

RELIGION BRIEFS

Community HU sing
SEASIDE — A Seaside Community HU Sing takes place at 1:30 p.m. Sunday at the Seaside Public Library, 1131 Broadway. Regardless of one’s beliefs or religion, anyone can sing HU (pronounced hue), an ancient name for God; it is for the spiritual upliftment of those who come, and is not directed to any other purpose. For information, call Seann Valen at 503-717-5485, email axcess49@gmail.com or go to www.eckankar.org

Society of Friends
SEAVIEW, Wash. — The Lower Columbia Worship Group of the Society of Friends (Quaker) meets at 3 p.m. Sunday in the Peninsula Church Center Fireside Room (south building), 5000 N Place, in Seaview. This is a “silent” (unprogrammed) worship group. All are welcome to visit and participate. For information, call 503-895-7474.

Cannon Beach Community
CANNON BEACH — Cannon Beach Community Church, 132 E. Washington St., holds an Evensong service at 6 p.m. the first and third Sunday of the month. All are welcome.

Evensong features Wes Warhund (guitar, flute and clarinet) and meditative songs, Psalms, readings, candlelight and time for quiet reflection. For information, call the church at 503-436-1222.

Crossroads Community
SVENSEN — Crossroads Community Church, a Friends Fellowship, at 40618 Old Highway 30 in Svensen, is holding a Free Family Film Friday at 6:45 p.m. tonight, featuring a full-length feature old film favorite starting at 7 p.m. Free fresh popped popcorn, sodas, water

and coffee will be available. All are welcome.

Calvary Assembly
WARRENTON — The Rev. Jeff Taylor is speaking at 6 p.m. Sunday through Wednesday at Calvary Assembly of God Church, 1365 S. Main Ave. For details, call 503-861-1712.

St. James Family Center
CATHLAMET, Wash. — The St. James Family Center is hosting an Open House and Reception, to celebrate 30 years of serving children and families of Wahkiakum County, from 1 to 4 p.m. Saturday in the gym of the family center, at 1134 Columbia St. The public is welcome.

St. Catherine’s Episcopal
NEHALEM — Sunday is St. Francis Day, and all are welcome to bring their pets to a Blessing of the Animals, which takes place at all of the services on Sunday (8 and 9:30 a.m. and 6 p.m.) at St Catherine’s Episcopal Church, 36335 U.S. Highway 101. For information, call 503-368-7890 or go to www.saintcatherineoregoncoast.org

Holy Nativity Eastern Orthodox
HAMMOND — The Holy Nativity Eastern Orthodox Mission is holding services Sunday at St. Francis de Sales Mission, 867 Fifth St. Matins begin at 9 a.m., and Divine Liturgy begins at 10 a.m. The Rev. Kevin Lien, assistant pastor of the Church of the Annunciation in Milwaukie and rector of Holy Nativity Mission is celebrating the Divine Liturgy. All Eastern Orthodox are welcome to participate. Those interested in attending an Orthodox Liturgy are encouraged to come, as well. For questions, contact Steve

Sollars at 503-298-3453 or Linda Andres at 503-440-3930.

Grace Episcopal
This Sunday, Grace Episcopal Church celebrates St. Francis of Assisi and his love of all of God’s Creatures with a Blessing of the Animals. The service takes place at a local barn. Contact the church at 503-325-4691 for specific information. Animals of all shapes, sizes and character are welcome and have been known to show up, including assorted reptiles, fish in bowls and stuffed animals. Blessings are offered for both pets and their companions, including cases where the owner is present but has determined it best not to bring their pet due to health or anxiety of the pet in group settings.

The Labyrinth is available for walking at the church, 1545 Franklin Ave., from 3 to 6 p.m. Sunday. A labyrinth introduction is offered at 3 p.m. upon request. It takes an average of 30 minutes to complete the walk, which is available on the first Sunday of every month. For information, go to www.graceastoria.org

Pacific Unitarian Universalist
The Pacific Unitarian Universalist Fellowship is holding a service at 11 a.m. Sunday at the First Congregational Church, 820 Alameda Ave. Astoria Police Department Officer Kenny Hansen is leading a service on the topic “The Homeless - Struggles and Successes.” Hansen is a lifelong resident of Astoria, and served as an emergency medical technician with MEDIX Ambulance Service before joining the APD, where he has been for nearly 26 years and is the Community Emergency Response Team (CERT) coordinator and homeless liaison officer. Arline LaMear is the lay leader, Dave Ambrose and Nancy Logan are providing refreshments and

Anne Gant is the greeter. For information, call 503-325-5225 or go to www.pacuuf.org

Bethany Free Lutheran
Bethany Free Lutheran Church, 451 34th St., is celebrating its 125th anniversary Sunday. The church was founded by Norwegian immigrants to Astoria who met for the organizational meeting of the congregation on Oct. 6, 1890. The president of the Association of Free Lutheran Congregations (AFLC), Rev. Lyndon Korhonen, is joining the anniversary celebration. He is sharing during the adult class part of the Sunday school, which begins at 9:30 a.m. Rev. Martin Horn, former pastor at Bethany, is sharing the message during the 11 a.m. worship service. A potluck lunch follows the service. The public is welcome. For information, call 503-325-2925.

St. Mary Star of the Sea
On Sunday, the Knights of Columbus are offering breakfast of pancakes, scrambled eggs and sausages (or bacon), as well as assorted pastries, between the 8:30 and 10:30 a.m. Masses, in the St. Mary, Star of the Sea School auditorium, 1465 Grand Ave.

At 7 p.m. the first Thursday of each month, starting in October, Ed Mosey is presenting the “Faith Formation” in the Star of the Sea School auditorium. The series covers current church teaching on contemporary issues of importance to all Catholics. His sources include papal encyclicals, Vatican II and U.S. Catholic bishops’ documents. Public Square Rosary Prayer is being held near the Astoria Post Office at Marine Drive and Eighth Street. For time and date, contact Joe Herman at 503-338-3827. For information, call St. Mary, Star of the Sea Catholic Church at 503-325-3671 or go to www.st-maryastoria.com

SELF-HELP GROUPS

Seaside TOPS (Take Off Pounds Sensibly)— 8 to 8:45 a.m. weigh-in, 9 to 10 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road, Seaside. For information, call 503-861-2904.

Astoria TOPS — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-325-4114.

Warrenton TOPS — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St., Warrenton. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

Alcoholics Anonymous — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

Kick Butts Group Meets (Nicotine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Al-Anon Family Groups information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website. oregonal-anon.org

Astoria Al-Anon — 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Nehalem Al-Anon — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St, Nehalem. For information, call 503-368-8255.

Seaside Al-Anon — 7:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, Seaside, call 503-810-5196 for information.

Tillamook Al-Anon — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., Tillamook, call 503-842-5094 for information; noon Friday, 5012 Third St., Tillamook, call 503-730-5863 for information.

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When the media becomes the story



Nigel Duara
October 15

Based in Tucson, Duara covers the border for the Los Angeles Times. A Miami native, Duara was previously a reporter for the Associated Press in Portland. He covered the Ferguson, Missouri, demonstrations. He wrote about that experience in Oregon Humanities magazine.

TO ATTEND:
For Members:
Dinner & Lecture:\$25 ea.
Lecture only: no charge

For Non-Members:
Dinner & Lecture: \$35 ea.
Lecture only: \$15 ea.

Appetizers will be available at 6 p.m.

Dinner will be served at 6:30 p.m.

The speaker will begin after the dinner service is complete and non-dinner members and guests of the audience take their seats.

Forum to be held at the CMH Community Center at 2021 Exchange St, Astoria.

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FOR RESERVATION OR TO JOIN COLUMBIA FORUM CONTACT:
Holly Larkins at 503.325.3211 ext. 227 or forum@dailyastorian.com by Oct. 12th, 2015

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5 Things To Tell a Friend

October is National Breast Cancer Awareness Month

1. Your two greatest risk factors for breast cancer are being a woman and getting older.
2. Get screened. Finding breast cancer early and receiving treatment will increase your chance of surviving breast cancer.
 - 20-40 years old: Get a clinical breast exam every three years from your doctor. Talk to your doctor about self exams.
 - 40 years and older: Get a mammogram and a clinical breast exam from your doctor every year.
3. Practice self care. You can reduce your risk of cancer by getting regular exercise, maintaining a healthy weight and limiting your alcohol intake.
4. Be proactive. Through early detection and better treatment, more women are surviving breast cancer.
5. Talk about it. Tell any woman you care about to get a mammogram. You could save her life.



CMH Breast Health Program
503-338-4520

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