

RELIGION BRIEFS

Common Ground Interspiritual Fellowship
A purification service at Common Ground Interspiritual Fellowship is being held from 9:30 to 10:30 a.m. Sunday in the Wesley Room of the Astoria First United Methodist Church, 1076 Franklin Ave. Use the 11th Street entrance.
This service, not defined by any particular belief system, is intended for the spiritual but not religious, as well as those who draw from more than one faith tradition. For information, go to cgifellowship.org

St. Catherine Episcopal
NEHALEM — St. Catherine Episcopal Church, 36335 U.S. Highway 101 in Nehalem, holds a Labyrinth walk from 3 to 5 p.m. Sunday and the first Sunday of every month. All are welcome. For information, go to saintcatherineoregoncoast.org

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

Pacific Unitarian Universalist
The Pacific Unitarian Universalist Fellowship meets at 11 a.m. Sunday at the Performing Arts Center, 588 16th St. Janet Vincent is giving a presentation, “Meditation.” Religious education for children is available during the service.
A social time after the service will be in the “green room” downstairs.

First Lutheran
At First Lutheran Church, 725 33rd St., the Advent and Christmas theme is “Nearness.” All are welcome.
An Advent night with crafts, games and food is being held at 5 p.m. Sunday. Come make a Yule log decoration.
Midweek Advent worship services on Wednesday, and Dec. 11 and 18, start with soup at 6 p.m. and evening prayer at 7 p.m.

SELF-HELP GROUPS

Al-Anon (Astoria) — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087.

Al-Anon (Clatskanie) — 7 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. For information, call 503-728-3351.

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

Al-Anon (Seaside) — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Al-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; noon Friday, 5012 Third St., call 503-730-5863 for information.

Al-Anon Family Groups information — Oregon Area Al-Anon website, oregonal-anon.org

Alateen (Tillamook) — 4 p.m. Monday, 5012 Third St. For information, call 503-730-5863.

Alcoholics Anonymous — To find a meeting in Clatsop County, call 971-601-9220, in Tillamook County, call 503-739-4856, or go to aa-oregon.org

Men’s Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NWONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to na.org

Overeaters Anonymous — 1 p.m. Sunday, Suzanne Elise Assisted Living Community library, 101 Forest Drive, Seaside. Call 503-738-0307 for information.

TOPS (Take Off Pounds Sensibly) (Astoria) — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-298-9058.

TOPS (Seaside) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

TOPS (Warrenton) — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Cheryl Nitz at 503-338-2132.

Thank you, readers

Dear Readers: In the spirit of Thanksgiving, I would like to thank all of you — my readers. I particularly want to single out those of you who have reached out by offering your questions and opinions. Without you, the column would not be possible. To celebrate this special day, I’d like to share one of my favorite poems, because it helps remind us that noticing the simple pleasures of life brings us the most joy.
“We Thank Thee,” by Ralph Waldo Emerson
For flowers that bloom about our feet,
Father, we thank Thee.
For tender grass so fresh, so sweet,
Father, we thank Thee.
For the song of bird and hum of bee,
For all things fair we hear or see,
Father in heaven, we thank Thee.
For blue of stream and blue of sky,
Father, we thank Thee.
For pleasant shade of branches high,
Father, we thank Thee.
For fragrant air and cooling breeze,
For beauty of the blooming trees,
Father in heaven, we thank Thee.
For this new morning with its light,
Father, we thank Thee.
For rest and shelter of the night,
Father, we thank Thee.
For health and food, for love and friends,
For everything Thy goodness sends,
Father in heaven, we thank Thee.

Dear Readers: Thanksgiving is such a wonderful holiday because it helps us focus on all the many blessings we have in our lives. There is a book on this topic that I highly recommend: “The Simple Act of



ANNIE LANE
Creators
Syndicate Inc.

Gratitude,” by John Kralik.
Kralik tells us how he turned his life around completely by disciplining himself to send one thank-you note each day for an entire year. Rather than obsessing about the things that upset him, he forced himself to find things for which he was grateful.
From that same place of gratitude, a number of readers wrote in to share about being grateful for each day.
Dear Annie: This is in response to “Fearing the Future As An Old Man.” You are starting from a good place: Gratitude is the key component of a successful old age. So why are you sabotaging yourself? You have no idea of what the coming years will be like, any more than you did as a teen. There is so much to look forward to and yet you are projecting a negative existence that will more than likely never happen. Your body will change, so exercise and eat well and you may end up like my 90-year-old female friend who is in a long-distance bicycle group or my 73-year-old brother-in-law who just finished a full triathlon.
You sound as if you have gifts and talents, so look for those who need what you have, and forget about the judgments of youngsters. Those in assisted living may have mental or physical needs that require caretakers, and they, too, may be very grateful for their existence. Add a dose of acceptance to your gratitude, and you’re good to go.
I am 84 and just got back from the gym. — *The Best Time of Life*
Dear The Best Time of Life: Thank you for sharing your optimism and gratitude.

Marine board reminds boaters to renew registration

The Astorian
The Oregon State Marine Board reminds boat owners to renew their boat registrations that expire on Dec. 31.
There is no transaction fee when using a credit or debit card online at boatoregon.com/store. Boat owners are encouraged to renew their boat registration online and will receive their registration decals through the mail faster.
Another option is to mail the payment and coupon to the marine board. Registration decals are mailed within 7-10 business days from the date of receipt, but may take an additional 2-4 weeks to arrive by U.S. mail.
Any watercraft with a motor or sailboats 12 feet or longer is required to title and register with the marine board. Registration fees vary based on boat length. The fee table can be found at bit.ly/336ex1N

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WITH GRATITUDE AT

Thanksgiving

Giving Thanks

to all who support

Columbia Memorial Hospital—

patients, community members, caregivers,

medical community, donors, and local businesses.

May the good things of life be yours in abundance not only at Thanksgiving but throughout the coming year.

COLUMBIA MEMORIAL HOSPITAL

2111 Exchange Street, Astoria, Oregon 97103
503-325-4321 | columbiamemorial.org

HAPPY

Thanksgiving!

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CALL US TODAY AT 503-861-5554

Mimosa Madness

Get up early in Cannon Beach for a unique shopping experience. Be “One of a Kind” not one of the crowd. Celebrate the day after Thanksgiving in our small beach town offering big excitement, personal service, and refreshments while you shop.

Friday November 29th 8 - 11 AM

Mimosa Madness is the name of the event, refreshments vary by location.

Follow us on Facebook @MimosaMadness & @HaystackHolidaysCannonBeach

For a full list of Haystack Holidays events visit www.cannonbeach.org/haystackholidays 503.436.2623

B. Boutique

Bahama Boards

Basketcase- Your Cannon Beach Florist

Bruce’s Candy Kitchen

Cannon Beach Bakery

Cannon Beach Chocolate Café

Cannon Beach Makers

Dena’s Shop on the Corner

EVOO Cannon Beach Found

Jewelry by Sharon Amber

Josephine’s

Maggie and Henry

Rachelle M. Rustic House of Fashion

Sea Breeze Court

SeaSoles Shoe Boutique

The Wine Shack

Vintage Viaje

Voyages Toys

Yuletides Christmas Shop