

SWC to discuss sediment, hold elections Wednesday

It is commonly understood that salmon and trout need nicely sorted gravels for spawning. Large wood in streams helps to sort gravels and create pools, among other important functions.

How gravels and other fragments of rocks move through a stream is less understood.

Jon Sanfilippo, who has been researching sediment transport for several years, will give a presentation about his latest research after

Siuslaw Watershed Council (SWC) elections.

Nominations and elections for the 2015 SWC leadership body and board of directors will precede the presentation.

The meeting will be held Wednesday, Jan. 28, from 6:30 to 8:30 p.m.

Doors open at 6 p.m. at the Mapleton Grange, 10880 Mapleton Rd.

For more information, visit www.siuslaw.org or call 541-268-3044.



How to live without frustration

in us in five minutes than we could do in 25 years of living.

In fact, we are saved by the grace of God through our faith in Him.

Ephesians 2:8 says, "For it is by free grace that you are saved through [your] faith. And this [salvation] is not of yourselves, but it is the gift of God."

God's grace is a gift and all we have to do is receive it. It's not something we can ever earn or deserve or take credit for it.

Living in God's grace

Salvation is given to us freely, by God's grace, and the same way we receive Christ's salvation, is the same way we have to live — by grace. God's grace not only saves us, it also gives us everything we need to live a joy-filled life.

Colossians 2:6 says, "As you have therefore received Christ, [even] Jesus the Lord, [so] walk in union with and conformity to Him."

I remember how frustrated and miserable I used to be before I learned how to receive God's grace.

We all go through times of frustration in our lives.

Frustration happens when we're trying to do something in our own strength—something that only God can do through His grace in us.

My personal definition of grace is "God's power made available to us free of charge, enabling us to do with ease what we could never do on our own with any amount of struggle or effort."

The truth is, our human effort can never bring the changes that God's amazing grace can bring.

The word "grace" has become so common in church or other religious settings that we sometimes forget its value in our life. God's grace really is amazing, and once you have a revelation of His grace in your life, you'll know just how amazing it is. It is the power we need to live an abundant life.

And His grace can do more

Soups On to honor Gandhi

On Monday, Jan 26, at 6:30 p.m. everyone is invited to join a group from diverse spiritual paths who enjoy discussing a variety of spiritual topics.

This week it will study a hero of social action, Mahatma Gandhi, who said: "The best way to find yourself is to lose yourself in the service of others."

The evening will begin with bowls of pork and veg-

etable soup, fruit, homemade warm bread and vegetables, followed by the evening's topic until 8:30 p.m.

The gathering will end with prayers for the requests left in the prayer pole in the garden of the Florence Playhouse.

Everyone is invited to attend.

The Heintz home is at 875 Seventh St.

For more information, call 541-590-0779

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In Worship

FLORENCE UNITARIAN UNIVERSALIST FELLOWSHIP
N.W. Corner of Heceta Beach Road & Hwy. 101
Every Sunday at 10 a.m.
All are welcome. (541) 997-2840

FLORENCE UNITED METHODIST CHURCH
Worship & Adult Sunday School 9:00
Worship & Kids Sunday School 10:30
located at 2nd & Kingwood (541) 997-6025
"Open Hearts, Open Minds, Open Doors"

FOURSQUARE CHURCH
1624 Highway 101 (next to A&W) — 997-6337
Pastor George Pagel — Something for the entire family.
Sun. Services: 10:45 a.m., Wed. Bible Study 7 p.m. — Youth Group: Sat., 6 p.m.
Website: florence4square.com

FLORENCE VINEYARD (GOD'S POWER HOUSE)
2610 Kingwood, Florence • 541-268-2025
Sunday Worship @ 10:00 a.m., experience the Power of the Holy Spirit
Pastors: George & Beverly Sisemore
Intercessory Prayer & Worship, Thursday night @ 5:00 pm
florencevineyardchurch.com

NEW LIFE CHURCH-UPC
1525 12th St., Suite 24 • 541-991-9398
Sunday Services: 10am and 6pm
Tues. Bible Study 7:00pm

NEW LIFE LUTHERAN CHURCH, E.L.C.A.
21st & Spruce Street — 997-8113
Adult Forum 9 a.m. — Sunday School 10:30 a.m.
Worship services; Sun. 10:30am & Wed. 6pm.
office@lutheranchurchflorence.com
www.lutheranchurchflorence.com

PRESBYTERIAN CHURCH OF THE SIUSLAW
Traditional Worship Service 10:00 a.m., Pastor Steve Knowles
Sunday School and Nursery — Organ and Choir
All Welcome. Come as you are.
3996 N Hwy 101 997-7136

RESURRECTION LUTHERAN CHURCH, L.C.M.S.
Every Sun., Bible Class 9 a.m., Worship Service 10 a.m.
85294 Hwy. 101 S. — 997-8038
DVD of Weekly worship service available.
Dan Wurster, Pastor

ST. ANDREW'S EPISCOPAL CHURCH
2135 19th St. — 997-6600
The Rev. Georgia C. DuBose, Vicar
Sunday Services: 8 a.m. and 10 a.m. - Wed, 11 a.m.
Everyone Welcome — Come walk our Labyrinth.

SAINT MARY, OUR LADY OF THE DUNES CATHOLIC CHURCH
Masses: Sat. 5:30 p.m., Sun. 11:00 a.m.
1.5 miles south of river on Hwy 101 — 997-2312

To be included in this directory contact the Siuslaw News at 997-3441, or drop off information at 148 Maple St., Old Town, Florence.

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COMMUNITY BAPTIST CHURCH
4590 Hwy. 101, Across from Fred Meyer — 997-7418
Sunday School, 9:30a.m. — Worship, 10:45
Wed. Prayer - 6:00 p.m. —Wed. Ministries 1-8 Grade 7 p.m.

CROSS ROAD ASSEMBLY OF GOD
Corner of 10th & Maple — 997-3533
Bible Study at 9:00 A.M.
Services: Worship, 10:30 A.M.
florencecrossroad.org • office@florencecrossroad.org

FIRST BAPTIST CHURCH - SBC
1935 25th St. — 997-7660 • Pastor, Dr. Marvin Owen
Series "Through the Bible" on Wednesdays 6 p.m.
A friendly place to worship, vacationers welcome.
Sun.; 11am & 6pm, Sunday school 9:45am.

FLORENCE CHRISTIAN CHURCH
2nd & Ivy — 997-2961 — Non-Denominational
Worship Service: 9:00 am & 10:30 am
Middle School and High School youth groups meet on Wednesday.

FLORENCE CHURCH OF CHRIST
1833 Tamarack Street (two blocks east of Hwy. 101 on 18th St.)
Bible Study: Sunday 10 a.m.
Worship: Sunday 11 a.m. and 2 p.m.
Marvin Aultman • www.churchofchristflorence.org

FLORENCE CHURCH OF THE NAZARENE
12th and Nopal — 997-9020
Sunday school for all ages 9:15 a.m. • Worship Service 10:30 a.m.
Youth Group Wed. 7-8:30 p.m.
Sunday School (for all ages) 9:50 a.m.

FLORENCE EVANGELICAL CHURCH
1318 Rhododendron Dr. — 997-2523 — Worship at 11:00 AM — Sunday School at 9:30 AM — Variety of Sunday evening activities - 5 PM
Wed. Bible & Children classes at 6:00 PM
Call for details.

FLORENCE SEVENTH-DAY ADVENTIST
4445 Hwy 101 (South of Fred Meyer) — 997-3951
Worship on Saturday 10:30 A.M.
Adult/Children's Sabbath School 9:15 A.M.

I loved God and really wanted to please Him, but I was always trying to do what I thought was right in my own strength. No matter how hard I tried, I couldn't make things happen by my own effort.

For example, when I first started this ministry, I thought I had to make everyone like me and the pressure was more than I could stand.

I would get discouraged when it seemed like someone was giving me a funny look or left during my teaching because I would think they didn't like what I was saying.

One day I finally said, "God, it is not my responsibility to make people like me; it is my responsibility to do what You are telling me to do."

The pressure I had put on myself to please people was released when I got this revelation: God is not just with us but in us and He will do through us what needs to be done when we stop trying to do it ourselves and let Him work.

Stay plugged in

Experiencing the grace of God comes as we learn how to stay plugged in to our Power Source. Plugging in means we

need to keep feeding ourselves with God's Word and stay connected to Him through prayer.

If we can learn how to receive the grace of God, and let Him do things through us, we can do all things through Christ who strengthens us.

When you feel like you are losing your charge, don't let anything keep you from plugging in. Just take a moment and pray, asking God for His strength. It's also vitally important to remember to keep your focus on God's Word and His many promises to provide everything we need, when we need it.

If you're frustrated and struggling, I want to encourage you to stop trying to succeed in your own effort and start asking God for His grace. He knows what you need and what needs to change in your life. We can never ask for too much grace, and God's grace has no limit.

It won't run out. God loves you and He wants to help you.

He always knows exactly what you need, and He wants you to enjoy your life while you are in the process of becoming all He created you to be.

FUUF to discover truth, meaning Sunday

This Sunday, Jan. 25, from 10 to 11 a.m., at the Florence Unitarian Universalist Fellowship (FUUF), the Rev. Ruth Miller will be talking about our free and responsible search for truth and meaning.

The UU Church is highly tolerant of other beliefs and allows the congregants to pursue their own spirituality without imposing dogma or rules upon them.

There are seven principles which UU congregations affirm, promote and try to live by, and Miller will be talking about the UU's second principle: the search for truth and meaning.

"We're all seeking. We're

all longing to know what's really going on in the world and in our deepest selves," said Miller.

"We're all limited by our past experiences. The scientific method was developed as a way to discover truth.

"What are some of the other ways humanity has pursued this goal?" she asked.

The UU Fellowship is at 87738 Highway 101, at Heceta Beach Road. FUUF is wheelchair accessible.

The service concludes at 11 a.m. with refreshments and fellowship.

For more information, visit www.florenceuuf.org or call 541-997-2840.

COURTS

Florence Municipal Court

Jan. 20

Mathew Dean Panschow pleaded no contest to theft. He was sentenced to six days in Florence City Jail. He must pay \$875 in fines and not contact or be in or about the residence or place of employment of the victim, nor be in or about Port of Siuslaw property.

John Bowman Harp pleaded no contest to driving under the influence of intoxicants. He was sentenced to two days in Florence City Jail and must

report to Quality Research Associates. He must pay \$1,880 in fines and his driver's license is suspended for one year.

Christian Kubicek pleaded guilty to theft. He must pay \$475 in fines and not be in or about the place of employment of the victim.

Jaclyn Michelle Gentry pleaded no contest to theft. She was sentenced to 20 days in Florence City Jail and must report to Options to Anger. She also must pay \$175 in fines.

...need a friend?

Meet WINSTON

Winston is a very energetic puppy. He needs to go to a home with no cats and no young children. He is already showing signs of having a high prey drive and wants to chase anything that is smaller than him.



If you would like to meet Winston or any of his friends, please visit us at:

FLORENCE HUMANE SOCIETY

2840 Rhododendron Drive • Florence • 541-997-4277

www.florencehumane.org

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