevin Wood  
Sunday School - 9:45 a.m.  
Worship Service - 11 a.m.  
Saturdays - Spanish speaking service - 6 p.m.  
[evfree@frontiernet.net](mailto:evfree@frontiernet.net)  
[www.ivefc.org](http://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

**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!

**NEW LIFE PENTECOSTALS**  
208 Redwood Hwy.  
(Next to Perfect Pizza)  
Pastor Tristan White  
Sundays at 10:30 a.m.  
541-244-8912  
[newlifepentecostal.net](http://newlifepentecostal.net)

**THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
209 S. Junction Ave., CJ  
Sacrament Meet - 10 a.m.  
Sunday School / Priesthood / Relief Soc. - 11:10 a.m.  
Bishop  
Terry Vance Sr.  
707-954-1273  
541-592-4418  
**Family History Center Hours**  
Free Research - open and welcome to the public  
Sundays 12 - 2 p.m.  
Tuesdays 5 - 8 p.m. by appt.  
Thursdays 11 a.m. - 6 p.m.  
Call 541-415-6129

**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

**Mexican Carlos & Seafood Restaurant and CJ Coffee**

**ARE OPEN FOR DINE IN!**  
**Regular Hours:**  
**Carlos's 11 am - 9 pm**  
**(541) 592-4553**  
**CJ Coffee 7 am - 4 pm**  
**(541) 592-2682**