

Soup's On to discuss spiritual principles

Monday evening, Sept 28, at 6:30 p.m., everyone is invited to the home of James Heintz and Suzanne Mann-Heintz at 875 Seventh St. in Florence to discuss the topic of "Spiritual Principles."

The group that attends this weekly gathering is made up of people from diverse spiritual paths who enjoy sharing their spiritual discoveries and learning the paths of others

This week's topic is based on the spiritual principles that have been developed by group members and their similarity to those advocated by the Baha'u'llah.

Baha'i principles advocate international unity, the complete cessation of all warfare, universal compulsory educa-

tion for every child, a spiritual solution to the extremes of wealth and poverty, an end to religious fundamentalism and division, and a unified global response to oppression, materialism and the planet's mounting environmental crisis.

The evening will begin with bowls of clam chowder, fruit, homemade bread and vegetables.

Then, the group will discuss 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.

For more information call Suzanne at 541-990-0779.



Our thoughts are connected to every single area of our lives. They affect our words, moods, attitudes, the choices we make, and even our relationship with God and others. They also affect our emotional and physical health.

In fact, research shows that 75 to 98 percent of mental, physical, and behavioral illness comes from one's thought life.

The mind and body are definitely connected.

For instance, did you know you can stress yourself out by the way you think?

So often, we believe our circumstances are to blame for our unhappiness, however it is the way we think about our circumstances that usually

Trust more and stress less

causes worry and stress.

Stress is a modern-day epidemic. It has been proven to cause issues like muscle tension, headaches, breathing irregularities, increased heart rate, artery inflammation, gastro-intestinal problems, constipation and diarrhea. And that is only a few of the symptoms.

The good news is God has given us the answer for worry and stress. What's his prescription? Trust.

Proverbs 3:5 (AMP) says, "Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding."

Trusting God is the greatest stress reliever in the world, and our minds play an important role in the process. We have a choice. We can "rely on our

own insight and understanding" — endlessly thinking about our problems, trying to figure everything out ourselves.

Or we can choose to adopt a trusting attitude that says, "God, I don't know what to do about this situation, but I can't fix it on my own. If You want me to do something, I ask You to show me. Meanwhile, I'm going to trust You and enjoy my life while You work on my problems."

I used to be a professional worrier. I was good at it. Years ago, when my children were young, I would sit at our kitchen table and spend hours looking at our bills, worrying how we would pay them. Dave, on the other hand, would be sitting on the floor in the TV room, letting the kids put curlers in his hair.

I would say, "Dave how can you have fun at a time like this?" And he would answer, "Joyce, we've prayed about it, and we're doing everything we know to do. I refuse to be miserable with you."

It made me so mad. But Dave was right. I was allowing myself to get upset and waste time I could have been spending with my children.

In John 14:27 Jesus says, "Peace I leave with you; My peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled,

neither let them be afraid."

I love this. God is saying, "I am giving you My peace, but the choice is up to you."

Through His death and resurrection, Jesus offers us a new way of living; however, a new way of thinking will always precede this new way of living.

Romans 12:2 says, "...Be transformed by the renewal of your mind, so that you may prove what is the good and acceptable and perfect will of God."

This scripture is so important. God has a good, acceptable, and perfect plan for you and me, and the way we can experience it is not to think like the world thinks, but to be changed by learning to renew our mind and think the way God thinks.

So, when life throws you a curve and you're tempted to get stressed-out, I encourage you to choose positive, faith-filled thoughts from God's Word. You can think, The Lord is going to take care of this. It doesn't matter what it looks like. I believe God is working.

The truth is God knew about your problem before you ever got it, and He already has a plan for your solution. In the meantime, you can choose to enjoy your life while you wait. He has equipped you with the "mind of Christ" (see I Corinthians 2:16) and with His help, you can trust more and stress less.

Fall is here! Time for a new look? Call and make your appointment today. We look forward to seeing you!

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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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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.
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FLORENCE CHRISTIAN CHURCH
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Middle School and High School youth groups meet on Wednesday.

FLORENCE CHURCH OF CHRIST
Pre-Denominational (Romans 16:16)
1833 Tamarack Street (2 blocks east of Hwy. 101 on 18th St.)
Bible Study: Sunday 10 a.m.; Worship: Sunday 11 a.m.
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
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Call for details.

FLORENCE SEVENTH-DAY ADVENTIST
4445 Hwy 101 (South of Fred Meyer) — 997-3951
Worship on Saturday 10:30 A.M.
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FLORENCE UNITARIAN UNIVERSALIST FELLOWSHIP
N.W. Corner of Heceta Beach Road & Hwy. 101
Every Sunday at 10 a.m.
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Tues. Bible Study 7:00pm

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21st & Spruce Street — 997-8113
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Pastor Lori Blake
www.lutheranchurchflorence.com

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Rev. Miller to discuss civilization at FUUF

On Sunday, Sept. 27, from 10 to 11 a.m., at the Florence Unitarian Universalist Fellowship, the Rev. Ruth Miller will lead the Sunday worship service titled: "The Fertile Crescent and the Consciousness we call Civilization."

"We've been brought up on the idea that civilization is the highest form of culture. What if it isn't?," asks Miller. "What if everything we stand for as Unitarian Universalists is con-

trary to what is taught in our culture? What can we do about it today?"

The UU Fellowship Hall is at 87738 Highway 101 at Heceta Beach Road and is wheelchair accessible.

Each service concludes with refreshments and a dialogue circle to explore the questions that arise during each service.

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

First Baptist sets revival Sunday through Wednesday

The Florence First Baptist Church will be hosting a Worship Revival from Sunday, Sept. 27, to Wednesday, Sept. 30, with the Rev. Mark Langley.

The revival will begin with Sunday worship on Sept. 27 at 11 a.m. There will be a Sunday School Night at 6 p.m.

On Monday, Men's Night will be at 6 p.m., with Women's Night set for Tuesday at 6 p.m.

The revival will wrap up Wednesday at 6 p.m.

For more information, call First Baptist Church at 541-997-7660 or visit www.firstbaptistflorence.org

Worship Revival

September 27-30, 2015

Rev. Mark Langley

Sunday—11AM	Morning Worship
Sunday—6PM	Sunday School Night
Monday—6PM	Men's Night
Tuesday—6PM	Women's Night
Wednesday—6PM	FRAN Night

First Baptist Church
(541) 997-7660