

# Spiritual growth subject of next UU meeting

Sunday, Feb. 8, from 10 to 11 a.m., at the Florence Unitarian Universalist Fellowship, Ruth Miller will deliver a message addressing one of UU's seven principles: The acceptance of one another and encouragement to spiritual growth.

"What exactly is spiritual growth?" asked Miller. "Clearly it's not just going to church or even loving our neighbor."

Based on her studies in psychology and anthropology, as well as the history of the Hindu, Muslim and Judeo-

Christian traditions, Miller will share a model for the ways our minds develop and our spiritual understanding and capacity in the process.

The UU Fellowship is at 87738 Highway 101 at Heceta Beach Road.

FUUF is wheelchair accessible and each service concludes with refreshments and a dialogue circle with Miller to explore the questions that come up during her presentations.

For more information, visit [www.florenceuu.org](http://www.florenceuu.org) or call 541-997-2840.



We all have areas where we would like to see growth and change. We all have weaknesses just as we all have strengths. But if we're trying to change in our own strength, we're just going to have frustration.

Psalm 127:1 says, "Unless the Lord builds the house, the builders labor in vain" (NIV).

This scripture is saying that it is not by our power, but by the grace of God through the work of His Holy Spirit, that we change and grow in life.

It doesn't really matter what

# Find change through God's rest

our strengths or weaknesses are because we will always need God. The truth is, we're desperate for God all the time whether we feel like it or not.

We are promised in 2 Corinthians 12:9, "My grace is sufficient for you, for my power is made perfect in weakness" (NIV). God wants us to give Him everything we are not and His strength will be made perfect in us.

So, how can we change? Sometimes when we're anxious to see change happen, we feel pressured to do something.

But John 6:28-29 says, "They then said, What are you to do, that we may be working

the works of God? Jesus replied, This is the work that God asks of you: that you believe in the One Whom He has sent" (AMP).

The first thing we need to do is just believe, because it's not by our own effort that we are changed. God is not just with us, He is in us. And He will do through us what needs to be done if we will just stop trying to do it ourselves.

Believing is a spiritual activity and is the first step to change. So how can we tell if we're believing in God to bring change in our lives?

Hebrews 4:3 tells us, "For we who have believed do enter that rest" (AMP).

God's rest is an internal rest that says, "I'm not worried, I'm not frustrated, I'm not upset. I've entered the rest of God."

It's not a rest from work; it's a rest we have in work.

Next, do what God leads you to do — the part He shows you to do. As you do your part, God will do His part.

For example, if you have hurt someone and He prompts you to go and apologize... do it. Then trust Him with the results.

That person might not be willing to forgive, but that's not the point. Your part is to obey the leading of the Holy Spirit in your life. The way the other person chooses to respond is between them and God.

Do what He tells you and

leave the results to Him.

There is obedience and action we will have to take sometimes in the situations we face.

But it's not wise to get our own plan just to do something to see if it works. What we can do is what God leads us to do.

It won't do any good to have a lot of "works" and no faith, trying to go beyond what only God can do.

All things are possible with God, but we have to get out of His way and let Him be God.

We also need to spend time with God and study His Word.

The Word of God is the medicine we need to cure everything, and the greater the need, the more time we need to spend with God. When I made a firm decision to pray and study the Word, God's grace then gave me the power I needed to overcome the things I needed to overcome.

Hebrews 4:12 says that the Word of God is alive and full of power. When we receive teaching from the Word of God, it's like medicine for our soul.

Second Corinthians 3:18 says that as we look into the Word of God we are changed into His image — we are changed by the grace and mercy of God.

It's so amazing to know that God wants to help us change by His grace because He loves us and He wants us to be everything He created us to be.

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# Soups On to discuss purity of heart Monday

On Monday, Feb. 9, at 6:30 p.m., everyone is invited to join a group with diverse spiritual paths who enjoy discussing a variety of spiritual topics.

This week, the group will reflect on purity of heart.

The human heart is like a mirror that is able to reflect spiritual qualities and manifest divine attributes.

In order to do so, it needs to be continually cleaned of the dust and dross of the world.

"May your hearts become clear and pure like unto polished mirrors in which may be

reflected the full glory of the Sun of Truth," explains 'Abdu'l-Bahá's.

The evening will begin with bowls of ham and bean soup, fruit, homemade 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 and those shared by the group.

The Heintz home is at 875 Seventh St.

For more information call Suzanne Mann-Heintz at 541-590-0779.

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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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](http://florencecrossroad.org) • [office@florencecrossroad.org](mailto: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.  
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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](http://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  
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Adult/Children's Sabbath School 9:15 A.M.

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Website: [florence4square.com](http://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  
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Intercessory Prayer & Worship, Thursday night @ 5:00 pm  
[florencevineyardchurch.com](http://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.**  
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If you would like to meet Ronan or any of his friends, please visit us at:

**FLORENCE HUMANE SOCIETY**  
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[www.florencehumane.org](http://www.florencehumane.org)  
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