MOVING UP HIGHER Joyce Meyer

discovered that God's way of

managing stress is the most

Jesus says in John 14:27

(AMP): "Peace I leave with

you; My [perfect] peace I give

to you; not as the world gives

do I give to you. Do not let

your heart be troubled, nor let it

be afraid. [Let My perfect

peace calm you in every cir-

cumstance and give you

courage and strength for every

I know what it's like to live

under the burden and pressure

of stress, and I know what it's

like to have God's peace. I can

honestly say that I will do

whatever I have to do to have

God's peace in my life, because

it is not God's will for us to live

with stress all the time.

challenge.]"

effective way to live.



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Stress management with God

It's easy for us to feel like we can't avoid being stressed-out because it's just the way the It seems that stress is the disworld is today. But the truth is ease of the century. Products just because stress is a disease and programs to manage stress of our culture doesn't mean we are a multi billion-dollar busihave to adopt the ways of our ness, whether the "cure" is culture and live the same way. medicine, counseling, books, seminars or classes. But I've

We have two options: We can continue to be stressed-out until we fall apart, or we can learn how to receive the peace Christ gives in every circumstance, rather than letting stress get into us.

The cure for stress

For many years, I lived with constant stress. I was sexually abused by my father throughout my childhood. Then when I left home at the age of 18, I married the first man who came along because I was afraid no one else would want me - and that led to five years of misery.

He ended up abandoning me. By the time I was 23 and met Dave Meyer, I was a mess! I was worried, full of fear, insecure and had a poor self-image.

So I tried to find value in what I did and became a

Over time, I developed physical problems, like frequent headaches and backaches, and I created problems in many of my relationships because I was unhappy and hard to get along with. I finally came to the place where I decided that I would not live that way any longer.

Whatever it took, I was going to have God's peace and live a peaceful life!

James 1:21 (AMPC) says, "...In a humble (gentle, modest) spirit receive and welcome the Word which implanted and rooted [in your hearts] contains the power to save your souls." Although I was a Christian during this time of my life, I needed to "get saved" in my soulmy mind, will and emotions.

I needed to renew my mind with the Word of God so I could know the Truth and be set free from the root issues of my stress.

This is how it works: When we study God's Word - reading it, meditating on it, getting it deep down in our hearts — it changes the way we think. This

causes us to change the way we talk, which changes our attitudes, and then our behavior

At this point, the things around us - our circumstances - can't control us anymore.

> Get to the root of your stress

Being set free from the pressure of stress begins with God's Word, but we also have to understand that if things are going to change in our lives, we will have to take responsibility to change them with God's help. So the first thing we need to

do is pray and be willing to hear what He has to say about the real root of our problem. If you're already doing your part, then be determined to trust God to fix things. But if you're not walking in wisdom or you're doing things a certain way just because that's the way everybody else is doing it, then follow the direction He is speaking to your heart to make a change.

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HOICE

AWARDS

Florence Area

We must pray and obey! This means we make a commitment not to live based on the culture around us but by the leading of the Holy Spirit, who lives in us as born-again believers in Christ. Our mind-set should be:

With God's help, I'm ready to make a change. Then as we do what He shows us to do (or what He shows us not to do), we'll be able to live in peace.

Pursue the peace Jesus is offering you today. It's not the kind the world gives - the kind you have as long as your circumstances are the way you want them to be.

The peace Jesus gives makes you calm and undisturbed on the inside, in your soul, no matter what's going on around you. Study other scriptures about peace, like Philippians 4:6-7, Colossians 3:15 and 1 Peter 3:11. Put your trust in God completely and enjoy the life Jesus died to give you.

Through Christ, you can learn how to manage the stress of this world, instead of letting stress manage you!

\$25.00 Winner

WEEK #4

TAKAKO

KLAMPE

Nashville gospel group to perform in Florence

The Blackwood Legacy Quartet, direct from Nashville, will be in concert Sunday, March 20, at the Church of the Nazarene in Florence.

Admission is free to the community-wide, nondenominational event and a free-will offering will be received for the group. The popular Blackwood

Legacy Quartet blends the best of traditional Southern Gospel with today's newer Country Gospel for a unique mix for audiences of all ages. The group most recently

performed at the prestigious Cosby Memorial Fanny Concert, televised live across the U.S. from Nashville.

Group owner and bass singer, Rick Price, was originally a protégée of the late Cecil Blackwood, Blackwood Brothers fame, and began his 40-year career singing with the Blackwood Brothers in 1977. He was honored with induction into the Gospel Music Hall of Fame



Blackwood Legacy Quartet

with the legendary group in

Spokane native Luke Yates sings baritone with the group, and is also an accomplished pianist and Nashville recording

Tenor singer Paul Secord, formerly a featured singer for Disney World, is one of the most talented in Gospel Music today. Lead singer Hunter Sparkman is a talented Christian recording artist and musician from Nashville.

Performing since 2001, The Blackwood Legacy Quartet was signed to Mansion Entertainment in 2010, and continues the grand tradition of gospel music, performing nearly 250 dates annually nation-

The morning performance begins at 6 p.m. at the Church of the Nazarene, 1536 12th

For more information, visit the group's website at www. BlackwoodLegacy.com.

Soup's On to discuss need for political leaders

beginning at 6:30 p.m., everyone is invited to join a group from diverse spiritual paths who will discuss the topic: "The functions of religious leaders and political leaders."

The functions of religious leaders and political leaders should remain separate according to the treatise by Abdu'l-Baha, which clearly says that whenever the leaders of religion seek a role in the political sphere, it dissolves the unity of the faithful believers.

The evening will begin with bowls of cream of parsley

FUUF to talk of value of personal dignity Sunday

Tomorrow, March 13, from 10 to 11 a.m., at the Florence Unitarian Universalist Fellowship, the Rev. Ruth Miller will lead the worship service titled: "Inherent Dignity in Every Person." Miller will share a historical story about "Patricius of Kilderry," a slave who became a spiritual

Miller will use this story to exemplify that there is inherent dignity to be found in every person.

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

Each service concludes with refreshments and dialogue circle.

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

On Monday, March 14, soup, homemade bread, fruit and vegetables, followed by the evening's topic until 8:30

> 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 Street.

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

Yard Debris Disposal Next Date is March 19th 9am to 2pm

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For questions, please contact the

City of Florence Public Works Department at 541-997-4106

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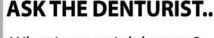
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